



Elder Abuse
Prevention
Ontario

FREE WEBINAR



PEER TO PEER SUPPORT

November 17th

1:00 PM ET



SPEAKER
JASON BALGOPAL



Assistant Crown Attorney

A top-down photograph of a smudge stick burning in a brass bowl. The bowl is ornate with embossed patterns and sits on a green wooden plank surface. Wisps of white smoke rise from the burning bundle. Surrounding the bowl are various natural elements: a large clear quartz crystal in the top left, a smaller yellow flower, green chrysanthemums, and sprigs of cedar and other herbs. In the bottom right, there is a cluster of white crystals. A semi-transparent white banner with the text "LAND ACKNOWLEDGEMENT" is positioned across the lower middle of the image.

LAND ACKNOWLEDGEMENT

WEBINAR HOUSEKEEPING



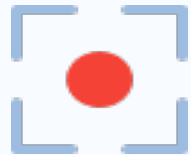
Communication

All attendees will be muted during the webinar.



Speaker

Will be visible while presenting and for the Question/Answer session.



Recording

A recorded version of this webinar will be available on EAPO's website.



Chat/ Question Box



Post comments in Chat Box.

Type your questions in Question/ Answer box.

Responses will be provided after the presentation.

WEBINAR HOUSEKEEPING



Evaluation

Your feedback on knowledge gain from session and suggestions for future topics is appreciated. Options to access survey:

- QR Code
- pop-up notice with link to survey
- Followup email with survey link



Elder Abuse
Prevention
Ontario



SCAN ME

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.



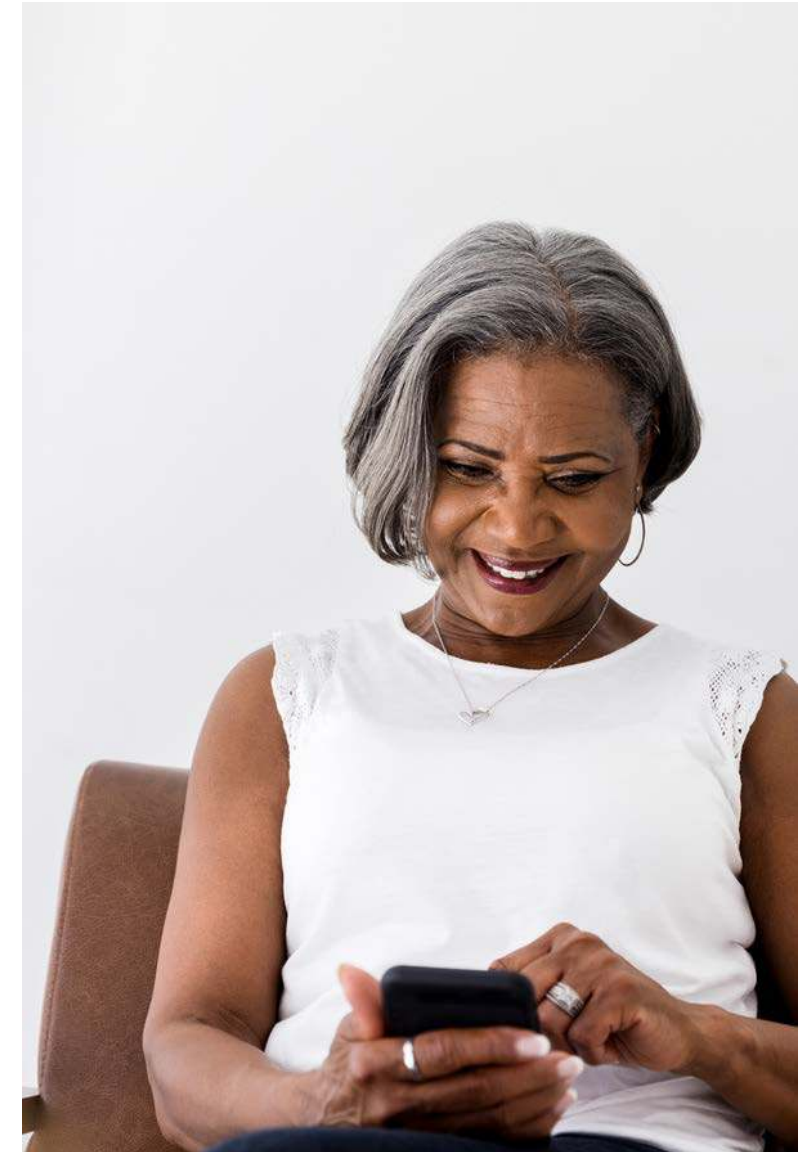
EAPO Preventing Abuse in Older Adults

MISSION

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

ACTION

Raising awareness, delivering education and training, working collaboratively with like-minded organizations and assisting with service coordination and advocacy.



