

Workshops to Educate and Empower



BC CEAS offers workshops to older adult community groups:

- presented by a team of trained older adult volunteer facilitators
- focusing on strategies to help older adults protect their rights
- information on resources to help themselves and their peers

Building Community Connections Workshop

Building Community Connections focuses on social connection as a powerful tool to keep older adults safer from abuse and neglect. This 90 minute session can be presented to groups of older adults in any community setting. The workshop includes a presentation on types of mistreatment and strategies for getting help; brainstorming of local community resources; and discussion of a short video showing a fictional story of isolation and elder abuse.

***Protect Yourself!* Financial Literacy Workshops**

The goal of the *Protect Yourself!* Financial Literacy Workshop Program is to provide older adults with the information they need to protect their finances, recognize and respond to financial abuse, access community resources for further information or assistance, and make informed financial decisions that meet their needs. The program includes two workshops, each 60 to 90 minutes long, which can be presented to groups of older adults in community settings. They include a PowerPoint presentation, group discussion, and interactive activities when time permits.

Protect Yourself! Module 1 focuses on powers of attorney and joint accounts; it covers different types of power of attorney, legal issues of capacity relating to powers of attorney, common myths about powers of attorney which can lead to abuse, the dangers of joint accounts, and the importance of advance planning.

Protect Yourself! Module 2 deals with frauds, scams, identity theft and telemarketing; it includes topics such as common scams targeting seniors, identity theft, strategies to protect personal information, and the National Do-Not-Call List.

Call 604-688-1927 ext. 225 for more information