



Atlantic Summer  
Institute on  
Healthy and Safe  
Communities  
l'Institut d'été  
sur les collectivités  
sûres et en santé au  
Canada atlantique

## Atlantic Canada Showcase Presentation

### **Antigonish Senior Safety Program “Empowering Seniors to Live Safe, Healthy and Independent Lives in their Homes as Long as Possible”**

#### **Description of Presentation**

The Antigonish Seniors' Safety Program provides services and programs to older adults 55 years of age and over. The County of Antigonish is home to over 5,000 senior residents. This presentation will provide an overview on how this community program is driven by senior input and community support. Our program represents a community with outlying rural areas, servicing all seniors - including many seniors with literacy difficulties. During the first part of the presentation, we will showcase specific examples of how seniors can be educated and encouraged to learn regardless of low literacy levels among the senior community.

During the second part of the presentation, attendees will work together as designated teams to address actual scenarios that face seniors with low literacy levels. By approaching the scenarios together, you will gain a greater understanding of the impact literacy barriers create for older adults and how to identify and develop innovative solutions and inclusive programming based on the needs of your own senior community.

#### **How you will benefit**

- Learning to identify and develop educational opportunities for seniors in your own community, encouraging inclusive programming for those with literacy concerns.

#### **Presenter**

Kimberly Timmons



Kimberly Timmons is the Seniors' Safety Coordinator for the Antigonish Town & County Senior Safety Program. Following the lead and direction of local seniors, she develops and provides educational opportunities and programming on topics of importance to them. The program coordinator represents a community with outlying rural areas, servicing all seniors - including many seniors with literacy difficulties. Kimberly services seniors individually in their own home, through Seniors' Groups and by providing public presentations. She identifies that in a world of technological advancement, the human factor still plays a critical role in servicing the needs of the older generation. Kimberly took on the role of coordinator in 2003 and after 5 years of operation, the Antigonish program continues to expand and succeed.



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## *Atlantic Canada Showcase Presentation*

- Empowering seniors - removing the literacy barriers and encouraging supportive community engagement.
- Understanding the impact of a senior dedicated resource person - providing vital information and programming to seniors regardless of their learning abilities.

### ***Handouts***

Available during the presentation

### ***Resources***

Available during the presentation

### ***Contact Information***

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