

Who is the organizer of this event?

Empow'r'd Seniors is an outreach program provided by St. Andrew's Memorial Presbyterian Church with the assistance of Peel Elder Abuse Partners Network (PEAPN). St. Andrew's is part of the Presbyterian Church in Canada. St. Andrew's traces its establishment in Port Credit back to 1892, and has existed in its present location on the corner of Stavebank and High Streets since 1928. More information about St. Andrew's Port Credit and its activities is available online at <https://www.standrewsportcredit.org>.

Who is PEAPN?

PEAPN promotes the quality of life for older adults in Peel region by improving access to community service, improving the safety and well being of seniors, and by supporting and promoting improved healthy outcomes. PEAPN is currently funded by the Region of Peel and Ontario Trillium Fund. More information about PEAPN is available online at <http://www.peapn.ca/>

Who are the presenters for these information sessions?

Our presenters are subject matter experts from various organizations in Peel Region that partner with PEAPN.

Why is St. Andrew's offering this series?

St. Andrew's offers this program to the general public as an outreach program for older adults and to informal caregivers. These seminars provide valuable insight into many areas that affect seniors and their caregivers. Knowledge can empower seniors to be strong self-advocates and caregivers to advocate more effectively on behalf of an older adult. These seminars also provide attendees with an opportunity for social connection.

What are some examples of issues facing seniors?

Fraud is a significant issue for everyone, but older adults can be particularly vulnerable. The Canadian Anti-Fraud Centre reported there were 5,527 Canadians ages 60-plus who were victims of mass marketing fraud with a total loss of \$27.2 million in 2016 (CAFC 2017). Another serious issue is the risk of abuse. Older adults who are socially isolated are at greater risk of various forms of abuse such as financial exploitation. Social isolation also results in sedentary behaviour which leads to muscle atrophy and places them at greater risk of falls. The Government of Canada's Safe Living Guide indicates falls are the direct cause of 95% of all hip fractures, leading to death in 20% of cases, and that 20-30% of older adults experience 1 or more falls each year.

Who is this event for?

This event is open to the general public. It will be of interest to seniors and to anyone who is currently providing informal caregiving to an older adult or may be in the future.

Is advance registration required?

As there will be limited seating, attendees are asked to register in advance. Registration can be completed online at: empowrd-seniors-series.eventbrite.ca or by calling St. Andrew's office during business hours at 905-278-8907. Our office is open Tuesday – Friday mornings from 8:30am to 12:30pm. During the online registration process, you will be able to print your admission ticket. You can also save it to your smartphone in lieu of printing. If you have registered by telephoning our office, you will receive a printed ticket in the mail.

What is the cost to attend a session?

The presentations are free. We gratefully accept freewill donations at the door, which are used to help us defray expenses associated with these sessions.

What is the address, and accessibility?

Our address is 24 Stavebank Road North, which is located at the corner of Stavebank Road and High Street. Please enter through our Stavebank Road doors, which has an accessibility ramp and automated door opener. Coffee will be served following the presentation in our lower level auditorium which is equipped with an accessibility lift.

Is public transit available?

We are located 5 minutes from the Port Credit GO Station. Please consult the Mississauga Transit schedule for your local connections.

Is there parking available?

Free parking is available in the Port Credit library lot at the foot of High Street. There is also limited free parking on Stavebank Road in front of the church.

Other questions?

Please contact us by email at: standrewsportcredit.org.