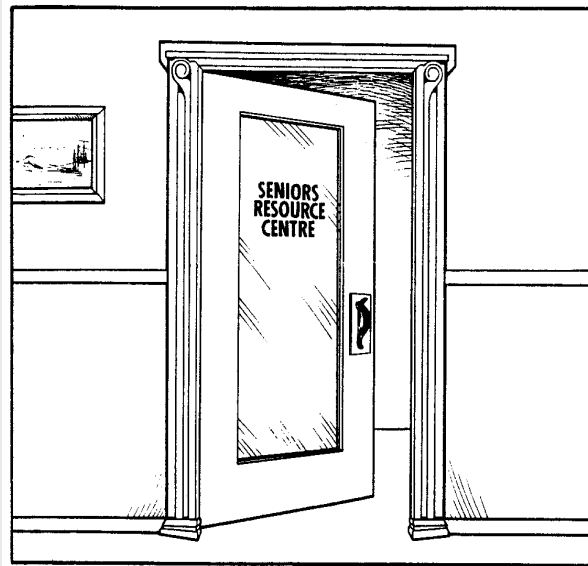


Seniors Resource Centre of Newfoundland and Labrador



We open doors for you!

Mission of the Seniors Resource Centre of Newfoundland & Labrador

The Seniors Resource Centre Association of Newfoundland and Labrador is a not-for-profit, charitable organization.

Through partnerships, the Centre promotes, enhances and supports the well-being and independence of older adults throughout the province.

Mandate of the Seniors Resource Centre of Newfoundland and Labrador

The Seniors Resource Centre of Newfoundland and Labrador collaborates with older adults, family members, volunteers of all ages, and organizations across the province:

- to provide information for informed decision making
- to offer opportunities to develop and participate in programs
- to influence policies that affect older adults

History

- 1990 - Three year grant from the Seniors Independence Program, Health Canada to establish a provincial Centre with satellites in Gander & Marystown
- 1993 – 1996 – Gander & Marystown closed. St. John's Centre remained open to serve the province
- 1997 – 2007 – Programs established in all regions of the province & maintained through fundraising & project grant

Seniors in NL 2007

- 180,300 (35%) - Age 50+
- 66.7% receive GIS
- Over 60% of women incomes less than \$15,000
- 6.6% live in institutions
- 22.7% live alone
- 69.7% live with family

INFORMATION & REFERRAL LINE

737-2333

1-800-563-5599

Call if you

- have a question
- need a service
- don't know where to turn
for help

Experienced Peer Advocates are there at the end of the line to help seniors province wide.



Information and Referral Line

The Information Line

- connects seniors with needed services and resources
- is answered by volunteer seniors - Peer Advocates
- is toll-free across the province
- questions include: how to access home support services, home repairs, housing, financial concerns, drug cards, activities, learning opportunities, bereavement, elder abuse etc.

Information and Referral Line

Peer Advocates

- offer a listening ear
- provide information about available services and resources
- make referrals if requested to do so
- follow up to make sure callers got the help they needed

Peer Advocate Network

In addition to the Peer Advocates who answer the Information Line, there are Peer Advocates groups in 21 communities across the province.

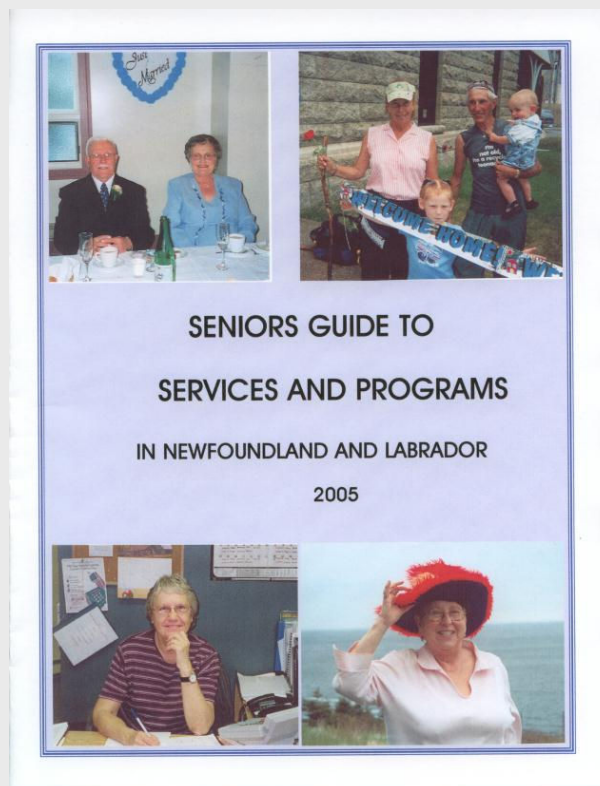
Community Peer Advocates help seniors in their own communities by passing on information to other seniors

