



Podcast

AGING VIBRANTLY

Conversations to Empower Seniors



Elder Abuse
Prevention
Ontario



From the Podcast to You: Resources and Takeaways

Episodes 1 & 2: Rebelling Against Ageism (Ashton Applewhite)

Book: [This Chair Rocks: A Manifesto Against Ageism](#)

TED Talk: [Ashton Applewhite](#)

Fact Sheet: [Tackling Ageism Through Consciousness Raising](#) - HelpAge International

Reports:

[Global Report on Ageism](#) - WHO

[UN Decade of Healthy Aging Report](#)

[Shaping the Future: A National Forum's Call to Action to Eliminating Ageism in Care and Support](#) (CCAA, 2024)

Websites:

Old School hub - <https://oldschool.info>

This Chair Rocks - <https://thischairrocks.com>

Episode 3: Supportive Conversations (Margaret MacPherson)

Brochures:

**How You Can Identify Abuse and Help Older Adults at Risk:
It's Not Right: Neighbours, Friends and Families for Older Adults**
<http://itsnotright.ca/assets/documents/inr-warning-signs-plain-text.pdf>

Websites:

It's Not Right: Neighbours, Friends and Families for Older Adults
<http://itsnotright.ca>

Centre for Research & Education on Violence Against Women & Children
www.learningtoendabuse.ca

Learning Network
<https://gbvlearningnetwork.ca>

EQUIP Health Care <https://equiphealthcare.ca>

[What You Can Do to Keep Yourself Safe from Abuse](#)

[What You Can Do When Abuse or Neglect Happens](#)

Videos:

[How to Talk to Someone You Are Concerned About](#) (EAPO)

[What You Can Do To Help](#) (EAPO)





From the Podcast to You: Resources and Takeaways



Episode 4: Power of Attorney for Property: Best Practices and Practical Considerations (Laura Tamblyn Watts)

Book:

Let's Talk about Aging Parents: A Real-Life Guide to Solving Problems with 27 Essential Conversations

Author: Laura Tamblyn Watts, CEO of CanAge

Webinars:

- [Power or Attorney Presentation](#) (CanAge)
- [Power of Attorney: Advance Directions for Care and Financial Decisions \(who decides and how decisions are made\)](#) (2023)
- [Power of Attorney 101: The Key Info Everyone Needs to Know About Mental Capacity and POA's](#) (2021)

Fact Sheets:

- [What every older Canadian should know about: Powers of attorney \(for financial matters and property\) and joint bank accounts](#). Government of Canada
- [What every older Canadian should know about: Powers of attorney \(for financial matters and property\) and joint bank accounts](#). Government of Canada

Websites:

Advocacy Centre for the Elderly (ACE)

www.ancelaw.ca

ACE can provide legal information to older adults on what powers of attorney are and how they work, how to have one made, and on the potential misuses of these powerful documents. 1-855-598-2656

Pro Bono Ontario

www.probonoontario.org

Provides help to create and answer legal questions about Powers of Attorney documents. Free Legal Advice Hotline. 1-855-255-7256

The Capacity Assessment Office-Ontario

www.ontario.ca/page/list-capacity-assessors

Power of Attorney for Property - Steps to Justice

<https://stepstojustice.ca/guided-pathways>

Use an online platform, Guided Pathways to make a Power of Attorney - to give someone power to make decisions about your property.

Practical Guide to Elder Abuse and Neglect Law in Canada

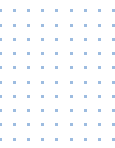
<https://ccelderlaw.ca>

A searchable website (French & English), that explains laws related to elder abuse and neglect occurring anywhere in Canada. Produced by the Canadian Centre for Elder Law.





From the Podcast to You: Resources and Takeaways



Episode 5: Procuration – Considérations pratiques (Me Jaëlle Bain, Kayla Cardinal Lafrance)

Outils et guides :

Rédiger une procuration pour soins de santé

<https://cliquezjustice.ca/vos-droits/rediger-une-procuracion-pour-soins-de-sante>

Testaments et procurations:

<https://stepstojustice.ca/fr>

Utilisez les Parcours guidés de CLEO pour rédiger un testament, ou faire ou annuler une procuration relative aux biens ou aux soins de la personne.

Trousse de procuration proposée par le ministère du Procureur général de l'Ontario

<https://www.publications.gov.on.ca/300976>

Guide pratique du droit relatif à la maltraitance et à la négligence des personnes âgées

<https://ccelderlaw.ca/fr/francais-accueil/>

sites Web:

Centre d'information juridique de l'Ontario

<https://centreinfojuridique.ca/>

1-844-343-7462

CliquezJustice.ca

un portail canadien d'information simplifiée qui vous aide à comprendre vos droits et obligations pour mieux gérer vos situations juridiques du quotidien.

Articles sur les procurations dans la section Décès et testament.

