

What does your Smartphone have to do with Elder Abuse?

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Unfortunately, some seniors are still experiencing abuse and mistreatment, often at the hands of those who are close to them. June 15th is World Elder Abuse Awareness Day (WEAAD). Since 2006, this day has been identified as a time for people of all nations to learn about elder abuse and work towards ending it.

One key theme of WEAAD is to promote respect towards older adults, because respect is the foundation of a caring society. Where there is respect between individuals, abuse will end. To celebrate this, Elder Abuse Ontario has launched the “**Selfie with a Senior**” challenge. (That’s where your Smartphone comes in!) Participating in the challenge is easy, just take a picture of yourself and an older adult and post it on social media. Feel free to post your photo on the Alzheimer Society of Peterborough Kawartha Lakes Northumberland & Haliburton Facebook page <https://www.facebook.com/AlzheimerPKLNH?ref=profile>. You can also tweet it and tag @alzheimerpklnh and use the hashtag #selfiewithaseniorchallenge.

With our modern technology, it takes only a moment to participate in the “Selfie with a Senior” challenge. But the challenge is really about spending time with the older people in our communities. So take the time to visit or call an older person in your life. Ask them how they are, and really listen. Maintaining strong social connections is a great way to enhance wellbeing and prevent abuse before it happens.

At the Alzheimer Society, we are concerned about elder abuse and take a proactive stance towards preventing and addressing elder abuse in the communities that we serve. Staff members from the Society sit on the local elder abuse networks across our region, including the Abuse Prevention of Older Adults Network of Peterborough, the Northumberland Elder Abuse Response Network, and the Haliburton Kawartha Lakes Elder Abuse Prevention Network.

Resources:

World Elder Abuse Awareness Day: <http://weaad.elderabuseontario.com/>

It’s Not Right (resources about elder abuse) <http://itsnotright.ca/>

Abuse Prevention of Older Adults Network of Peterborough www.apoan.org

Haliburton Kawartha Lakes Elder Abuse Prevention Network (1-800-461-0327)

Northumberland Elder Abuse Response Network

http://www.northumberlandcounty.ca/en/nearn_about_us.asp