



Staying Connected:

Elder Abuse Prevention and Awareness News

November 2021

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BE THE SPARK

Four Ways to Wire Your Brain for Gratitude

([Mindful.org](https://www.mindful.org))

Take time to notice what's around you

Being in the present helps you to be aware of all of the good around you and more likely to notice things that you are grateful for

Practice gratitude for the little things

It is easy to remember big things like giving birth, getting promoted, but focusing on the little things like waking up in the morning with a roof over your head is just as important.

Share your gratitude for your loved ones

Take notice the next time your loved one does a kind act by saying thanks or give a hug.

Spread gratitude via your social media platforms

Be the positive inspiration that you want to see in the world.

Gratitude is the quality of being thankful and the readiness to show appreciation for and to return kindness. Each November many individuals take time to express what all they are thankful for. Gratitude can be expressed in person, on social media or through letters/cards in the mail.

The act of expressing your gratitude has many benefits to your well-being. For instance, studies have found that people that express their gratitude towards others are likely to have improved physical health. A study in 2012 published in *Personality and Individual Differences* reports that fewer aches and pains are experienced by individuals expressing gratitude.

Research has also shown gratitude also improves psychological health, enhances empathy, improves self-esteem and increases mental strength to help overcome trauma. Studies in 2006 (published in *Behavior Research and Therapy*) and 2003 (published in the *Journal of Personality and Social Psychology*) found resilience is fostered by recognizing all that you have to be thankful for, even during extremely difficult times like the Vietnam war or the terrorist attacks of September 11th.

So if gratitude is so beneficial to our health, how do we display our gratitude effectively?

"Use your words" is a phrase that many of us heard many times and have probably used ourselves just as many. The act of saying thank you is so easy and it can make a huge impact on someone.

Write a thank you card or note. The thank you card may be an endangered art form, but this makes it even more impactful when received. It shows that you have taken time out of your busy schedule to find the perfect card and then write something from the heart.

Be creative. Use your knowledge of the individual to do something for them that shows how much you appreciate what they have done.

I challenge you to take a week and express your gratitude each day to someone. A simple way to do this is by filling in the blanks:

"I am thankful for ____ because ____."

"I am blessed by ____ because ____."

"I appreciate ____ because ____."

Make one of these statements each day, and you will be on the path to improving your emotional and physical well-being.

I will start with how thankful I am that Kentucky has amazing individuals that dedicate their time to do anything necessary to help protect our most vulnerable citizens from abuse, neglect and exploitation.



This month we would like to take some time and recognize the hard work of Natalie Brown-Radtke, District Long Term Care Ombudsman. Natalie offered up her knowledge of the KIPDA district

nursing facilities to help residents of a long term care facility find another place to call home before their facility closed its doors. Natalie worked with the APS staff to help contact nursing home Administrators and Social Services Directors to have deeper discussions about the needs of the residents. Natalie helped to successfully transition a resident to a lower level of care to better meet their needs. Natalie will also continue to follow up with the residents to ensure that they are doing well in their new facilities.

HELLO!



MEET THE TEAM

The Big Sandy Council on Elder Maltreatment

The Big Sandy Council on Elder Maltreatment was established in August 2003 and held their first meeting on the 3rd of that month. This council consists of community partners and the Area Agency on Aging that cover the five counties in the Big Sandy Region. This council continues to work together each year to ensure our communities know they have a major responsibility and role in protecting

all of our elders. The council yearly provides public awareness events, fundraisers, and trainings to continue the efforts to educate, support, and advocate for elder abuse awareness. The council provides a positive impact on local communities with their outreach to prevent and report elder abuse. The council has had several successful events over the years which makes it difficult to just pick one or so. Two of the council's biggest accomplishments are the implementation of Project Lifesaver Program (public safety program designed to protect & locate missing persons due to wandering) for the region and being able to partner with our community partner, AppalRed Legal Aid for the past several years to provide a free annual conference for professionals to be trained on topics of elder abuse and domestic violence.

General Adult Services: A path for some to get help!

In 1998, the Kentucky Legislature passed a law to allow the Cabinet to promulgate administrative regulations on general adult services.

General Adult Services is defined by 922 KAR 5:090 as a voluntary preventative service aimed at assisting an adult to attain and function at the adult's highest level of self-sufficiency and autonomy; and maintaining the adult in the community.

The key to this definition is that it is voluntary preventative services. This means that the adult themselves must be specifically asking for help from APS. This can be accomplished by the adult contacting the hotline, or directing another individual to contact the hotline on their behalf.

A referral for General Adult Services will be accepted when specific criteria is met during the screening process by the hotline staff.

A referral may be accepted in the following circumstances:

- an adult 18 years of age or older with a mental or physical dysfunction, not in an abuse, neglect or exploitation situation and is requesting services,
- A victim of abuse by a spouse, former spouse, an intimate partner who meets the definition of a member of an unmarried couple as defined by KRS 403.720, or a member of a dating relationship as defined in KRS 456.010 is requesting services,
- An adult 18 years of age or older requesting transitioning services from out-of-home care within 12 months of release from the cabinet's commitment or,
- An individual 65 years of age or older that does not have a mental or physical dysfunction but is allegedly being abused, neglected or exploited by a family member, household member or a caretaker is requesting services.

Once accepted, this referral will be initiated within three working days.

Like an investigation, the worker will complete an assessment. This assessment will focus on the needs identified by the adult but may also identify any safety and risk factors identified during visits.

The worker will work with the adult to ensure that appropriate and necessary service provisions are provided. This may include making referrals to service providers, providing information, helping arrange transportation and social work counseling.



Identifying Malnutrition and Abuse

[Click Here](#)

How to Communicate with Older Adults about Food Insecurity and Hunger

[Click Here](#)

Reporting elder financial abuse: Help for family and friends of people living in nursing homes and assisted living communities

[Click Here](#)

Family Caregiver Toolbox

[Click Here](#)

*Why do pancakes
always win at baseball?
Because they have the
best batter.*



12/1/21 @ 2:00—3:15pm (ET)
Advancing Equity for Older Adults, Part II:
Putting Strategies into Practice

[Register Here](#)

12/14/21 @ 3:00—4:00pm (ET)
Prevention in Action: Investing in Healthy
Families and Communities

[Register Here](#)

Podcast

Medication Misuse and Abuse Among
Native Americans: Establishing Trust to
Prevent Abuse.

[Click Here](#)

Thanksgiving isn't about
what's on the table but
the people around it.

Happy Thanksgiving!

