

Resilience: Small Steps for Self Care

November 23, 2021

1:00pm - 2:00pm







<u>Speaker</u>

Maureen Pollard

Registered Social Worker



Information and opinions expressed here today are not necessarily those of the Government of Ontario

LAND ACKNOWLEDGEMENT

and a

WEBINAR HOUSEKEEPING





ASL Interpreters

Image and name of Interpreters will be visible during the webinar. You can view all speakers by clicking gallery view.



Adjusting Speaker Images

Drag the line between the image frame and slides to the left (adjust at beginning of the webinar).

WEBINAR HOUSEKEEPING

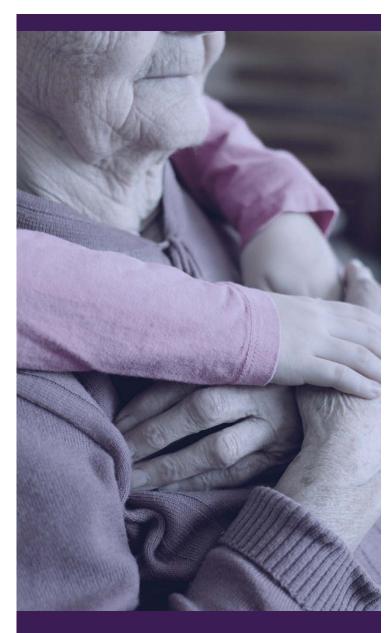
Chat Box	Question Box
Post comments during the session.	Type your questions in Question/Answer box. A response will be posted during the webinar <i>or</i> asked to speaker after the presentation.
Recording	Evaluation
A recorded version of this webinar will be available on EAPO's website.	After the session, a pop-up screen will appear to complete survey. Your feedback and suggestions for future webinars is appreciated.

WEBINAR HOUSEKEEPING

Respecting Privacy and Confidentiality

EAPO appreciates there may be personal circumstances or issues which participants may wish to address. However, in keeping with our commitment to maintaining your privacy and confidentiality, today we will be answering general questions posed through the Q&A.

If someone wishes to discuss specific circumstances, we invite you to contact EAPO following this webinar to arrange for a confidential conversation so that we may further assist you.



www.eapon.ca

Elder Abuse Prevention Ontario (EAPO)

Mission and Goals

EAPO envisions an Ontario where ALL seniors are free from abuse, have a strong voice, feel safe and respected.

Achieving our mission requires raising awareness, delivering education and training, working collaboratively with likeminded organizations and assisting with service coordination and advocacy.

@EAPreventionON
#RestoringRespect

Elder Abuse Prevention Ontario | 2021

Ontario's Strategy to Combat Elder Abuse

Public Education and Awareness

A Province-wide, multi-media public education campaign to promote awareness about elder abuse and provide information on how to access services.

2

3

Training for Front-Line Staff

Specialized training to staff from various sectors, who work directly with seniors, to enhance their knowledge and skills to recognize and respond to elder abuse.

Co-ordination of Community Services

To strengthen communities across the province by building partnerships, promoting information sharing and supporting their efforts to combat elder abuse.



Training for Front-Line Staff Public Education and Awareness





Maureen Polland

Maureen is a registered social worker with 30 years experience working with individuals, families and groups. In private practice, Maureen specializes in grief, trauma, and resilience.

With certificates in adult education and culturally inclusive education, Maureen develops and delivers custom seminars and experiential workshops to professionals, volunteers and community groups

WEBINAR

GUEST SPEAKER

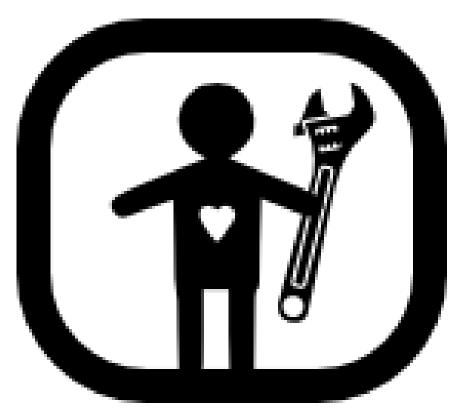
RESILENCE SMALLSTEPS ON THE PATH

Maureen Pollard MSW, RSW, 2021

RISK FAC TO RS FO R BURNO UT DO YOU HAVE ANY?

