



CANADIAN NETWORK *for*
the PREVENTION of ELDER ABUSE

RÉSEAU CANADIEN *pour la PRÉVENTION*
du MAUVAIS TRAITEMENT des AÎNÉS

Trauma-Informed Supports for Older Adults who are Survivors of Sexual Assault: A Manitoba Perspective

With:



Klinic Community Health Centre



Manitoba Victim Services



A & O: Support Services for Older Adults

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- ▶ If you are experiencing issues, please let us know via the CHAT BOX or email us at benedictes.cnpea@gmail.com



A few more things

- ▶ There will be a 30mns Q&A at the end of the presentation.
- ▶ Use the chat box to type your questions at any point during the presentation. We will go through them **at the end**.
- ▶ Can't stay until the end? This webinar will be recorded and will be posted on cnpea.ca later today.
- ▶ In a few days, you will be invited to take a short survey about this webinar. Please take a moment to participate. Your feedback will help us improve our next webinars and evaluate our project.

Thank you!

Acknowledgement

I would like to begin by acknowledging that the land on which I live and work is the unceded territory of the Coast Salish Peoples, including the territories of the x^wməθkwəyəm (Musqueam), Skwxwú7mesh (Squamish), and Səlílwətaʔ/Selilwitulh (Tsleil-Waututh) Nations.

Increasing Access to Justice for Older Adult Victims of Sexual Assault: A Capacity Building Approach

This webinar is part of CNPEA's project

Increasing Access to Justice for Older Adult Victims of Sexual Assault: A Capacity Building Approach, funded by the [Justice Canada Victims Fund](#).

For more details, please [visit our project page](#) at www.cnpea.ca



Your presenters



Jerra Fraser, Klinik Community Health Centre

Jerra Fraser is a counsellor, volunteer trainer/supervisor and public education facilitator at Klinik Community Health. She has eight years of experience working with survivors and secondary survivors of sexual assault. In her time at Klinik she has also spent time in the Evolve program supporting survivors of intimate partner violence.

Your presenters

Amanda Thiessen - Manitoba Victim Services



Amanda has dedicated herself to working in social services. She has worked in a number of different capacities, such as working with at risk youth, volunteering for the Clinic Sexual Assault Crisis program, advocating for marginalized women, and counselling and facilitating workshops for women healing from addictions.

Amanda has been employed with Manitoba Justice Victim Services in the Domestic Violence Support Services program since 2012. She works with victims of domestic violence by supporting them through the court process. Part of her role involves travelling to Northern Manitoba on a monthly basis to assist with circuit court.

Your presenters



Katherine Nelson, A & O: Support Services for Older Adults

Katherine Nelson is a Registered Social Worker with A & O: Support Services for Older Adults. In her role, Katherine currently works in a number of A & O's program areas including, including Elder Abuse Prevention Services, Older Victim Services, Counseling, This Full House, and the Safe Suite program. Katherine is also a trained Protection Order Designate and regularly assists in the development and delivery of workshops, workbooks, videos and manuals on the topics of Elder Abuse and ways that older adults can protect themselves.

Supporting Adult Survivors of Sexual Assault: A Trauma Informed Perspective

Sexual Assault Crisis Program

Presenter: Jerra Fraser

Just Care. *For Everyone.*



**Sexual Assault is any
unwanted sexual contact**



Our Lens

- ▶ Empowerment Model Perspective/Feminist
- ▶ Trauma Informed
- ▶ Client Centered
- ▶ Anti Oppressive
- ▶ Inclusive
- ▶ LGBT2SQ+ Affirmative
- ▶ Bio-psycho-social-spiritual



What is Trauma

“Trauma refers to experiences or events that by definition are out of the ordinary in terms of their overwhelming nature. They are more than merely stressful—they are also shocking, terrifying, and devastating to the victim, resulting in profoundly upsetting feelings of terror, shame, helplessness, and powerlessness”

(Courtois, 1999)



Sexual assault trauma

- The psychological, social, physical effects of being sexually victimized and is regarded as part of Post Traumatic Stress.
- Affects 5 basic human needs:
 - The need to be safe
 - The need to trust
 - The need to feel some control
 - The need to value yourself & others
 - The need to feel close to others

(Babette Rothschild, 2000)



Factors influencing the degree of trauma experienced:

- ▶ Support
- ▶ Previous life experiences
- ▶ Coping
- ▶ Identity of assailant
- ▶ Cultural/societal context



Impact of Sexual Assault

- ▶ A) Physical
- ▶ B) Behavioural
- ▶ C) Emotional
- ▶ D) Cognitive

All SAT (sexual assault trauma) responses/experiences are both serious and normal.



