



Staying Connected: Adult Maltreatment Prevention & Awareness News

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THIS IS ME...

11 ways for productive social work - Save The Social Worker

Turn Off Your Email!

This distraction has the potential to interrupt your work and divert your attention from what you are doing to address something else.

Unitask, Not Multitask!

Although it appears that we are completing more tasks quickly, we are slowing down our mental processes and losing concentration.

Set Out 3 Tasks A Day To Complete!

Prioritizing helps you set small, achievable goals, and helps to say no to things that will not further these goals.

Put Your Personal Phone Aside!

Notifications on a phone are similar to your emails. Like a slot machine, your smart phone is designed to draw your attention.

Stretch!

** Click on the article for 6 other tips.*

Productivity is defined by the Oxford Learner's Dictionaries as "the rate at which a worker, a company or a country produces goods, and the amount produced, compared with how much time, work and money is needed to produce them."

This oversimplification of productivity means that if we can figure out how to increase our rate of output, then we can be declared as productive.

Does this declaration of being productive mean that we have accomplished our goal to end adult maltreatment by serving more adults in a set amount of time?

We need to rethink productivity. We need declare that we are productive when we are getting the right things done in an efficient manner.

So how do we determine what the right things are that we need to get done? Start by making a wish list of the things that you want to accomplish. From those wishes, choose 3 that you will make your priority. Now start making your to-do list to achieve these priorities. Each day work on at least 3 things on your to-do list.

How are we going to help ourselves accomplish these priorities?

We need to start by setting boundaries for our work. Think of these as adding the walls to the foundation we have set for ending adult maltreatment. We need these boundaries to be firm and stay

where they are in order for us to make sure that we are accomplishing tasks.

Sometimes we need to let other individuals or ideas in, so we add a door to the wall. Our boundary is still in place, we have just added the ability to collaborate with others, or protect our time when needed.

What happens when someone comes knocking at your door? You have a few choices for this one. You can always leave a note on the door letting people know that you are currently in protected time. Or, you can answer the door to see if the interruption will help further your current project or goal.

If it is a distraction then you can simply say "no thank you. I am not interested at this time."

What if it is a really good idea, but it just doesn't fit in to the current project that you are working on? Show your support for the idea or suggestion, and politely decline participation at this time.

Saying no to a co-worker, a boss or a community partner sounds really scary, even if the opportunity sounds great. If the opportunity takes away from the goals that you are currently working on, then it will infringe on your true productivity.

Just like with most things in life, timing is everything. Saying no may sound bad at the time, but it may be the difference between achieving both sets of goals, one set of goals, or neither sets of goals.

MORE THAN enough

All people, no matter where they are on their mental health journey, are deserving of support, resources, fulfillment and a community that cares.

nami.org/mentalhealthmonth



This is Us

**Adult Protective Services,
the Elder Abuse Committee &
Local Coordinating Councils
on Elder Abuse**

Cordially Inviting You

**To Show Your Support
to End Elder Abuse**

**In honor of World Elder Abuse
Awareness Day**

**In the Capitol Rotunda
On June 15th, 2023
10:00—11:30am EDT**

TEAM
KENTUCKY

CABINET FOR HEALTH
AND FAMILY SERVICES



This is me...

Elizabeth Kries
Assistant Director/Waiver Manager
Division of Developmental and
Intellectual Disabilities

I am currently the Waiver Manager/Assistant Director for the Division of Developmental and Intellectual Disabilities. We work every day with waiver providers and through our crisis services with one common purpose in mind, to help people build and live good lives. You can't live a good life if you live in fear, do not receive needed medical and mental health care, or are faced with any issues that compromise your health, safety, and welfare. Each day, we are advocating to promote changes in our system that protect the basic human and civil rights of people with intellectual and other developmental disabilities (IDD). We work to educate anyone we can about as many pieces of the work that we do as possible.

