

## Celebrate Seniors Month in October 2019

All older people have the right to live safely, make their own decisions and be treated with dignity and respect

The Central Highlands Elder Abuse Prevention Network continues to support the communities of Ararat, Ballarat, Moorabool, Hepburn, Golden Plains and Pyrenees.

As part of Seniors month, there are a number of wonderful activities in all our communities. Check your local paper and visit COTA website <https://www.cotavic.org.au/our-programs/victorian-seniors-festival/>



## Meet the Commissioner for Senior Victorians

Gerard Mansour is a highly respected and passionate advocate for the needs of older people. With over 25 years of leadership experience within the aged and wider community services sectors, Mr Mansour contributed significantly to industry capacity building, policy development and enhancement of services for older Australians.

Gerard was guest speaker at our Elder Abuse Prevention Forum in Ararat on the 18<sup>th</sup> June, 2019 and along with Kathy Day, from Grampians Community Health.

The forum provided an opportunity to discuss elder abuse, how to recognise it and how to prevent it. Over 50 people attended the forum, which also included a panel of experienced service providers working in the area of elder abuse.



This is Norma from our Ballarat Community Health Falls Prevention program. Norma is 91 and attends these groups every week with her husband who is 93. Keeping fit and active is important no matter what your age.

**Elder abuse is hard to picture, but it happens every day. What starts out small doesn't always stay that way for long.**



### **What to do if you suspect elder abuse is occurring or you are experiencing elder abuse**

If you are unsure about asking for help, remember everyone has the right to be safe. No older person should be subjected to any form of abuse, mistreatment or neglect. Elder abuse is a form of family violence, and it is unacceptable.

If you or someone you know is experiencing any form of elder abuse, discuss your concern with a trusted family member, GP or physician.



### **Conversation Seeds and Action Planning with Gary Ferguson (Seniors Rights Victoria) and Roger Moulton (Ballarat Community Health)**

Congratulations to our 16 “champions” who participated in the Conversation Seeds and Action Planning workshop on the 19<sup>th</sup> September, 2019.

Gary Ferguson from Seniors Rights Victoria spoke to our elder abuse prevention network about how to weave the risks of elder abuse and protective factors into conversations with older people in our community.

Roger Moulton followed the discussion with a workshop outlining strategies that workplaces and community groups can implement to prevent elder abuse.

Seniors Rights website: [www.seniorsrights.org.au](http://www.seniorsrights.org.au)  
Additional local resources are available at: <https://bchc.org.au/services/elder-abuse-prevention>

Please contact Roger Moulton if you would like a copy of these resources. Ph: 53384500