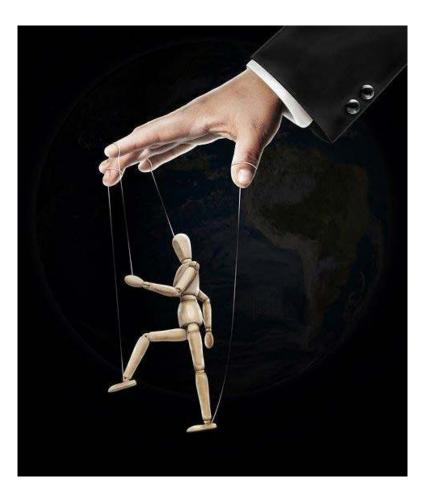


FEELING RESPONSIBLE FOR "FIXING"





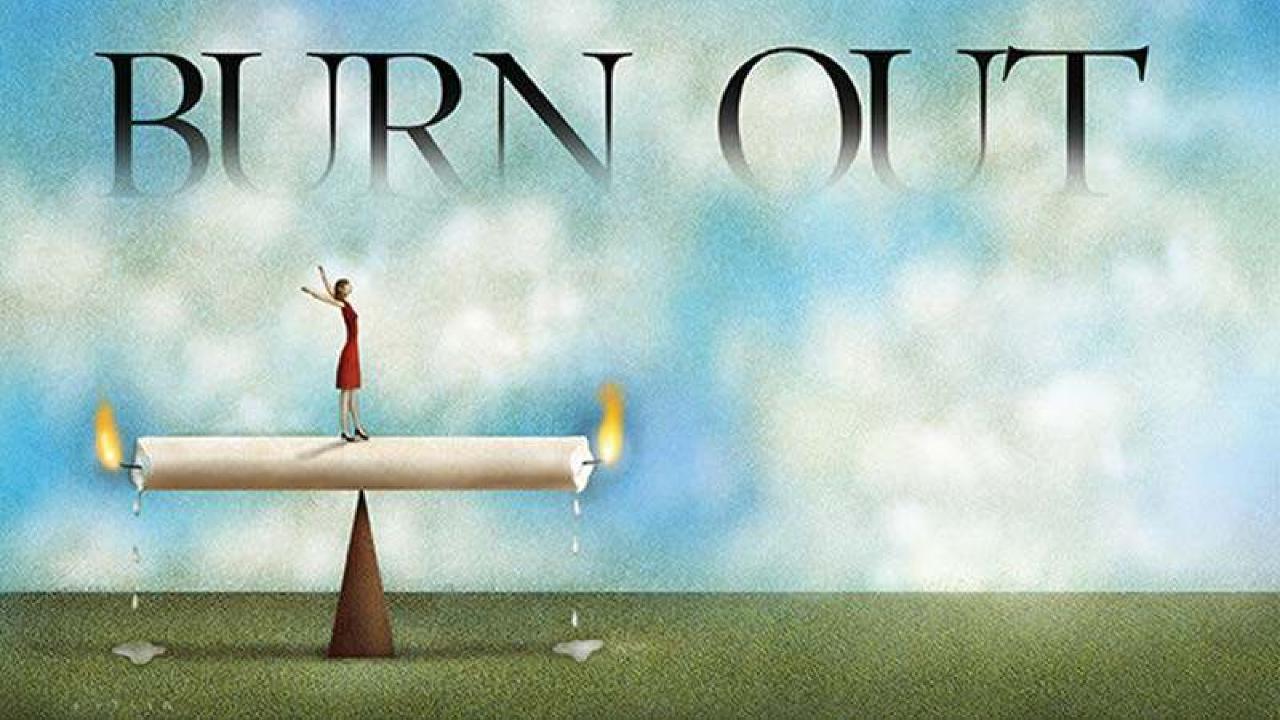
WANTING TO TAKE CHARGE



BELIEVING YOU'RE THE ONLY ONE WHO CAN



AN EXPERT



HELPING VS. RESCUING BEHAVIOURS

He lp e r

- listens for request
- pre sents offer
- gives only what is needed
- follows person's lead

Re sc ue r

- gives when not a sked
- gives more than needed
- seeks specific results
- feelsbad when turned down

Hyperaware or vigilant Overly quick or intense reactions Feeling a lack of emotional safety Overwhelming emotions

Able to think and feel

at the same time

Window of

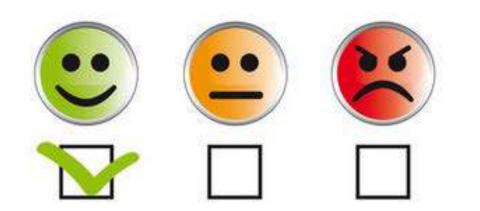
tolerance



Hyperarousal

Shut down, flat or numb Hard to think, disconnected Feeling shame, can't say 'no'

GETING IN THE GREEN ZONE



- De liberately acknowledge rewarding experiences
- Redefine success
- No tic e re silie nc e
- Have gratitude and hold hope



WHATIS RESILIENCE?