Physical Reactions

- Physical trauma
 - Bruises
 - Lacerations
 - Vaginal tearing
 - Body soreness
 - Broken bones
 - Internal bleeding
- Psycho-physical
 - Chronic headaches
 - Muscle tension
 - Gastro-intestinal problems
 - Fatigue
 - Tremors
 - Sleep disturbances
 - Eating difficulties



Behavioral Reactions

- Becoming withdrawn/isolated from others
- Easily startled
- Avoiding places/situations
- Becoming confrontational/aggressive
- Changes in eating habits
- Relentlessness
- Increase/decrease in sexual activity
- Substance use
- Attempting suicide
- Engaging in self-injurious behavior
- Crying
- Change in hygiene practices
- Moving
- Leaving a relationship
- Increase/decrease in risk taking



Emotional Reactions

- Depression
- Grief
- Anxiety
- Preoccupation with death/injury
- Fear/terror/inability to feel safe
- Disorientation
- Dissociation
- Feeling out of control
- Confusion/disbelief
- Helpless
- Hopeless
- Powerless
- Empty
- Sadness
- Guilt
- Self-blame
- Shame
- Mood swings
- Embarrassment
- Humiliation
- Anger
- Irritability
- Numbness/Apathy
- Loss of trust
- Loss of self esteem/self-worth
- Dirty
- Distant
- Suicidal



Cognitive Reactions

- Disbelief
- Guilt
- Self-Blame
- Humiliation
- Changes in the way you think about yourself
- Changes in the way you think about other people
- Difficulty making decisions
- Intrusive images
- Flashbacks
- Nightmares
- Changes in world view
- Heightened awareness of your surroundings (hyper vigilance)
- Lessened awareness, disconnection from yourself (dissociation)
- Difficulties concentrating
- Poor attention or memory problems



SACP Services

- ▶ Sexual Assault Crisis Line
 - ▶ 204-786-8631
 - ▶ Toll free: 1-888-292-7565
- ▶ Advocacy
- ▶ Medical/Legal Appointment Support
- ▶ In-person, short term, trauma-informed counselling
 - ▶ Intake: 204-784-4059



www.klinik.mb.ca

 facebook.com/KlinikCHC

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Just Care. *For Everyone.*



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Manitoba Justice Victim Services

Presenter: Amanda Thiessen



Manitoba Justice Victim Services

- ▶ Supports victims of serious crimes, as outlined in *The Victims' Bill of Rights*. This includes victims of domestic violence and other serious crimes, such as fatalities and sexual assaults.
- ▶ Victim Services also provides support to child victims and witnesses, victims of domestic violence and families of murdered and missing Indigenous persons.
- ▶ As well, support is offered to all individuals under the *Canadian Victims Bill of Rights*.

What is Victim Services

- ▶ Victims of crime, including sexual assault, have the right to receive information and support.
- ▶ In Manitoba, these services are provided by Manitoba Justice Victim Services workers located throughout the province.
- ▶ Victim Services helps people access their rights and understand their responsibilities, and also connects them to other agencies and useful resources.
- ▶ You can contact Victim Services to ask questions about your rights and get information, even if you haven't gone to the police yet.

How can a Victim Services worker help me?

Information

- court and criminal justice information
- updates on the case
- what to expect as the charges move through the court process
- how to submit a Victim Impact Statement
- how to find out about offender's release from jail
- how to register with the Parole Board of Canada

Court Preparation

- preparation for testifying in court
- what to expect if subpoenaed to court
- visit to a courtroom
- accompaniment to meetings with the assigned Crown Attorney
- assistance with transportation to and from court

Counselling and referrals

- short term counselling including safety planning
- referral to counselling resources and community agencies
- referral to Compensation for Victims of Crime

What Are My Options in Manitoba?

