

# Participate in a new study to inform future planning in your community!



**Older adults  
in Cape  
Breton, we  
need your  
voice!**

**We want to learn what services help older adults (65+) live healthier and more independently at home.**

**Want to help your community?**

**Take part in a one-hour interview about your life as an older adult living in Cape Breton!**

**Interested and want more information?  
Please contact someone from your local community:**

**Richmond County - Jennifer**

902-587-2800 (ext. 4) or [jennifertanner.dkmchc@gmail.com](mailto:jennifertanner.dkmchc@gmail.com)

**CBRM - Sheila**

902-578-8146 or [cbrmsafeseniors@gmail.com](mailto:cbrmsafeseniors@gmail.com)

**Victoria County - Cassandra**

902-295-3672 or [seniorssafety@VictoriaCounty.ca](mailto:seniorssafety@VictoriaCounty.ca)



# Older adults (65+) in the CBRM, we need your help!

**Our research team wants to learn what services help older adults live at home:**

- healthier, and
- more independently.



## **What will you do?**

Have a one-hour conversation with a trained interviewer (in-person or over the phone) about your life as an older adult in the CBRM.

## **What is the benefit?**

- You will receive a list of services to support your needs.
- You will be entered into a draw for a \$200 Visa gift-card.
- Your local community will learn what older adults need to live well at home.

## **Interested and want more information?**

Please contact Sheila at 902-578-8146 or email [cbrmsafeseniors@gmail.com](mailto:cbrmsafeseniors@gmail.com)



# Older adults in Richmond County, we want to hear from you!

**Our research team and community partners want to learn what services help older adults (65+) live healthier and more independently at home.**



## **What will you do?**

Have a one-hour conversation with a trained interviewer (in-person or over the phone) about your life as an older adult in Richmond County.


## **What is the benefit?**

- You will receive a personalized list of services.
- You will be entered into a draw for a \$200 Visa gift-card.
- Your community will learn what older adults need to live well at home.

## **Interested and want more information?**

Please contact Jennifer at 902-587-2800 (ext. 4) or email [jennifertanner.dkmchc@gmail.com](mailto:jennifertanner.dkmchc@gmail.com)





# Older adults in Victoria County, we need your help!

**Our research team wants to learn what services help older adults (65+) live at home:**

- **healthier, and**
- **more independently.**

## **What will you do?**

Have a one-hour conversation with a trained interviewer (in-person or over the phone) about your life as an older adult in Victoria County.

## **What is the benefit?**

- You will receive a list of services to support your needs.
- You will be entered into a draw for a \$200 Visa gift-card.
- Your local community will learn what older adults need to live well at home.

## **Interested and want more information?**

Please contact your Senior Safety Coordinator, Cassandra, at 902-295-3672 or email [seniorssafety@VictoriaCounty.ca](mailto:seniorssafety@VictoriaCounty.ca)