

## Le carnet communautaire des aînés 2009 : Branchant les aînés à leur communauté en les réunissant

P-17

**PREVENTION**

### BRIEF DESCRIPTION OF THE TOOL:

This book is intended for general prevention regarding seniors. Here is a brief list of topics that are covered:

- Senior abuse  
What is abuse, who are the abusers; the various types of abuse against seniors
- Prevention tips  
A list of 8 general recommendations such as: find out about your rights, remain active in your community. It also offers advice for witnesses of abusive situations.
- Seeking help  
In case of victimization, one is referred to the Info-Abuse Line

*See next page*

<b>Tool name</b>	Le carnet communautaire des aînés 2009 : Branchant les aînés à leur communauté en les réunissant
Document type	Book
Type(s) of abuse	Physical, sexual, psychological, financial; neglect, violation of rights, ageism
Intended for	Seniors
Issued by (organization)	NDG Community Committee on Elder Abuse
City (region)	Montreal
Creation date	2009
Number of people reached	1 350
Contact person (contact information of the organization)	Stéphanie Dupont  CSSS Cavendish 5800 Cavendish Boulevard Côte-Saint-Luc, Quebec H4W 2T4  Phone: 514 484-7878 ext. 1501
Number of pages	21
How to get the tool	Contact Stéphanie Dupont
Distinctive features	Bilingual Tool Tool specifically designed for the territory of the CSSS Cavendish



- Fraud/financial exploitation  
How it manifests; techniques commonly used by abusers; list of elements to consider to detect abuse; and how to protect oneself from financial exploitation.
- Health and safety  
Advice on medication  
Heat waves and cold snaps
- Preparing for emergencies  
In case of fire  
Power outage  
Preventing falls, driving
- Booklet with a contact list and personal information, that can be customized  
Medical resources and information
- Resources map (graph)
- Resource list:  
governmental organizations, seniors' associations and day centers, security and legal services, organizations involved with cultural communities, self-help groups, help lines, health services, friendly visiting by volunteers, food services, housing, transportation and additional resources
- It also offers an extra sheet for notes and a page for acknowledgements