STOP ABUSE – RESTORE RESPECT

SIMPLY PUT, WE ALL HAVE A ROLE TO PLAY

EAPO is mandated to support the implementation of Ontario's Strategy to Combat Elder Abuse.

Funded by the ON Government, under the
Ministry for Seniors and Accessibility (MSAA)



@EAPreventionON



Ontario's Strategy to Combat Elder Abuse

1

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

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.

3

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.



Co-ordination of
Community Services

Training for
Front-Line Staff

Public Education
and Awareness

3 Pillars of the Strategy

Speaker

Jason is a graduate of Osgoode Hall Law School, and an Ontario lawyer, who was called to the bar in 1999. He has been practicing exclusively in criminal law since 2003 and has been an **Assistant Crown Attorney in the Scarborough Crown Attorneys' office** since 2004. He has appeared in all levels of court in Ontario, and has conducted all manner of prosecutions, including murder trials and a dangerous offender application.

He is a member of the **Elder Abuse Consultation Team (EACT)** in Toronto and has presented many times on the topic of Elder Abuse. He is also a member of the Scarborough Human Services and Justice Coordinating Committee (HSJCC) which helps to coordinate the various services offered by different organizations to a diverse population.

After a lengthy challenge with depression, and after getting to a better “head-space” for himself, he wished to give back to the community which had supported him. Thus, in 2015, he created the **Mental Wellness Peer Support Groups**, which have been operating continuously since in person, and are now (since COVID started) operating virtually through Zoom. The groups offer members an opportunity to unburden themselves to peers (people who have “walked a mile in your shoes”) about how their mental wellness challenge is affecting them and get feedback (empathy or best practices) to support them.



Jason Balgopal
Assistant Crown
Attorney

PEER SUPPORT

HOW CAN IT HELP SENIORS
AND THEIR CAREGIVERS?



WHO... IS PRESENTING?

Jason Balgopal

Lawyer

Assistant Crown Attorney

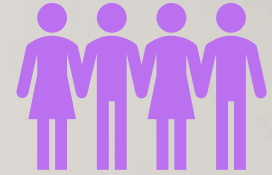
Protector of the Elderly

Peer

WHAT... IS A PEER?



People who have walked
a mile in your shoes



People who have
empathy

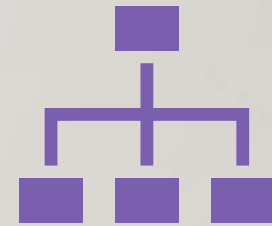
WHAT... IS PEER SUPPORT?



A phone call or going
out for a coffee



A gathering of people
to help



A structured meeting
of like-minded people

EXAMPLE OF A STRUCTURED MEETING

- Mental Wellness Peer Support Groups
- One hour meeting – In person and on Zoom
- Opportunity (but no obligation) to share how their wellness challenge is affecting them
- Opportunity (but no obligation) to get “feedback”...Empathy or a best-practice
- Facilitator ensures smooth running of meeting...of course, facilitator is also a “peer”
- ...including me – let me tell you my story...





Experiencing a Wellness Challenge?

Worry ~ Anxiety ~ Stress ~ Depression ~ OCD ~ Bipolar ~ PTSD - Sadness

We've been there...we can help!

Sign up for **FREE & CONFIDENTIAL** peer support.

VIRTUAL PEER SUPPORT GROUPS!

(Helping people since 2015)

Join us for a FREE video support group run through ZOOM.

Sign up at: **www.MeetUp.com**

Ask to join us: **Mental Wellness Peer-to-Peer Support Groups**

www.MentalWellness.help



Mental Wellness Support Groups

FREE & CONFIDENTIAL - Peer & Professional

PEER RUN: Groups started in 2015 by someone with a wellness challenge.
Run by peers with lived-experience.

CONFIDENTIAL: What is said in the group, stays in the group. PERIOD.

SHARING: Everyone may share what is on their mind, but no obligation to speak.
Just being here will help you.

SUPPORT: None of us is a professional - we will not tell you what you “should” do.
Members may ask if you wish suggestions - what worked well for them.