- ▶ Reporting to Police
- ▶ Medical care
- ▶ Other options for reporting:
 - ▶ Third Party Reporting
 - ▶ Disclosing Sexual Assault at a Post-secondary Institution
 - ▶ The Manitoba Human Rights Code & Sexual Harassment
 - ▶ Reporting to Regulated Professional Bodies
 - ▶ Civil Court
- ▶ Accessing Counselling, Healing and Support

The Court Process

- ▶ If you report a sexual assault and the police lay charges, they will then give your file to the Crown attorney. This is the lawyer who will try to prove your case in court.
- ▶ Crown attorneys are lawyers who work for the Department of Justice and whose job it is to assess cases and handle the ones where there is a basis to prosecute in criminal court.
- ▶ They are not your personal lawyer, but will consider your concerns about the case when making decisions.
- ▶ It is important to understand that criminal cases go forward on behalf of the public; they are not private proceedings. You are considered to be a witness in the case, so you do not need to hire a lawyer to represent you during the proceedings.
- ▶ Victim Services is able to support and assist you through this process.

Staying Safe

- ▶ Whether or not you report the assault, you deserve to feel safe.
- ▶ It is a good idea to have a safety plan. It will remind you of what to do if you are in danger and you need to act quickly.
- ▶ Victim Services can help you make a safety plan
- ▶ Court orders
- ▶ Protection & Prevention Orders
- ▶ Peace Bonds

Milan: ASD Facility Dog

<http://www.gov.mb.ca/justice/crown/victims/dog.html>



- Since starting work with Manitoba Justice Victim Services on July 11, 2016, Milan has participated in over 100 meetings with child victims.
- She has been in both QB and Provincial Court over 50 times acting in a supportive capacity alongside victims as they testify.
- Milan was trained by [Pacific Assistance Dog Society \(PADS\)](#) for two years.

Compensation for Victims of Crime Program



Compensation for
Victims of Crime

- ▶ The Compensation for Victims of Crime program helps victims who suffer personal injury, hardships or expenses because of certain crimes, including sexual assault, by providing support and services.
- ▶ This may include help to pay for counselling.
- ▶ To apply for benefits, the person who committed the crime does not need to have been caught, but a report must be made to the police.
- ▶ You can also access this program to help pay for counselling, if you completed a Third-party report on sexual assault.

Compensation for Victims of Crime Program

<http://www.gov.mb.ca/justice/crown/victims/compensation.html>
204-945-0899 or 1-800-262-9344

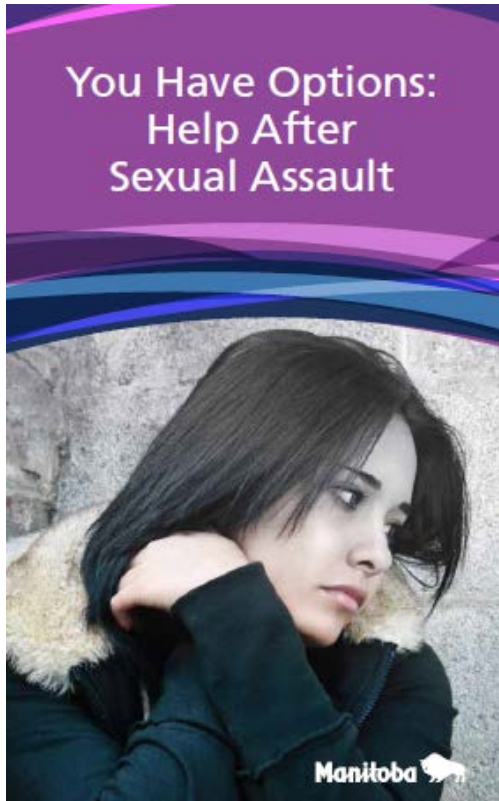
Compensation may cover reasonable expenses (not already covered by another source) resulting from a crime, including:

- payment of medical expenses (prescription drug costs, ambulance bills)
- replacement of damaged clothing or items seized by police as evidence
- dental treatment, replacement or repair of dentures
- replacement or repair of prescription eyeglasses
- payment for grief therapy or other counselling services
- compensation for lost wages for victims who have been disabled or for dependents of victims who were fatally injured
- support payments for dependents
- payment for rehabilitation or retraining
- compensation for permanent disability
- payment of funeral expenses

Victim Impact Statements

- ▶ Victims/family of all types of crime *may* submit a Victim Impact Statement
- ▶ Victim Impact Statements are presented after a finding of guilt and before sentencing
- ▶ *Participation is voluntary*
- ▶ The victim can read the statement in court, have the Crown read the statement, or have it filed for the judge to read. The victim may attend but is not required to do so.
- ▶ Allows victims to tell the court how they have been affected by a crime
- ▶ The statement may include a description of the:
 - ▶ Emotional
 - ▶ Physical or
 - ▶ Financial harm caused
 - ▶ Also includes a space for a drawing, poem or letter
- ▶ The Crown will file the statement with the clerk of the court
- ▶ Copies disclosed to the defence lawyer and judge

Additional Resources



Manitoba Justice Victim Services is delivering training, information and education on the topic of sexual violence.

