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RICHMOND COUNTY
SENIORS' SAFETY & SOCIAL
INCLUSION COORDINATOR



Seniors' Safety Program

- Richmond County SSP began January 2017 (*part-time capacity*)
- Seniors' Safety programs are found throughout the province (*funding from Dept. of Seniors and respective Municipality*)
- December presented to municipal council highlighting the work of the program to date. My funding request was approved during budget deliberations (*program stability, longer term planning, continue to build the program ex: Fire Safety, smoke detectors*)
- Work with Richmond Co. Seniors 55+ to increase their safety, health, social inclusion and overall well-being.
- All services are offered FREE of charge



SENIOR SAFETY COORDINATOR

-A resource for seniors to contact with needs, concerns, questions regarding their overall safety.

-Service Navigation-

Provide information, educational sessions and referral services for seniors. (*Falls Preventions Awareness, Online, Mail, Phone, Door to Door- Frauds and Scams, Abuse Prevention, Safe Driving Programs, Mindfulness Based Stress Reduction, Yoga*)

-Research the effects of social isolation specifically on a senior population

-Increase awareness of and implement solutions to social isolation in Richmond Co.

-Work collaboratively to decrease social isolation (adult drop-in group, we care days, community health board initiatives)





Social Isolation and our Health

What we know:

Social Isolation and Exclusion are associated with “increased rates of premature death, lower general well-being, more depression and a higher level of disability from chronic disease.” WHO 2003

Lacking Social connections can increase one’s chances for early death to a similar degree to smoking **15 cigarettes a day.**

Holt-Lunstad J, Smith TB, Layton JB (2010) Social Relationships and Mortality Risk: A meta-analytic review

During **COVID social isolation** was experienced by many and it was no longer an **abstract concept**



COVID 19

-Changed the nature of the program considerably. Outreach component no longer possible

-Adapt virtual programming and adopt new initiatives to address needs during lockdown. (Richmond Co. Party line, wellness checks via phone, What does SI look like FB group, cell phone distribution, emergency packages to food banks, frozen meal purchase/distribution, asset mapping, continued service navigation etc.)

-COVID has highlighted for many the pre-existing inequities in our society. Suddenly there was movement afoot to make change and address these issues. (i.e.: rural internet access, transportation, isolation, food security etc.)

RICHMOND CO. SENIORS' SAFETY & SOCIAL INCLUSION COORDINATOR PROGRAM HIGHLIGHTS



The Richmond Co. program launched in January 2017. Seniors' Safety Programs are found throughout Nova Scotia with the expectation of sharing the program cost between the Province and the Municipality in which the program is located. The Richmond Co. Seniors' Safety Program works with Seniors 50 + on issues related to safety, health, social inclusion and well-being.

1 SERVICE NAVIGATION

Provided Service Navigation for over 200 seniors within Richmond Co. (inquires ranged from *home warming programs, housing, transportation, social isolation, community events, homecare, rebates, continuing care, programming, legal info, adult protection to general information etc.*)



2 SAFE DRIVING CERTIFICATION

Coordinated five Driving Refresher Programs within Richmond Co. Provided the opportunity for close to 100 seniors to receive FREE driver refresher certification.



3 INTER-GENERATIONAL YOGA

Piloted an Inter-generational Yoga program. Pre-Primary students and Villa residents participated in a series of play based Yoga classes together. Also offer regular senior Yoga classes as a means of falls prevention and increased well-being.



4 MENTAL HEALTH & CHRONIC DISEASE MANAGEMENT PROGRAMMING

Offer FREE Canadian Mental Health (Art of Friendship & Art of Recovery) & Chronic Disease Self-Management Programming. Hosted five 8-week sessions to date



5 MEDIA ATTENTION

Interviewed by CBC Maritime Noon & Maritime Connection, Nova Scotia Health Authority and CB Post on the innovative programming and initiatives happening (via SS & I program) throughout Richmond Co. <https://www.cbc.ca/listen/live-radio/1-99-maritime-connection>



6 PRESENTATIONS

Regularly offer presentations to seniors clubs and buildings throughout the County on Falls Prevention, Mindfulness, Frauds & Scams, Deprescribing, Fountain of Health and Senior Abuse Prevention.

7 JAVA MUSIC PROGRAMMING

Regularly offering a peer supportive music and conversation program at both the St. Anne's Centre and Villa. Allowing individuals with dementia to connect to music, memories and one another.



8 INFORMATION & TRAINING

Coordinated training and information sessions for Richmond Co. residents related to Emergency Preparedness, Healthy Aging Certification, Financial Literacy and Abuse, Facilitation, Death and Bereavement, Advanced Care Planning, Mental Health First Aid, Estate Planning, Toastmasters etc.



Have you noticed the
impact of social isolation?

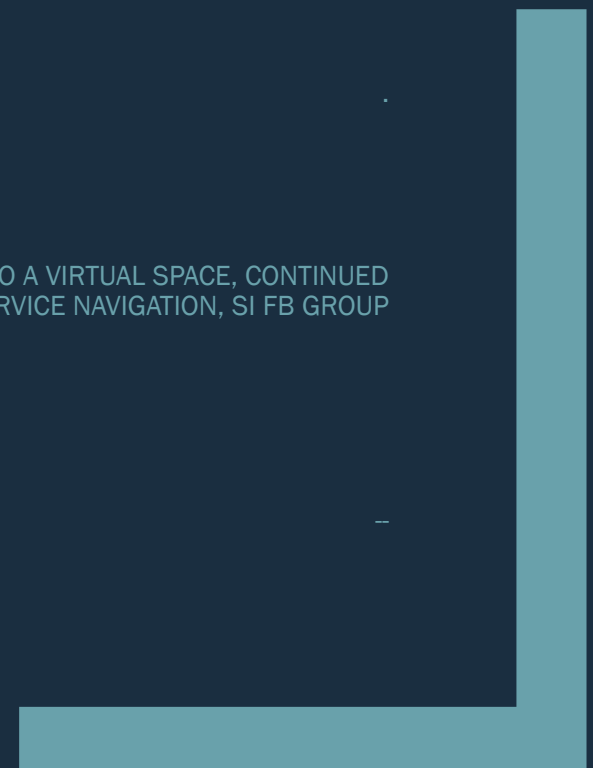
How do you see it affecting
our communities?

THANK YOU FOR YOUR
TIME.

QUESTIONS?



PLANS FOR 2ND WAVE RICHMOND CO PARTY LINE, DEATH CAFE, TAKING YOGA AND MINDFULNESS INTO A VIRTUAL SPACE, CONTINUED SERVICE NAVIGATION, SI FB GROUP



HOW CAN YOU HELP THE PROGRAM GROW?

- Inform me as to any services or programs that benefit seniors.
- Make me aware of any **Seniors' Safety, Health and Well-being** concerns that you see in your work.
- Refer Richmond Co. Seniors to me
- Share information about program

Protecting against Social Isolation

- Good physical and mental health
- Feeling safe in your neighbourhood
- Feeling beneficial to society
- Safe housing/adequate income
- Access to transportation
- Supportive social network
- Communication and literacy skills to find and access needed services
- Having access to health and community services

Social Isolation of Seniors Volume 1 Understanding the issue and finding solutions

Federal/Provincial/Territorial Ministers responsible for Seniors