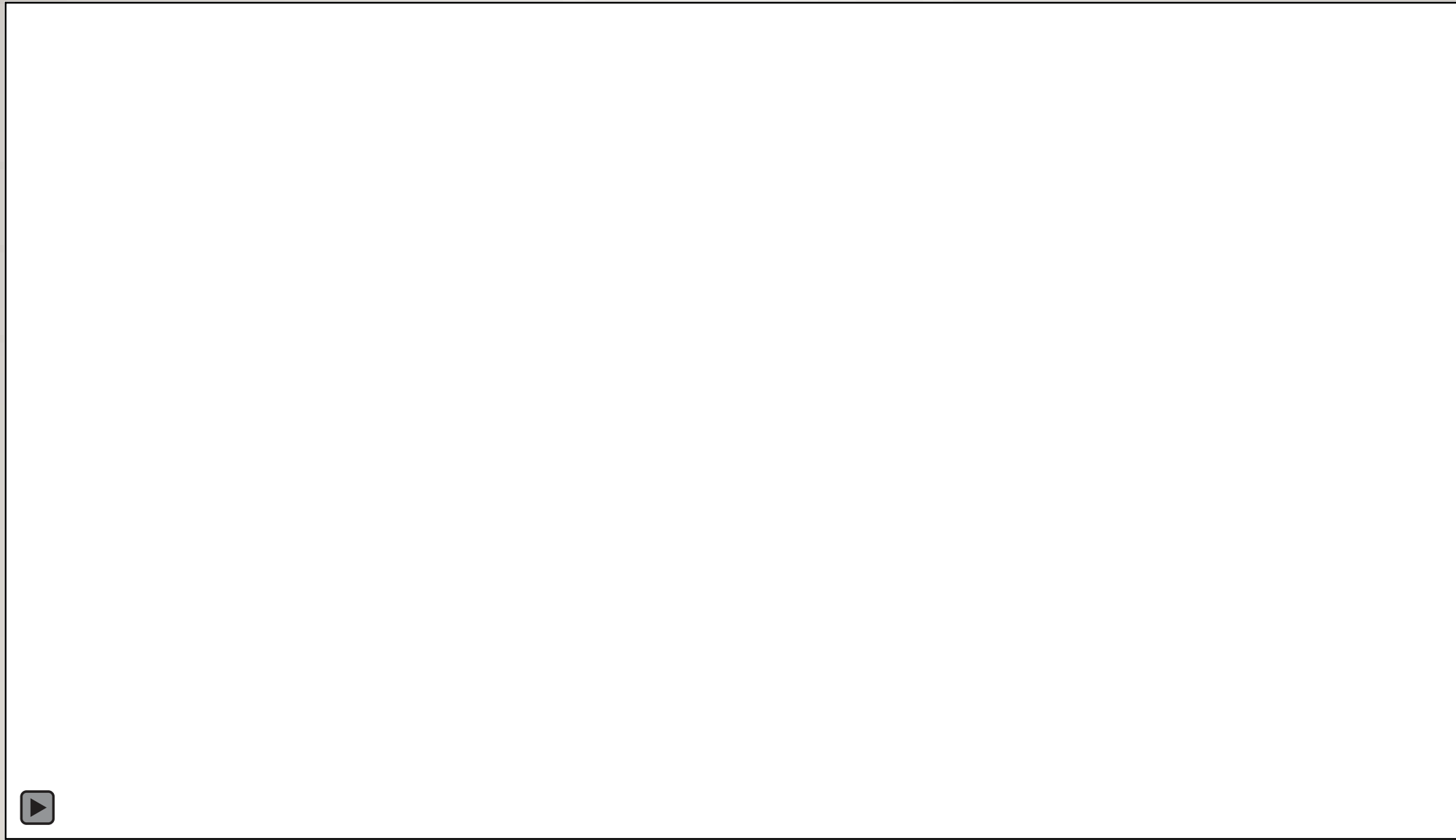
Regular members get access to
PROFESSIONAL HELP: FREE professional help from a licensed therapist

“The weekly confidential peer-to-peer support group has become a coveted time for me that I have to let down the exterior I often put on during the week and share how I am really doing in a supported space. When I share, if I am up to it, I don’t feel judgement, I feel support. Support comes in many ways – from people simply listening, offering empathy, or offering suggestions from their own experiences. I really value the connection and community that the Peer-to-Peer support group has created, particularly in this time of self-isolation.” - Hayley



Thank you to our sponsors
admin@MentalWellness.help





BENEFITS TO PEER SUPPORT

- Normalizes the idea of talking about the challenges.
- Ensures those who are there REALLY want to listen to the person.
- Reduces loneliness.
- Increases connections with people similarly situated.
- Increases opportunities for sharing of best-practices or options for care.