What keeps you passionate about advocating for and protecting adults? People deserve good lives and to be safe. Everyone should be afforded the same basic human and civil rights as everyone else in our communities. We believe in building inclusive communities, addressing failures in our systems, and advocating for improving the lives of people with IDD. Each step forward, no matter how small, motivates me to try to keep nudging the needle further. People deserve all of this and more and should not have to wait another day.

Each day I try to seek out "the good." We ask people to share stories about people living good lives, experiencing new things, and innovative ideas. Hearing positive news and learning about lives being changed for the better helps me to keep going. We also share some of those good stories with other providers across the state to inspire creativity and to help people understand what is possible in people's lives. We also share the good with others in the Cabinet to bring more awareness of people with IDD who are often invisible.

What is the best way to educate your community about adult maltreatment? Information we receive from incident reports, observations during visits, complaints, and ongoing monitoring of provider agencies affords us opportunities to identify issues of maltreatment, violation of rights, and disregard for the dignity of people with IDD. Through identification of these concerns, our staff can provide targeted education to those involved in the particular issues/incidents. We have opportunities to educate those supported through IDD services and their families and others in their lives, about their rights, including the right to be free from abuse, neglect, and exploitation. In everything we do, and every time we talk to people within and outside of our division, always remembering and sharing our common purpose "to help people build and live good lives" helps bring awareness.

In your opinion, what is the best way to share adult maltreatment awareness with adults? Ongoing conversations with provider agencies, people receiving IDD services, and our community partners about identifying and reporting suspected abuse, neglect or exploitation, and respecting the rights of people can be effective. People with IDD endure extremely high rates of abuse. Over 90% of people with IDD will be abused at some point in their lives. Often the impact of that abuse is negated by many professionals because people communicate differently or are less likely to be believed. PTSD is grossly under diagnosed and treated. It is critical that people are listened to and that the impact of abuse is recognized. I have heard people say that people with IDD aren't really harmed by abuse because they don't really understand or don't remember, those are false messages. People with IDD experience trauma and deserve treatment and to be believed.

How do you take care of yourself after a hard day in your role? I love to travel! So we plan several good solid breaks throughout the year to get quality time away. Stress can take a quick toll on your body and mind, so doing things like drinking plenty of water, trying to move around during the day, and taking time to decompress for a bit each evening really make a huge difference!

Defining Words! How do we communicate?

What is an Interdisciplinary Team (IDT) evaluation report?

An IDT evaluation report is a guardianship court document that provides a description of the nature and extent of the adult's disabilities. This report is used as evidence in a guardianship hearing to help determine whether an adult is appointed a guardian or conservator.

The judge signs an order appointing three individuals to evaluate the medical, mental health and social needs of the adult.

The physical health needs are evaluated by a physician, an advanced practice registered nurse or a physician assistant. The mental health needs are evaluated by a licensed or certified psychologist. The social needs are evaluated by a licensed or certified social worker, or a Cabinet worker (APS) that meets specific qualifications outlined in KRS 387.540(1).

These three professionals will evaluate the adult and complete an individual or joint AOC-765 form that is due to court ten days prior to the hearing.

In addition to information about the adult's disabilities the report also contains information about services (social, educational, medical or rehabilitative) that are currently being utilized, the medications that are currently being prescribed and the impact on the adult's physical condition and behavior.

Other items on the report include any available alternatives to guardianship or conservatorship and the professional opinions about the need to have a guardian or conservator appointed. The professionals will also express the type of guardianship/conservatorship (full or partial) and the length of time this appointment will need to be in place.

Lastly the professionals will make recommendations for any necessary ongoing treatments, rehabilitation and living arrangements.



**Celebrating Older Americans:
Engaged, Independent, and a
Vibrant Part of Communities**

[Click Here](#)

**World Elder Abuse Awareness
Day: Tools and Tips**

[Click Here](#)

**Medicaid Unwinding: What APS
Should Know**

[Click Here](#)

How does dry skin affect you at work?

**"You don't have any elbow
grease to put into it."**



**June 15th, 2023 2:30pm (ET)
Trauma-Informed Practices to Address
Abuse and Build Resilience**

[Register Here](#)