The goal of the project is to help all Manitobans become better informed about sexual assault and how to best support survivors.

← This guide will help to:

- recognize and understand sexual assault
- explain a person's rights
- understand the criminal justice system, including making a police report and going to court
- inform about options

www.manitoba.ca/justice/crown/victims/sexualassault.html

You Are Not Alone: www.Manitoba.ca/youarenotalone

Thank you!

For more information:

www.Manitoba.ca/justice/crown/victims/index.html

In Winnipeg: 204-945-6851

Toll free: 1-866-484-2846



A&O

Support Services for Older Adults

Older Victim Services Program

Presenter:

Katherine Nelson, BA, BSW, RSW

knelson@aosupportservices.ca

Agenda

Intro to A & O: Support Services for Older Adults

Intro to Older Victim Services (OVS)

- Development of program
- Structure of program
- Referrals

Unique needs of clients 55+

- Case example

Mission

To offer specialized programs and services that are accessible to older Manitobans and support and enhance their social, emotional, physical, intellectual and spiritual lives and actively promote active participation in all aspects of community life.

Vision

To develop and deliver innovative programs and services that improve the quality of later life.



The Agency

- A community-based not-for-profit organization that provides programs and services to older Manitobans - 55+
- Established in 1957
- Governed by a Volunteer Board of Directors



A & O Services

Safety & Security

- ▶ Elder Abuse Prevention Services
- ▶ Safe Suite Program
- ▶ **Older Victim Services**
- ▶ SafetyAid
- ▶ This Full House

Social Engagement Counselling

- ▶ Senior Centre Without Walls
- ▶ Connect Program
- ▶ Senior Immigrant Settlement Services
- ▶ Information & Referral
- ▶ Intake
- ▶ Counselling
- ▶ Housing Program
- ▶ Legal Services



