



Staying Connected:

Elder Abuse Prevention and Awareness News

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BE THE SPARK

What It Means to Never Give Up

[\(huffpost.com\)](https://www.huffpost.com)

Life isn't about talk; it's about commitment

Dreams are important in everyone's life, but it doesn't have worth until you bring it into existence.

Resilience and adaptation are the keys to a vibrant and healthy mind

The best lessons are through setbacks, failures and disappointments

Quitting can become a habit

Values are the most important thing

People do not typically give up on their values

Self-belief is everything

"Energy and persistence conquer all things." - Benjamin Franklin

One of the easiest things we can do in our life is to give up. It may seem appealing when things appear difficult or just out of reach.

There are many factors that go in to our decision to give up on a dream, a goal, a job or even a relationship. There are pro's and con's that we have to weigh and justify to help us come to terms with our decision to give up.

The most common reason's people cite on giving up on their dreams and goals are the lack of confidence, preferring to stay in their comfort zone, not believing in themselves, lack of perseverance, listening to the advice of others and the fear of failure.

The above statements or reasons for giving up fit well in to the fixed mindset that Stanford psychology professor Carol Dweck describes in her theory of two mindsets.

Professor Dweck describes a fixed mindset as a belief that our intelligence, our character and creative abilities are static and can not be changed no matter how much effort is expended. This mindset tends to avoid challenges, allows obstacles to stop progress, does not handle constructive feedback well and is often threatened by the success of others.

Through 20 years of research, Professor Dweck found that "the view you adopt for yourself profoundly affects the way you lead your life.*" So in order

to help us be less likely to give up on our goal to protect adults and prevent abuse, neglect and exploitation we need to adopt what Professor Dweck refers to as a growth mindset.

With a growth mindset we are choosing to believe that over time we can improve our capacities and talents. If we apply this mindset to our lives, we start to look at obstacles not as a stopping point, but as an opportunity to learn and develop methods to overcome.

We all have deficiencies, but we do not have to accept them as permanent traits that we actively try to keep hidden. We can overcome these deficiencies by surrounding ourselves with people that challenge us to grow and seeking experiences that expand our minds.

So as we continue to tackle all things elder abuse in Kentucky, let us take on a growth mindset. Let us come together and provide the support necessary when one of us feels like the present obstacle is just too great to overcome. Let us "find lessons and inspiration in the success of others.*"

By embracing a growth mindset our level of achievement will only be limited by our lofty goals. We will not give up, because the stakes for our most vulnerable are just too high. Kentucky has some of the most talented and caring advocates working towards this goal, so we will be successful.

* [Fixed vs. Growth: The Two Basic Mindsets That Shape Our Lives – Brain Pickings](#)



This month we would like to take some time and recognize the hard work of a team of APS workers, a supervisor and APS Nurse Consultants and members of Safety and Facilities Branch. Todd Meade, Crystal Pearson, Karen Doss, Meloney McMillian, Teresa Ash, Brooke

Gibson, Judi Candido, Tammy Ricks, Donna Elkins, Kayln Strunk, Brian Baker, Michael Gregory, Robert Garnes and Emily Viverios worked extremely hard to help residents of a long term care facility find another place to call home before their facility closed its doors. This group worked with both the residents and their loved ones during this trying time to ensure their wishes were honored. This team was able to help successfully transition 94 residents to facilities and homes across the states of Kentucky and Indiana.

KNOW YOUR Rights!

If you live in a nursing home or assisted living, you have:

The right to information, in a language you understand.



The right to participate in all aspects of your care.



The right to privacy and confidentiality.

The right to make **INDEPENDENT CHOICES** based on your needs and preferences.



The right to participate in social, religious, and **COMMUNITY ACTIVITIES.**

THE RIGHT TO...

- ☒ safe and appropriate transfer and discharge, including the right to appeal decisions.
- ☒ complain without fear of repercussions.
- ☒ be free from discrimination, abuse, neglect, and restraints.



The right to organize and participate in resident groups or councils.



The right to information about living in the community.

The right to adequate medical care and treatment.



The right to **VISITS** from friends, family, providers and other people of your choosing.



Long-Term Care Ombudsman programs act as advocates for residents of nursing homes; board & care, and assisted living facilities; and similar residential care facilities. Find your local program: acl.gov/ombudsman or 800-677-1116



HELLO!