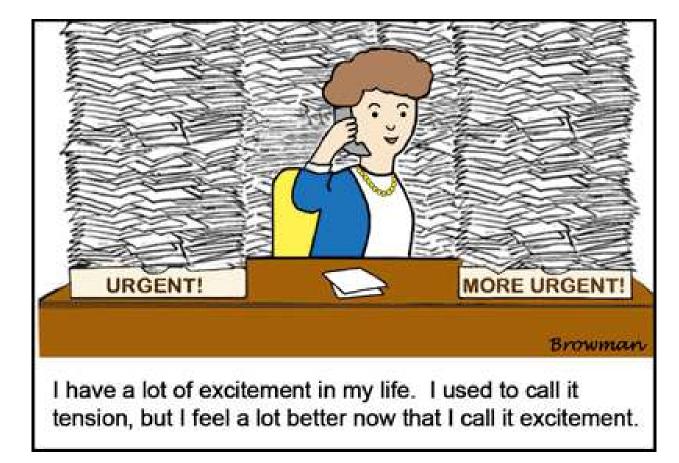
Resilience is the ability to adapt well in the face of adversity, trauma and stress.

Americ an Psychologic al Association 2015



PERSONAL RESILIENCE FACTORS

COPING WITH THOUGHTS



COPING WITH FEELINGS

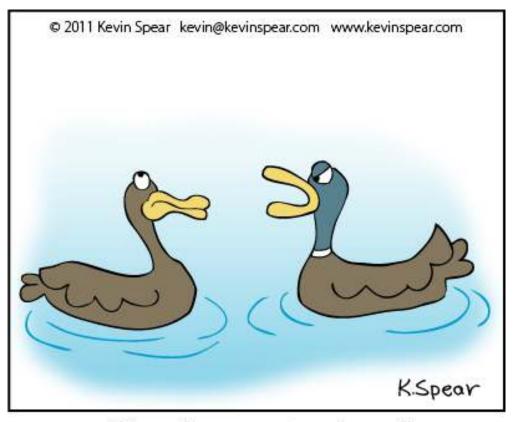


Feelings are like waves: we can't stop them from coming, but we can choose which ones to surf.

COPING WITH PROBLEMS



SMART GOALS

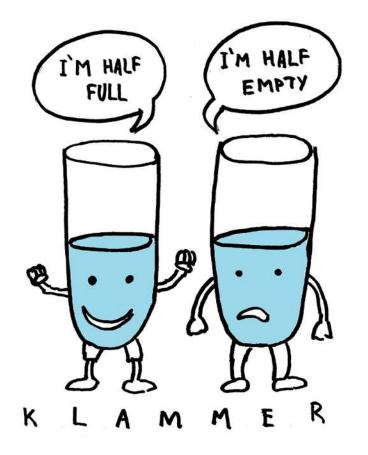


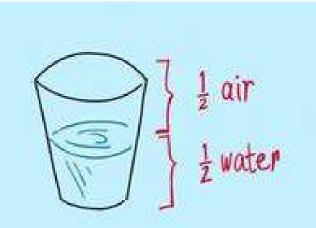
"Why can't you support my dream of moving to the desert?"