- informally one-on-one
- many groups also organize sessions for seniors in their community to which guest speakers are invited to speak on topics such as coping with hearing or vision loss, arthritis, bereavement, elder abuse etc.

Seniors Resource Centre Peer Advocate Groups




Seniors Guide



Seniors Resource Centre

**Provincial
Programs**



“Improving with Age”

- Inform seniors about the different factors influencing healthy aging
- Work with seniors and community partners to address the barriers to healthy aging and create supportive communities for seniors
- Recruit seniors that were involved with the Diabetes Project to act as mentors for new Healthy Aging groups

Elder Abuse

- Advocacy on behalf of individuals
- Sponsored the “Faces of Elder Abuse” Provincial Conference, May 2004
- Facilitated development of Provincial Strategy on Elder Abuse, 2005
- Elder Abuse Committee of N&L
- Received funding to develop Community Response to Elder Abuse, 2006

Creating A Coordinated Community Response to Elder Abuse

- To design and recommend a coordinated, seamless community response to meet the needs of abused seniors and those that support them, regardless of the time, location, or nature of their circumstances

Elder Abuse Education and Information

- Elder Abuse Speakers Bureau
- Seniors Speak Out
- Brochures and resource material
- Looking Beyond the Hurt: A Service Provider's Guide to Elder Abuse
- Website – www.seniorsresource.ca
- ABCs of Fraud

ABCs of Fraud

- The ABCs of Fraud is an interactive, fun presentation by knowledgeable Senior Speakers
- Through a combination of skits and general discussion, seniors learn about scam recognition, identity theft, prevention tips and available community resources



Literacy Projects

- Books 1999 – 2003
 - Not Too Long Ago*
 - Our Lives*
 - Growing Old? Not Me!*
- 2003 - Listen To Me
- 2004 –2006 - Learning for Life Phase I
- 2007/2008 – Learning for Life Phase II

Aging Issues Network

- 2004 – Meeting of Provincial Seniors Organizations
- 2005 – Provincial meeting to form the Network
- 2006 – Provincial meeting to identify issues

Aging Issues Network Discussion Papers

- Caregiving
- Wellness
- Housing
- Social Inclusion

Caregivers Out of Isolation

Offers information and support for people of all ages who are providing unpaid care and support to a family member or friend

