

# Reach out. Listen. Show you care.

*Older Nova Scotians – why it's important to stay in touch.*

In the era of COVID 19, many of us are feeling socially isolated. And among those of us who are older, some of us may be vulnerable to abuse, especially now.

Abuse can be financial, emotional, psychological, physical, or sexual. Abuse can also come in the form of neglect – when somebody fails to provide the necessities of life, such as food, clothing, safe shelter, medical attention, or personal care. Neglect can be intentional or unintentional.

It is possible we know someone experiencing abuse. Abuse thrives in secrecy, in isolation, and in silence. Abuse of older adults is more common than many of us realize. It often occurs within a relationship where there is an expectation of trust.

“Ageism” includes attitudes and beliefs that cause people to treat older adults as if they were less important or less valued because they are older. These attitudes are a factor in abusive situations. These attitudes allow people to believe that they have the right to ignore, harm, control, or make decisions for an older adult.

Abuse is never the fault of the person being abused.

## How can you help?

Keep in touch with the people you think may be lonely or feeling isolated. Pick up the phone and call. Ask how they are doing. Acknowledge that being isolated is hard. Share your own experiences. Listen. Even a small connection can make a big difference to someone.

**If you think that you or someone you know is experiencing some form of abuse or dealing with a situation that could be going better, help is available. Call 211 or reach out to the Seniors' Safety Program in your area to get advice and information.**

The Department of Seniors' booklet *Understanding Senior Abuse* is available at [www.novascotia.ca/seniors](http://www.novascotia.ca/seniors). To receive a printed copy of the booklet, please call 1-844-277-0770.

## Who can I call?

*Call 211 or reach out to the Seniors' Safety Program in your area to get advice and information.*

<p><b>Western Region</b></p>	<p><b>Central Region</b></p>
<p><b>Kings County Seniors' Safety Society</b>  <b>Michelle Parker</b> 902-542-3817  michelle.parker@rcmp-grc.gc.ca  www.kingssenioressafety.ca</p>	<p><b>Halifax Regional Municipality Seniors' Safety Program</b> VON Greater Halifax Branch  <b>Esther Suh</b> 902-455-6393  esther.suh@von.ca</p>
<p><b>Annapolis County Seniors' Safety Program</b>  <b>Sharon Elliott</b> 902-665-4481/902-824-0848  seniorssafetyannapolis@gmail.com</p>	<p><b>Eastern Region</b></p> <p><b>Hants County Seniors' Safety Program</b>  <b>Karen Crowe</b> 902-798-7173  hantssenioressafety@gmail.com</p>
<p><b>Digby Town and Municipality RCMP Seniors' Safety Program</b>  <b>Dawn Thomas</b> 902-308-0544  seniorsafety@digby.ca</p>	<p><b>Cumberland County Seniors' Safety Program</b>  <b>Trishe Colman</b> 902-664-4540  cumberlandsenioressafety@gmail.com</p>
<p><b>Association des seniors en sécurité de Clare/ Clare Senior Safety Program</b>  <b>Hélène Comeau</b> 902-769-8790  helene.comeau@rcmp-grc.gc.ca  claresenioressafety@gmail.com</p>	<p><b>Pictou County Seniors' Safety Program</b>  <b>Barbara Smith</b> 902-755-2886  crimeprevention@bellaliant.net</p>
<p><b>Yarmouth County Seniors' Safety Program</b>  902-881-4099</p> <p><b>Municipality of the District of Argyle (bilingual)</b>  <b>Peggy Boudreau</b> peggyboudreau@munargyle.com</p> <p><b>Municipality of the District of Yarmouth</b>  <b>Ashley Rhyno</b> ashley@district.yarmouth.ns.ca</p>	<p><b>Colchester County Seniors' Safety Program</b>  <b>Doug MacDonald</b> 902-897-3277  dlMacDonald@truro.ca</p> <p><b>Northern Region</b></p> <p><b>Antigonish Town and County Seniors' Safety Program</b>  <b>Anita Stewart</b> 902-863-6500 / 902-318-0372  seniorsafetycoor@gmail.com</p>
<p><b>Shelburne County Seniors' Safety &amp; Services Society</b>  <b>Shawna Symonds</b> 902-637-8158  ssymonds@barringtonmunicipality.com</p>	<p><b>Richmond County Seniors' Safety &amp; Social Inclusion</b>  <b>Michele MacPhee</b> 902-587-2800 ext:5  seniorsafetycoordinator.dkmchc@gmail.com</p>
<p><b>Queens County Seniors' Safety Program</b>  <b>Shelley Walker</b> 902-350-0231  qcssa19@gmail.com</p>	<p><b>Victoria County Seniors' Safety Program</b>  <b>Cassandra Yonder</b> 902-295-3672  seniorssafety@countyvictoria.ns.ca  www.victoriacounty.com</p>
<p><b>Lunenburg County Seniors' Safety Program</b>  902-543-3567 / 902-521-1506  <b>Chris Acomb</b> chris.acomb@bridgewaterpolice.ca  <b>Carole Hipwell</b> Carole.hipwell@bridgewaterpolice.ca</p>	