ACCEPTANCE OF CHANGE



OPIIMISM & PERSPEC TIVE





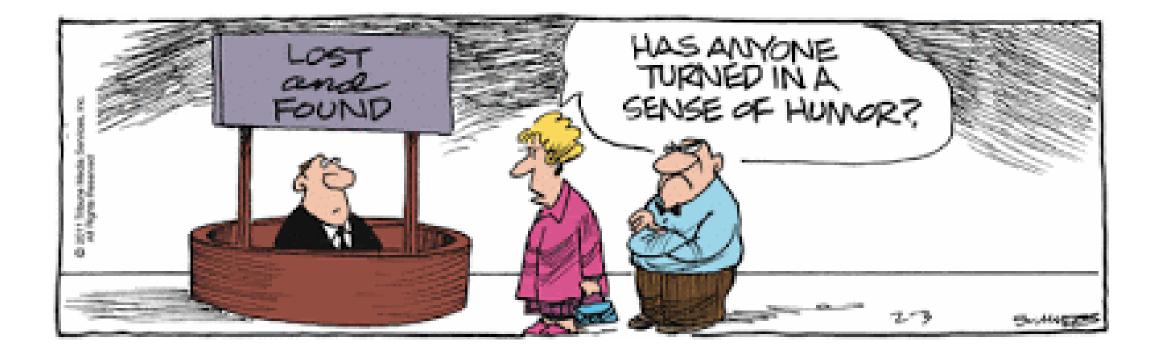
technically, the glass is always full.

SENSE OF CONTROL



We can't direct the wind but we can adjust our sails. M. Jackson Brown

SENSE OF HUMOUR



HEALTHY BOUNDARIES



REST AND RECOVERY





Passive Rest Two-Hand Tea



Active Rest Cruise Control

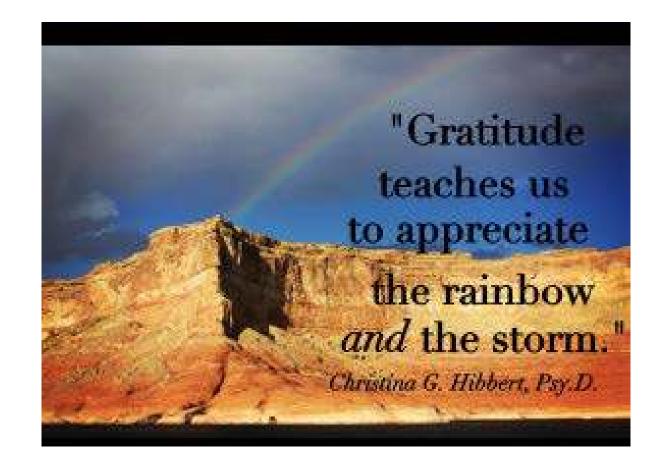


Amanda Rocheleau

SOCIAL SUPPORT & CONNECTION



GRATITUDE



52 Card Thank You Challenge

Three Good Things Challenge





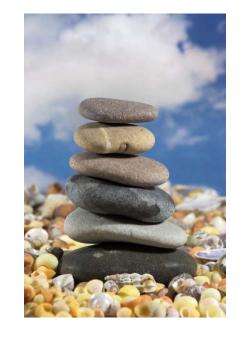


Self Care is a **deliberate practice** of knowing your **needs and desires**, taking responsibility for them, and living in a way that honours them.

Amanda Rocheleau





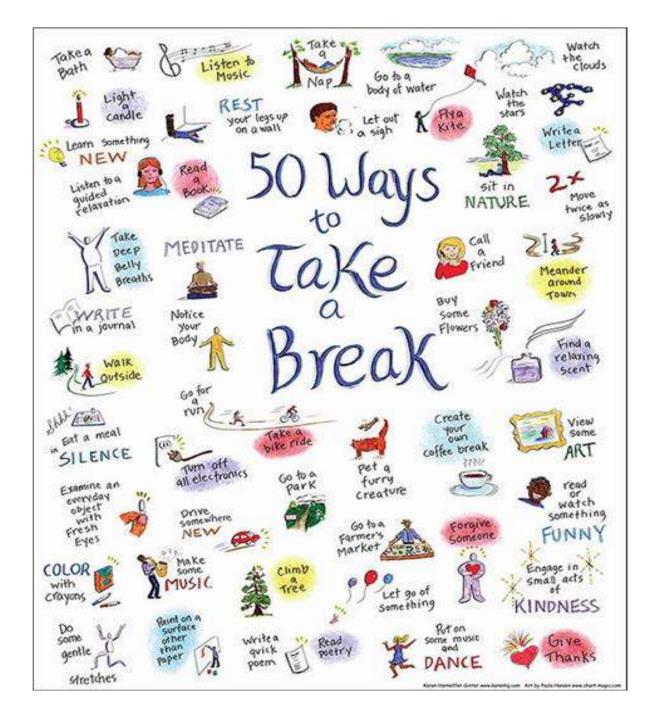


Balancing Act vs. True Balance

Taking good care of <u>YOU</u> means people in your life will receive the best of you, not what's left of you.