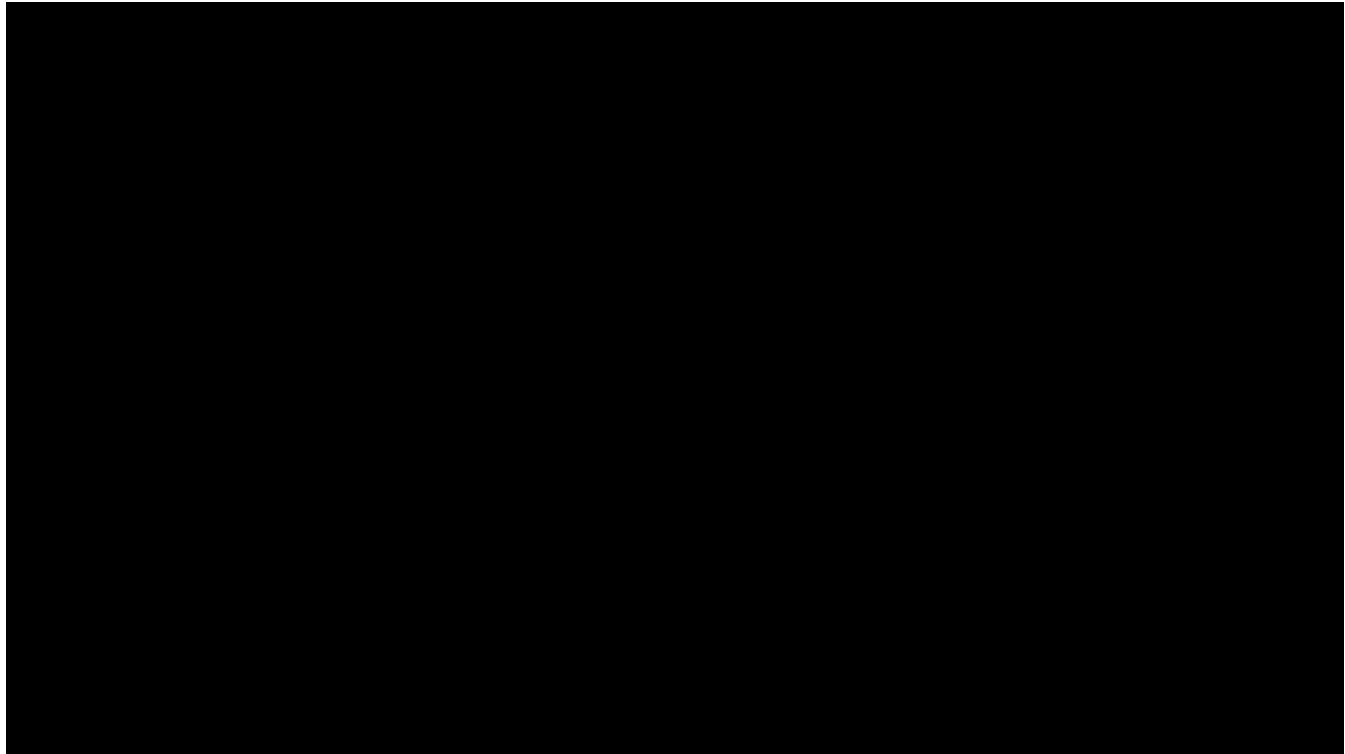
A & O Statistics

In 2017-2018 A & O assisted 31,045 Manitobans 55+

- ▶ Age range from 55-103
- ▶ 6 sexual assault cases referred by WPS-VSS
- ▶ OVS/EA cases = 47
- ▶ EA cases involving sexual assault = 9
- ▶ Safe Suite 2006 - present only 4 clients reported experiencing sexual abuse
- ▶ In all cases, the victim has identified as female



Case Study: <https://youtu.be/07CQwYdSZuw>



Older Victim Services

- Community-based, professionally-led and volunteer-supported program offering support, information and assistance to older adults who have experienced a police reported incident in Winnipeg, Manitoba
- Developed in 1983 in partnership with the Winnipeg Police Service and the Victim Witness Assistance Program to address the unique needs of older adult victims of crime
- Only program of it's kind in Canada (that we know of)

Older Victim Services

- Direct referrals from the Winnipeg Police Service Victim Services Section (60+)
- Referrals from the Victim Witness Assistance Program and Crown Attorneys / Prosecutions Office
- Self and Community referrals through Intake (55+)



Older Adult Victims of Sexual Assault

The OVS program receives referrals reflecting a variety of police-reported sexual assault incidents:

- Stranger violence
- Dementia-related incidents
 - Victim may or may not understand what happened to them, may not remember it
 - Assault by individual with dementia, possibly believing they are in a consenting relationship
- Interpersonal Violence (Elder Abuse)
 - By person in a position of trust
 - Friend, family member, care provider (in-home, hospital, PCH)



Older Victim Services

Through partnership with Winnipeg Police Service and Victim Witness Assistance, the court-based supports provided are similar to other Victim Service Programs:

- Emotional Support
- Information about Roles of Police, Courts, Prosecutions
- Information about Role & Rights of Victim

Older Victim Services

- Assistance understanding and navigating the Criminal Justice System
- Information and assistance accessing information about the status of the case, completing Victim Impact Statements and Compensation for Victims of Crime applications, et al
- Court updates, Court Tours, Transportation, Interpreters and Court Accompaniment

Older Victim Services

The OVS program is able to combine A & O's 61 years of excellence in providing programs & services to older adults (55+) in the Winnipeg area with the range of services offered within Manitoba Justice.

What is distinctive to the Older Victim Services program is that built in to the service is an innate understanding and ability to acknowledge and respect the lived experiences and needs of the older adult(s) as a whole.

Older Victim Services

The result is a program that acknowledges and respects the unique and individual needs and circumstances of older adults who become victims of crime as well as their families.

Supports are provided whether or not police are ever involved, whether or not charges are ever laid as well as at any point before, during and after the court process. Support provided may also include the individual, their family as well as formal/informal supports.

The older adult is able to access supports that are both proactive and reactive within the same organization and supported by the same social worker.



As we age, there may be significant differences in how we experience and cope with the impacts of crime victimization.

Therefore, there may also be differences in the ways in which victim service programs need to respond to these experiences.