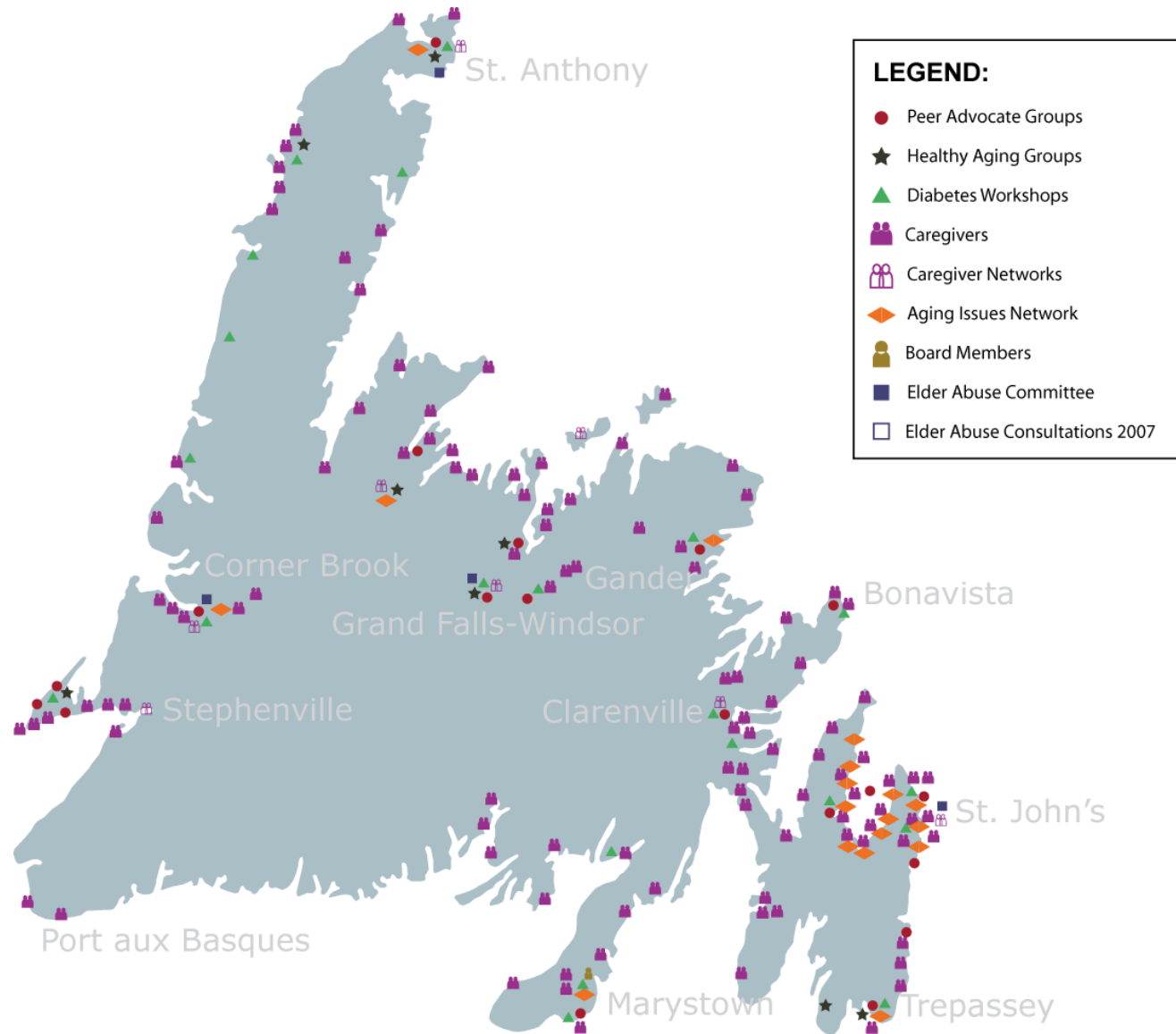
- Toll-free line 1-888-571-2273
- Information packages
- “Caring Solutions” quarterly newsletter
- Regional Caregiver Networks

