

TYPES OF ABUSE & VIOLENCE EXPERIENCED BY SENIORS

- **PHYSICAL** - inflicting injury, which includes assault, and inappropriate restrictions.
- **PSYCHOLOGICAL OR EMOTIONAL** – inflicting mental or emotional pain through behaviors such as name-calling, insults, threats, isolation from others, or treating the elder like a child.
- **FINANCIAL** - this can range from misuse of an elder's funds to stealing. It also includes improper use of legal guardianship arrangements, powers of attorney, or financial misrepresentation.
- **SEXUAL** - non-consensual contact of any kind.
- **NEGLECT/SELF NEGLECT** - failure on behalf of the caregiver to provide food, shelter, health care, or protection.
- **ABANDONMENT** - desertion of older individuals by a caregiver.
- **SELF-NEGLECT** - failure to perform self-tasks e.g. not taking shower, having proper meals and on time.

Emergency Phone numbers

POLICE	999
SAMU	114
FIRE SERVICES	115
CWA	170
CEB	130
Welfare and Elderly Persons' protection unit	199

Be alert for signs that may indicate elderly abuse. Often, the suffering is silent. If you notice any changes in behavior or personality, question the person and immediately call on 199, to report the case.



Remove Watermark Now

Ministry of Gender Equality & Family Welfare

Healthy Living for Seniors



“To care for those that once cared for us is one of the highest honors.” - Tia Walker

HEALTH & SAFETY

PREVENT FALLS

- ✓ Wear non-slip footwear.
- ✓ Use a cane or walker, instead of holding onto walls or furniture.
- ✓ Do not rush to answer the phone.
- ✓ Never place scatter rugs at the bottom or top of stairs.
- ✓ Use rails and banisters when going up and down the stairs.

AVOID BATHROOM HAZARDS

- ✓ Have grab bars installed in the shower and near the toilet to make getting around easier and safer.
- ✓ Put rubber mats in the bathtub to prevent slipping.

MEDICATIONS

- ✓ Keep all medications in their original containers so as not to mix up medicines.
- ✓ Ask the pharmacist to put large-print labels on the medications to make them easier to read.
- ✓ Take medications in a well-lit room, so you can see the labels.

PROTECT AGAINST ABUSE

- ✓ Keep windows and doors locked at all times.
- ✓ Never let a stranger into the house when alone.
- ✓ Talk over offers made by telephone salespeople with a friend or family member.

Healthy Ageing

Physical

Keep active: Give yourself 2-3 things to do each day.

Take care of yourself, get proper rest.

Mental

Keep the mind active (by playing cards, chess, Sudoku).

Social

Keep in touch with and visit family and friends.

Do good for others (i.e. volunteer)

Be kind to everyone you meet, kindness doesn't cost anything.

Be positive and optimistic.

Emotional

Go with the feeling, not the cause.

Having a pet could be considered.

Environmental

Travel, go outside and see as much of the world as possible.

Keep interested in the world around you.

Everything happens for a reason.

Spiritual

Accept everything that comes your way and adjust, be open.

“Eat Well, Age Well.”

Remove Watermark Now

Nutrition tips

- ✚ Stay fit and strong by eating a variety of protein-rich foods each day e.g. beans, eggs, lean meat, fish, poultry.
- ✚ Choose mono or polyunsaturated fats which are heart-healthy fats found in olive oil, oily fish and nuts.
- ✚ Eat fibre rich foods e.g. green leafy vegetables, fruits, wholemeal or wholegrain bread, brown rice or pasta.
- ✚ Include vitamin D-fortified products such as milk, cheese or yogurt in your diet each day to help maintain bone health.
- ✚ Balance food intake with physical activity to maintain a healthy weight.
- ✚ Use less sugar, salt and fat. Limit intake of processed or canned foods.
- ✚ Stay hydrated – drink at least 8 glasses of fluids (water, juice, milk, soups).
- ✚ Eat light meals and avoid late dinner.

Combining an active lifestyle with a healthy diet is the best recipe for healthy ageing