Carl Bryan







Suffering = Pain x Resistance

- **Pain** comes from dealing with what is difficult.
- *Suffering* comes from getting locked in negative thoughts.
- *Compassion* for self and others helps relieve suffering.

SELF-COMPASSION KRISTEN NEFF

No tice suffering in yourself and others

Acknowledge common human experience of pain and suffering

Respond with care, concern, compassion

LIVING BEAUTIFULLY WITH UNCERTAINTY AND CHANGE

Commit to:

- Cause no harm
- Take care of one another
- Embrace life just as it is

Pema Chodron, 2012



If you don't make time for wellness, you will end up taking time for illness.

- Stop what you're doing
- Take a few deep breaths
- Observe what's happening in your mind and body
- Proceed intentionally and with $c\,om\,p\,a\,ssio\,n$



SHINE YO UR LIG HT



Supports For Older Adults

Support for Seniors



- Information
- ✓ Referral



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Upcoming Webinars

Elder Abuse Prevention (ON) Stop Abuse - Restore Respect



Preventing Domestic Homicides with Older Couples: Lesson Learned from Tragedies

NOVEMBER 24, 2021 1 PM - 2 PM





Margaret MacPherson Research Associate Centre for Research and Education on Violence Against Women and Children

Dr. Peter Jaffe Psychologist, Professor Emeritus, a founding Director of the Centre for **Research and Education** on Violence Against Women & Children in the Faculty of Education at Western University

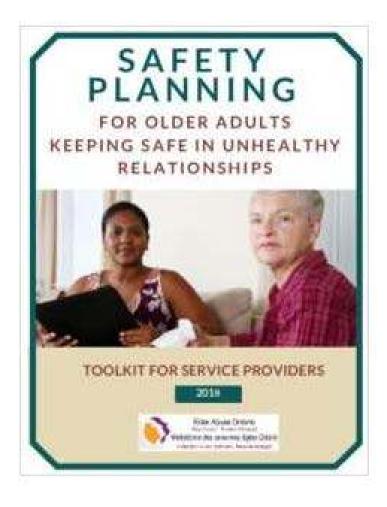
This presentation outlines the often-repeated lessons learned from these tragedies that include the need for enhanced professional and public education to save lives. Future directions are discussed in terms of the need for better risk assessment, safety planning and risk management by legal and mental health professionals.



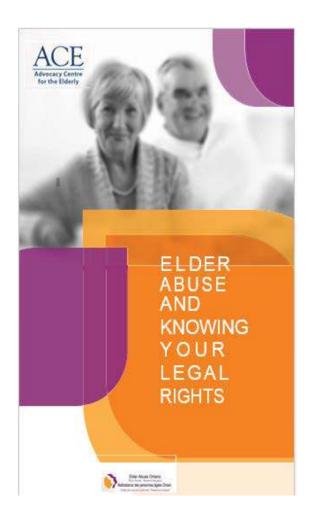
REGISTER NOW

EAPO Tools and Resources

www.eapon.ca

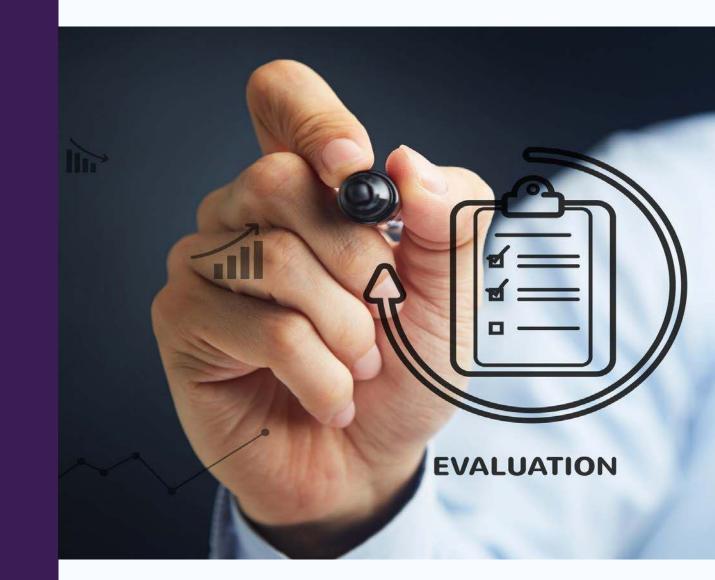






EVALUATION

Please take a minute to complete our survey!





Keep Connected Elder Abuse Prevention Ontario

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