



Volume 1, No. 3

Do you know someone that has done wonderful things to help prevent Elder Abuse in Kentucky? Do you know someone that has gone above and beyond to help support Kentucky's vulnerable adults? We would love to recognize these Heroes. Please send nominations to cliff.bryant@ky.gov.



6 Tips for Healthy Aging

Use these 6 tips to remain active and independent as long as possible.

1

Eat & Drink Healthy

Make healthy choices—like fruits, vegetables, whole grains, lean meats, low-fat dairy products, and water.

2

Move More, Sit Less Throughout the Day

Being active can help you prevent, delay, and manage chronic diseases; improve balance and stamina; reduce risk of falls; and improve brain health.

3

Don't Use Tobacco

If you use tobacco, take the first step towards quitting by calling 1-800-QUITNOW for FREE help.

4

Get Regular Checkups

Visit your doctor for preventive services, not just when you're sick. This can prevent disease or find it early, when treatment is more effective.

5

Know Your Family History

Share your family health history with your doctor, who can help you take steps to prevent chronic diseases or catch them early.

6

Be Aware of Changes in Brain Health

Everyone's brain changes as they age, but dementia is not a normal part of aging. See your doctor if you have questions about memory or brain health.

HELLO!



MEET THE TEAM

The Cumberland Service Region serves Adair, Bell, Casey, Clay, Clinton, Cumberland, Green, Harlan, Jackson, Knox, Laurel, McCreary, Pulaski, Rockcastle, Russell, Taylor, Wayne and Whitley Counties. This region has two designated Adult Protective Services teams and the support of a Social Service Specialist, Kiley Adkins, and a Service Region Clinical Associate, Stephanie Mullins. A Family Service Office Supervisor (FSOS) leads each team.

Here are your FSOS's and workers for the Cumberland Region along with their office telephone numbers.

East Team

Melissa Davidson, FSOS (606) 598-4570
Tammy Peters, Chief (606) 287-7114
Juanita Hendrickson (606) 337-6171
Carl Harris (606) 330-2002
Jane Seale (606) 549-1903
Tammie Rogers (606) 546-5154

West Team

Mark Gibson, FSOS (606) 387-6655
Misty Davidson (606) 387-6655
Kayln Strunk (270) 864-3834
Kim Holcomb (606) 677-4086
Kim Sapp (270) 932-7485
Beth McFall (270) 343-3512

I made a report! What happens now?

Have you ever wondered what happens after you make your report to the Abuse Hotline/Central Intake? Well here is the inside scoop.

After you have made your referral, a Central Intake worker will review the information and determine if the information provided meets acceptance criteria. Acceptance criteria is based on KRS 209 and 922 KAR 5:070. One of the key pieces of accepting a report is making sure that the adult being referred meets the definition of adult found in KRS 209.020. The definition is as follows:

** A person eighteen (18) years of age or older who, because of mental or physical dysfunctioning, is unable to manage his or her own resources, carry out the activity of daily living, or protect himself or herself from neglect, exploitation, or a hazardous or abusive situation without assistance from others, and who may be in need of protective services.*

If the information provided by the referral source does not meet acceptance criteria but involves an authorized agency (KRS 209.020) the Central Intake worker will forward the information on to that authorized agency to allow them an opportunity to decide if they are legally able to get involved.

If the information provided by the referral source meets acceptance criteria, the Central Intake worker will forward the referral to the regional APS team responsible for the county in which the victim resides. The Central Intake worker will also forward the information on to the appropriate authorized agencies for review.

Once an investigative worker is assigned the referral they will begin the process of initiating the referral through contact with the victim. Due to the coronavirus, this may look different than it has in the past. However the investigative worker will work to ensure the alleged victims safety.

The investigative worker will do their best to initiate this referral within 48 hours of the Central Intake worker submitting the referral. Understand that many factors are at play when attempting to initiate a referral, and these factors may lead to the referral being initiated outside that 48 hour window.

Next month we will take a look at how KRS defines an investigation.

Also remember that as the referral source you are able to find out if the referral was accepted for an investigation or was not. Information about the investigation would be limited based on confidentiality requirements in KRS 209.



Team Kentucky Fund

<https://teamkyfund.ky.gov>

A Caring Place, Inc./Youth Movement Against Alzheimers (Lexington) - Idea for other Areas

<https://www.a-caring-place.com>

[The Youth Movement - Facebook Page](#)

Ageless Alliance

<https://agelessalliance.org>

Senior Resources

<https://www.seniorresource.com/kentucky.htm>

Taking Care of You: Tips for the Family Caregiver/Residents of long-term care facilities.

[Fact Sheet-Family Caregiver](#)

[Fact Sheet-Residents of LTC](#)

I don't trust stairs. They're always up to something.



9/17/2020—9 a.m.

KY River Mental Health Awareness Virtual ZOOM Training (CEU's for SW and Nursing)
Register at: Stacie@kradd.org

9/22/2020—Noon - 1:30 p.m. EST

["Justice in Aging: Policy Update"](#)

10/8/2020—10 a.m. - 11 a.m. PST

[Workshop: "Name that Tune" Scam Edition](#)

This is geared more towards seniors