MEET THE TEAM

Tri-County Abuse Council for Elders

The Tri-County Abuse Council for Elders, or TRACE, was established in 2006. Serving the areas of Whitley, Laurel and Knox counties, our mission is to provide community awareness, education, prevention and intervention services to individuals, groups, and organizations in relation to abuse, neglect, maltreatment, or exploitation of older adults.

Our council is comprised of a variety of volunteers who represent a broad spectrum of our communities. This includes retired community representatives, long term care employees, home health, hospice and health department employees, Senior Citizen Center management, APS workers, guardianship representatives, and a pharmacist.

Our signature event for the year is our annual Senior Health and Wellness Fair. The purpose of this event is to make the senior population within the tri-county area aware of the services available to them and how to access these services. At the same time, education is provided on a variety of topics including: identifying scams, misappropriation of

assets, safe pharmacology, estate planning, and home safety, identifying types of abuse and reporting abuse. Local businesses and service providers are invited to set up vendor tables for the distribution of information and demonstrations such as blood pressure checks, bone density scans, and glucose checks. Entertainment is also provided as well as drawings for door prizes. Lunch is provided. This event is made possible by the generosity of sponsoring businesses.

Another activity of our Council is our annual Christmas project. A needy client is selected from each of the three counties. Specific needs, as well as wants, are identified and our Council meets those needs, as far as it is possible. We have purchased items such as televisions, clothing, grooming and personal care needs, linens, and small appliances. Additionally, groceries are added to the gifts.

Our Council meets monthly and is always happy to add new members. We have a Facebook page as well as a website.

TRACE....Educating Our Community

Please visit our Facebook and Website at
<https://trace002.wixsite.com/trace>
<https://www.facebook.com/TriCountyAbuseCouncilforEldersTRACE/>



Domestic Violence In Later Life

October is recognized as Domestic Violence Awareness Month. This year, the National Coalition Against Domestic Violence has created a #WeAreResilient Toolkit (sign up here, [Newsletter \(ncadv.org\)](https://ncadv.org/newsletter))

The National Elder Mistreatment Study of 2010 reported that of nearly 6,000 elderly victims of physical maltreatment, 57% reported that their perpetrators were partners or spouses.

Although each individual has different reasons for staying in their particular situation, there are several things that are helpful to remember when trying to understand the victim.

Most victims report that they want to maintain a relationship with their spouse/partner but just want the abuse to end. The unique part of this statement for our elders is that sometimes they need to maintain the relationship because the spouse/partner is their only available caregiver.

Some victims choose to stay in their current situation because of religious, cultural or financial reasons.

Generational values may also affect accessing services. Elderly individuals value privacy and may not want to discuss their familial problems with anyone outside of the home.

Finally, keep in mind that the victim may have tried to get out of the relationship and was not successful due to the lack of supports and services.

To help prevent domestic violence in later life, interventions need to focus on safety and breaking isolation.

Here's how you can help:

- T** Take time to listen.
- R** Respect the victim's values and choices.
- U** Understand how difficult it is. Offer compassion and hope.
- S** Support the victim's decisions.
- T** Tell the victim help is available.
- T** Refer victim for support and assistance.

Here are few resources in Kentucky
"Help is HERE" brochure ([click here](#))

Domestic Violence National Hotline
1(800) 799-7233

Adult Protective Services
1 (877) 597-2331

National Eldercare Locator
1 (800) 677-1116



National Indigenous Elder
Justice Initiative

[Click Here](#)

Residents' Rights Month:
Reclaiming My Rights,
My Home, My Life

[Click Here](#)

Preventing Elder Financial Abuse:
Guide for Nursing Homes and
Assisted Living Communities

[Click Here](#)



10/28/21 @ 2:00-3:15pm (ET)
Advancing Equity for Older Adults, Part I:
An Introduction to Advancing Equity in
Legal and Aging Services.

[Register Here](#)

Online Training (Pre-Recorded)
NAPSA's Introduction to APS
"A Guide for Community Partners"

[Access Recording Here](#)
[Access Slides Here](#)

Why did the
invisible man turn
down the job offer?

He couldn't see
himself doing it.