

## Seniors' Safety Awareness Sessions and Workshops



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**Purpose:** To equip, empower and inspire seniors with an awareness of practical safety strategies to maximise their safety and enhance their wellbeing in any situation.

**Duration:** 1 – 3 hours (custom-made to meet client needs)

**Target audience:** Men and women over the age of 60 years

**Participant numbers:** Up to 200 participants

**Learning objectives:** Awareness sessions are custom-made to meet client needs. Optional topics include:

- Personal violence dynamics
- Fear of crime
- Personal safety essentials
- Dealing with confrontation
- Situational safety strategies
- Myths and facts about rape and sexual assault
- Consumer safety
- Developing a Personal Safety Plan.

**Learning methods:** Lecture-style presentation with visual aids. Participants will have the opportunity to ask questions.

**Further information:** Further information regarding this workshop can be accessed by visiting the [Member Login](#) section or by [contacting us](#).

### Seniors' Safety Workshops

**Purpose:** To equip, empower and inspire seniors with a range of preventative and responsive safety strategies and skills to maximise their safety and enhance their wellbeing in any situation.

**Duration:** 1 day (approx. 8 hours including meal breaks)

**Target audience:** Men and women over the age of 60 years

**Participant numbers:** 10 - 30 participants

**Learning objectives:** Workshops are custom-made to meet client needs. Optional topics include:

- Personal violence dynamics
- Fear of crime
- Personal safety essentials
- Dealing with confrontation

- Situational safety strategies
- Myths and facts about rape and sexual assault
- Consumer safety
- Developing a personal safety plan.

**Learning methods:**

Class and group activities, role-plays, brainstorming, discussion, demonstrations, practicing physical self defence techniques using strike pads and other interactive methods.

**Further information:**

Further information regarding this workshop can be accessed by visiting the [Member Login](#) section or by [contacting us](#).

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