OTHER BENEFITS



Learning from people who
have been where you are



Assists with
communication skills

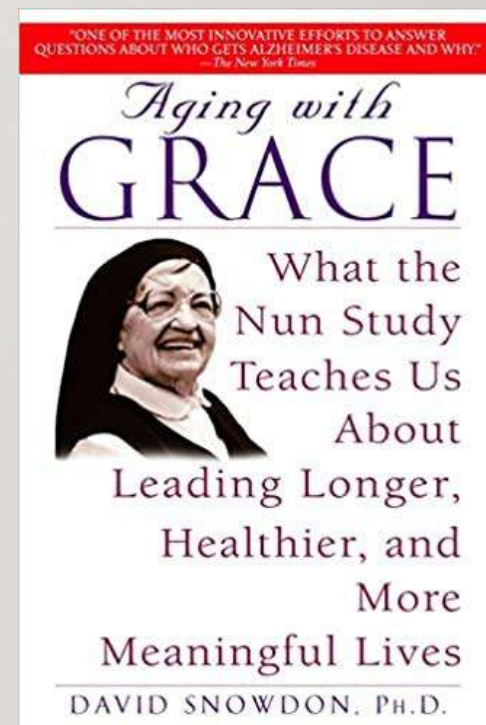
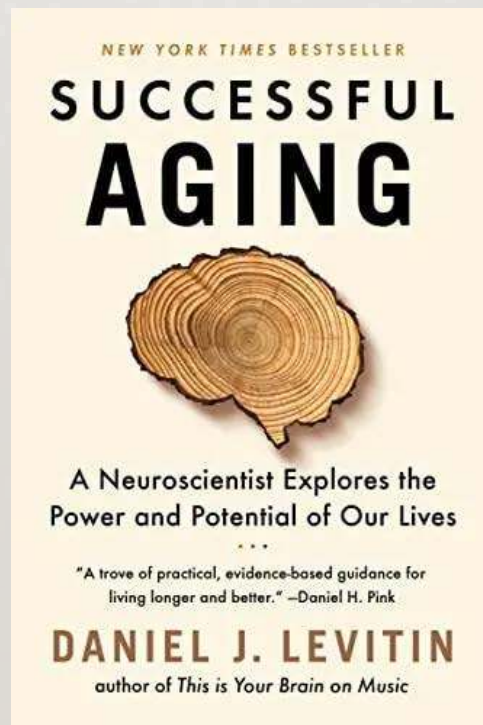
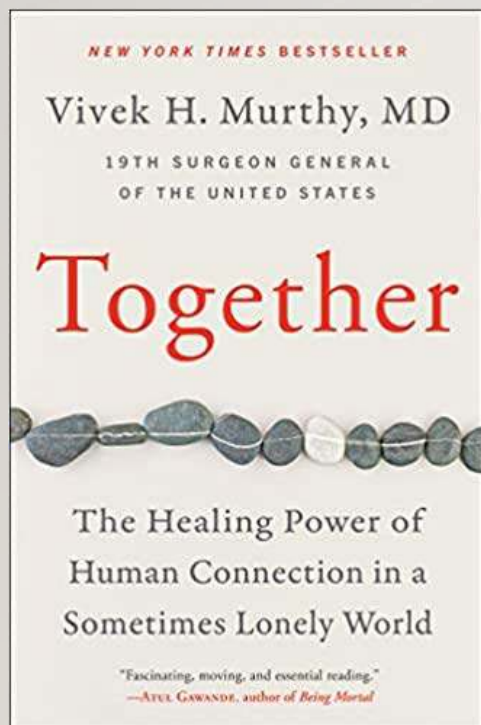


Lack of judgment



Opportunity to give back –
to help others

WHAT... IS A COMMONALITY IN THESE THREE BOOKS?



HOW... TO START A PEER SUPPORT GROUP

Who is this group to help?

Is this an informal or formal setting?

Spontaneity or Regularity?

What is the format?

What is the platform? In person – Zoom?

...Just Do It!!

JASON.BALGOPAL@ONTARIO.CA

JASON@BALGOPAL.CA

www.Balgopal.ca

www.MentalWellness.help



All views expressed today are Jason's and not the Ministry of the Attorney General (which has kindly allowed Jason to present here today)

EVERYONE HAS A ROLE TO PLAY IN **#RESTORINGRESPECT** FOR SENIORS.



www.eapon.ca/donate

WE WOULD
APPRECIATE HEARING
FROM YOU.

**Please take a few
minutes to complete
our survey!**

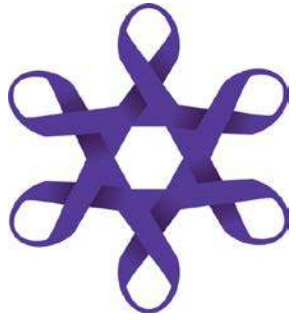
Your feedback on knowledge gained from session and suggestions for future topics is appreciated. Options to access survey:

- QR Code
- pop-up notice with link to survey
- Followup email with survey link



Your Feedback is
important to us!





Contact Us

Comments? Questions?



Raeann Rideout
Director, Strategic Partnerships
Elder Abuse Prevention Ontario

Tel: 705.927.3114

www.eapon.ca

@EApventionON

A purple rectangular tag with a hole on the left side is the central focus. The words "Thank you!" are written on it in a black, cursive font. The tag is placed on a light brown cork surface. Three white daisies with yellow centers are scattered around: one in the foreground to the right, and two in the background, one slightly to the left and one to the right. A light-colored string is looped around the tag and extends towards the top left of the frame.

Thank
you!