Caregivers Out of Isolation

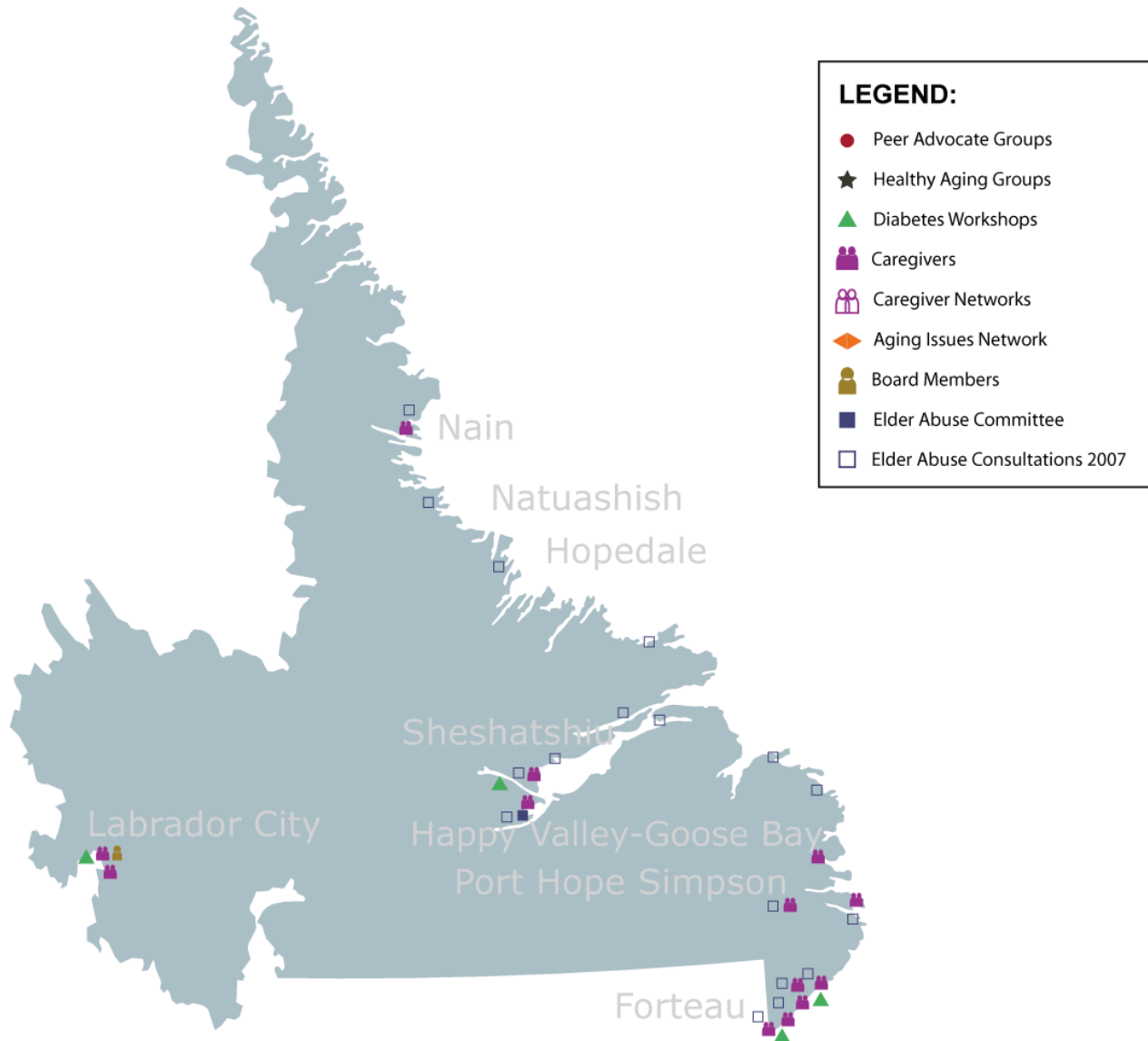
Regional Caregiver Networks

- consist of community groups, agencies and caregivers
- are currently set up in St. Anthony, the Humber Valley, Springdale, Grand Falls-Windsor, Clarenville, Stephenville, Twillingate and Avalon East
- host events for caregivers, raise community awareness, and look for ways to support unpaid caregivers in their communities

Impact/Geographic Reach

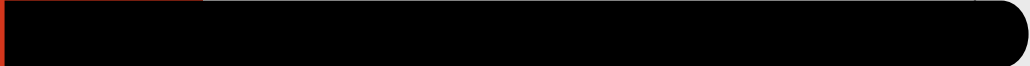


Impact/Geographic Reach



Seniors Resource Centre

**Local
Programs**



Services

- Seniors Grocery Bus
- Friendly Visiting Program



Services (Continued)



- Foot Care Clinic
- Income Tax Clinic
- Snow Busters Program
- Volunteer Driving

Support

- Bereavement Support Group
- Caregiver Support Group

Activity, Friendship & Fun

- Mall Walkers Club
- Heritage Crafters Club
- Seniors Pride Newsletter



Fun, Friendship & Information

- Friday Friendship Club



- Seniors Bridging Cultures

Education

- Aging Changes and Challenges Workshops
- Lifelong Learners
- Elder Abuse Awareness
- ABC's of Fraud



Some of the Centre's Programs

Provincial Programs

- Seniors Information Line
- Peer Advocate Program
- Healthy Aging Program
- Caregivers Program
- Elder Abuse Committee of NL

Services

- Friendly Visiting Program
- Grocery Bus Program
- Snowbusters Program
- Foot Care & Income Tax Clinics

Support

- Bereavement Group
- Caregiver Group

Education

- Lifelong Learners Program
- Elder Abuse Awareness Program
- Literacy Program
- ABC's of Fraud Program
- Seniors Pride Publication

Future of the Seniors Resource Centre

- Evolving partnership role with Government
- Increased presence in rural areas
- Expansion of Regional Networks
- Resource to Communities in adapting programs to meet their needs

Seniors Resource Centre of Newfoundland & Labrador