Ageism

Ageism and its underlying assumptions may affect the types of offences committed against older adults, how older victims see themselves, and the supports available to them in their communities.



- Social denial that older adults can experience/report sexual violence
- Generational views related to sex, relationships and privacy
- Physical/Emotional impacts of crime often overlooked as normal process of aging → inappropriate referrals/treatment
- Older adults tend to be less educated about sex, sexuality, sexual health, STD's, STI's and HIV/AIDS



In addition to the experiences of all survivors of sexual assault (and other crimes), older adults may be more likely to experience:

- ▶ Increased Severity of injury
- ▶ Increased Recovery time/likelihood
- ▶ Impacts to/vulnerability from their level of competency and independence
- ▶ Increased need for Home Supports
- ▶ Decreased Accessibility of Supports
- ▶ Physical Health/Mental Health/Memory Issues
- ▶ Elder Abuse (perpetrator is caregiver)
- ▶ Lack of supports (outlive family/friends)
- ▶ Added stress on current supports/ caregiver supports
- ▶ Transportation needs
- ▶ Generational views / Ageist assumptions
- ▶ Limited Access to court-based information
- ▶ Increased Vulnerability, need for preventative supports



Case Study Review:

- Contact with victim/client
- Consultation with family
- Consultation with PCH
- Emotional support
- Safety planning
- Information and assistance with Compensation for Victims of Crime application
- Court-based information and supports (previously mentioned) if incident reported to police
- Court accompaniment
- Assistance to complete Victim Impact Statement
- Follow up to court proceedings (client and/or family)
- Application for Protection Order (POD Assistance)
- Safety planning / harm reduction
- Connecting client with PPCO and VPU where relevant
- Community referrals (where appropriate)
- Internal referrals to appropriate programs (such as Senior Centre Without Walls) to decrease isolation
- Presentations requested to the PCH staff/families, etc.



Case Study Review – Victim in Community

- All supports previously discussed
- Discharge planning from hospital to home
- Safety planning in client's home related to personal safety within themselves, within their home, in their community
- Referrals to community programs as needed: example Home Care, Lifeline, Doctor referral line
- Discussion related to options to contact police, to notify family, community supports for survivors
- If police contacted, all previously mentioned court supports
- Application for Protection Order/Prevention Order/Peace Bond and other protective measures
- Internal referrals to decrease isolation (ex: Connect volunteer, Senior Centre Without Walls)
- Internal referral to SafetyAid for falls prevention
- Internal referral to Housing Consultant (if client desires change of living arrangements)
- Internal referral to Elder Abuse Prevention program (if perpetrator was person in position of trust)
- Internal referral to Safe Suite program if client requires immediate emergency shelter for their safety



Community Partnerships

- Manitoba Justice
- Winnipeg Police Service
 - Victim Services
 - Vulnerable Persons Unit
- Victim Witness Assistance Program
- RCMP
- Home Care
- Victoria Lifeline
- Legal Services
- Be A Santa to a Senior
- Community Financial Counselling Services
- Hospital Social Work Departments
- Eagle Urban Transition Centre
- Winnipeg Symphony Orchestra
- Hands of Hope/ Centre Flavie-Laurent
- Manitoba Housing
- WRHA
- Winnipeg Harvest/ Christmas Cheer Board
- Canadian Network for the Prevention of Elder Abuse
- Manitoba Association of Senior Centres
- Elder Abuse Ontario
- Senior's Abuse Support Line
- Klinik
- Community Resource Councils
- Senior's Resource Finders
- Many, many more....

A&O Funders



Winnipeg Regional Health Authority
Caring for Health

Office régional de la santé de Winnipeg
À l'écoute de notre santé



Canada 



United Way
Winnipeg

THE
WINNIPEG
FOUNDATION



WINNIPEG SCHOOL DIVISION



Thank you!



Contact info:

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200-280 Smith St.

Winnipeg, MB R3C 1K2

Phone: 204-956-6440

Toll-free: 1-888-333-3121

Fax: 204-946-5667

www.aosupportservices.ca

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THANK YOU!

This webinar is part of CNPEA's project ***Increasing Access to Justice for Older Adult Victims of Sexual Assault: A Capacity Building Approach***, funded by the [Justice Canada Victims Fund](#). For more details, please [visit our project page](#) on cnpea.ca

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