<https://cliquezjustice.ca/decès-et-testament>

Inscrivez-vous à l'infolettre de CliquezJustice.ca pour rester à l'affût des actualités juridiques

<https://cliquezjustice.ca/infolettre>

Justice pas-à-pas

Justicepasapas.ca

Pour embaucher un avocat:

Carnet d'adresses des juristes francophones de l'Ontario

www.ajefo.ca/qui-sommes-nous/nos-membre

Service de référence du Barreau (de l'Ontario)

<https://lsrs.iso.ca/lsrs>

1-855-947-5255





From the Podcast to You: Resources and Takeaways



Episode 6: Coping with Grief and Loss in Later Life (Jennifer McCrae)

Websites:

Bereaved Families of Ontario

<https://bereavedfamilies.net>

Ontario Funeral Services Association

www.ofsa.org

Ontario Government: Bereavement Leave, Employment Standards Act

www.ontario.ca/document/your-guide-employment-standards-act-0/bereavement-leave

Soul Transitions, Jennifer McCrae

<https://soultransition.ca>

Toolkit:

Empowering Bereaved Seniors -EAPO



Episode 7: How to Recognize and Prevent Elder Abuse (Dr. Gloria Gutman)

Book:

Aging, Ageism and Abuse.

Author, Dr. Gloria Gutman

Websites:

Elder Abuse Prevention Ontario (EAPO)

www.eapon.ca 1-833-976-6728

Canadian Network for the Prevention of Elder Abuse

www.cnpea.ca

International Network for Prevention of Elder Abuse

www.inpea.net

Simon Fraser University Gerontology Research

www.sfu.ca/gerontology/research.html

Fact Sheets :

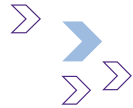
EAPO

<https://eapon.ca/factsheets/#what-is>

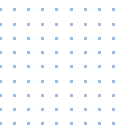
WHO - Abuse of Older People

www.who.int/news-room/fact-sheets/detail/abuse-of-older-people





From the Podcast to You: Resources and Takeaways



Episode 8: Inspirations for Lifelong Learning (Olive Bryanton)

Documentary:

Never Too Old: Meet Olive Bryanton

www.cbc.ca/cbcdocs/pov/episodes/never-too-old

Websites:

Academy for Lifelong Learning Toronto

<https://allto.ca/introducing-the-academy-for-lifelong-learning-toronto/>

Later Life Learning Toronto

<https://lll.toronto.org>

Reports:

What you need to know on lifelong learning February 2025. (UNESCO)

www.unesco.org/en/lifelong-learning/need-know

Strategy 2024 -2026; Leading lifelong learning for a healthier world. (WHO)

www.who.int/publications/m/item/the-who-academy-strategy-2024--2026



Episode 9: Bridging the Gap : Building Generational Connections (Sharon Mackenzie)

Global Intergenerational Week - April 24-30, 2025

<https://generationsworkingtogether.org/global-intergenerational-week>

IG Day June 1st

<https://intergenerational.ca/ig-day>

Websites:

i2i Intergenerational Society of Canada

<https://intergenerational.ca>

Generations Working Together

<https://generationsworkingtogether.org>

Volunteer Canada: Engaging Volunteers - GenerationsCo

<https://volunteer.ca/intergenerational-engagement/>





From the Podcast to You: *Resources and Takeaways*



Episode 9: Bridging the Gap : Building Generational Connections (Sharon Mackenzie)

Toolkits/Guides:

[Bringing Together Seniors and Children in the Community, Intergenerational Guide - Families Canada](#)

[Intergenerational Programming Toolkit City of Edmonton](#)

Report and Documents:

[WHO Report: Connecting generations: planning and implementing interventions for intergenerational contact](#)

[WHO: Age-Friendly World Report - Intergenerational Project](#)

[WHO: National Programmes for Age-Friendly Cities Guide](#)

[University New Brunswick: IG Action Plan](#)

News:

[Battling social isolation with the power of intergenerational storytelling. Hospital News, March 14, 2020](#)

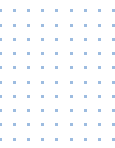
[How ECU Students and Local Seniors are Building Generational Connections through Photography- Emily Carr University \(ECU\).](#)

[Impacting the Next Generation BC Brain Wellness Program](#)





From the Podcast to You: Resources and Takeaways



Episode 10: Putting a Stop to Frauds and Scams Targeting Seniors (Stephanie Senecal, Karen Deredin and Bonnie Bednarik)



NEWS:

Windsor senior helps police foil grandparent scam
(Bonnie's experience) Windsor Star

Websites:

Canadian Anti- Fraud Centre (CAFC)
antifraudcentre-centreantifraude.ca/index-eng.htm

Canadian Bankers Association
cba.ca/for-canadians/scam-prevention

Competition Bureau of Canada
competition-bureau.canada.ca/en/fraud-and-scams

Equifax
equifax.ca

Scams and fraud - Government of Canada

Facts Sheets/Resource Booklets:

CAFC Protect Yourself Information
antifraudcentre-centreantifraude.ca/protect-protegez-eng.htm

Little Black Book of Scams
competition-bureau.canada.ca/en/little-black-book-scams

Cyber Security for Seniors - EAPO
eapon.ca/factsheets/#Cyber-Security-Tips-for-seniors

Gift Card Scams - EAPO
https://eapon.ca/factsheets/#Gift_Card_Scams

On-line Dating and Romance Scams - EAPO
eapon.ca/factsheets/#romance-scam-tips4seniors

Protect Each Other from Frauds and Scams - EAPO
eapon.ca/factsheets/#fraudsandscams

Safe and Sound: Protect Yourself From Frauds and Scams: EAPO (6 languages)
eapon.ca/factsheets/