



Staying Connected: Adult Maltreatment Prevention & Awareness News

September 2022

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THIS IS ME...

6 Ways You Can Make a Positive Change in Your Community (sheshouldrun.org)

1.

“Be a Good Neighbor.”

Welcome new members to the community, offer assistance to neighbors

2.

“Use Your Voice.”

Respectfully let your opinions and ideas be known

3.

“Give Your Time.”

Volunteer

4.

“Put Your Money Where Your Mouth Is.”

Shop local, donate or even sponsor

5.

“Paint the Town Green.”

Help make your town beautiful for years to come

6.

“Get Involved in Local Government.”

This can be attending council meetings, contacting your representatives or running for office

Friday night lights, colorful leaves, a new school year, festivals and pumpkin spice everything are all thoughts that come to mind when thinking about fall.

Fall is a magical time of year when communities start to come back together after a summer of relaxation and vacations.

In addition to the fun fall festivals and football games, this season is an opportunity to prepare for the upcoming winter season.

For many in our communities, resources are limited, so the change in weather brings a stark reminder of the impending stress.

So what can you do during this fall season to help others in your community establish some security going in to the colder months.

Consider cleaning out your closet of unused cold weather items. If you have gloves, hats, coats or blankets that you are no longer using take them down to your local shelter or community service agency.

While you are motivated in cleaning, go through your pantry and empty out the items that you are not going to use, that are still within the correct time frame to be eaten. If you have no food, consider stocking up on items that are on sale to share with others.

Another option is to make cold-weather care packages. These packages can include blankets, coats, hats, scarves, lip balm, hand warmers and socks.

If you enjoy baking, you can set up a bake sale at any of the local fall festivals. You can advertise that you are donating all of the proceeds to a charity. It is really helpful to identify the charity ahead of time, so people know what good cause is being supported.

Check in on your neighbors. See if there is anything that they need help with right now or in the near future. Offer to help them prepare for the colder weather. Most houses need to have their gutters cleaned out, hoses detached and put away, and lawns raked.

One small act of kindness will make a world of difference to someone. Since kindness tends to be contagious, your act of kindness will lead to other acts of kindness, and before we know it we are making our community a kinder place to live.

We are the change that we want to see in the world. Using the skills and knowledge that we have, and sacrificing our time to help others will help to make a community where everyone feels that they have a place and have the support to thrive.

The fire to end adult maltreatment in Kentucky will require constant nourishing to maintain the warmth and security that our communities deserve. Volunteerism is but one way to nourish this fire.

“Life’s most persistent and urgent question is, what are you doing for others?” - Martin Luther King Jr.

It's Okay to Ask for Help

Mental Health Resources for Yourself and Your Friends

National Suicide Prevention Lifeline
1-800-273-TALK (8255)
Veterans: Press 1

Crisis Text Line
Text TALK to 741741 to text with a trained counselor for free

RAINN
National Sexual Assault Hotline
Lifeline: 1-800-656-4673
Chat: Via hotline.rainn.org

TWLOHA
Connect to mental health resources in your community
twloha.com/find-help

The Trevor Project
TrevorLifeline: 1-866-488-7386
TrevorText: Text TREVOR to 1-202-304-1200
TrevorChat: trevorproject.org

National Alliance for Eating Disorders
Helpline: 1-866-662-1235
allianceforeatingdisorders.com

National Eating Disorders Association
Helpline: 1-800-931-2237
Chat: Via myneda.org

Seize the Awkward
seizetheawkward.org
@seizetheawkward

afsp.org/resources



Programs for All-Inclusive Care for the Elderly (PACE)

PACE ENROLLMENT ELIGIBILITY

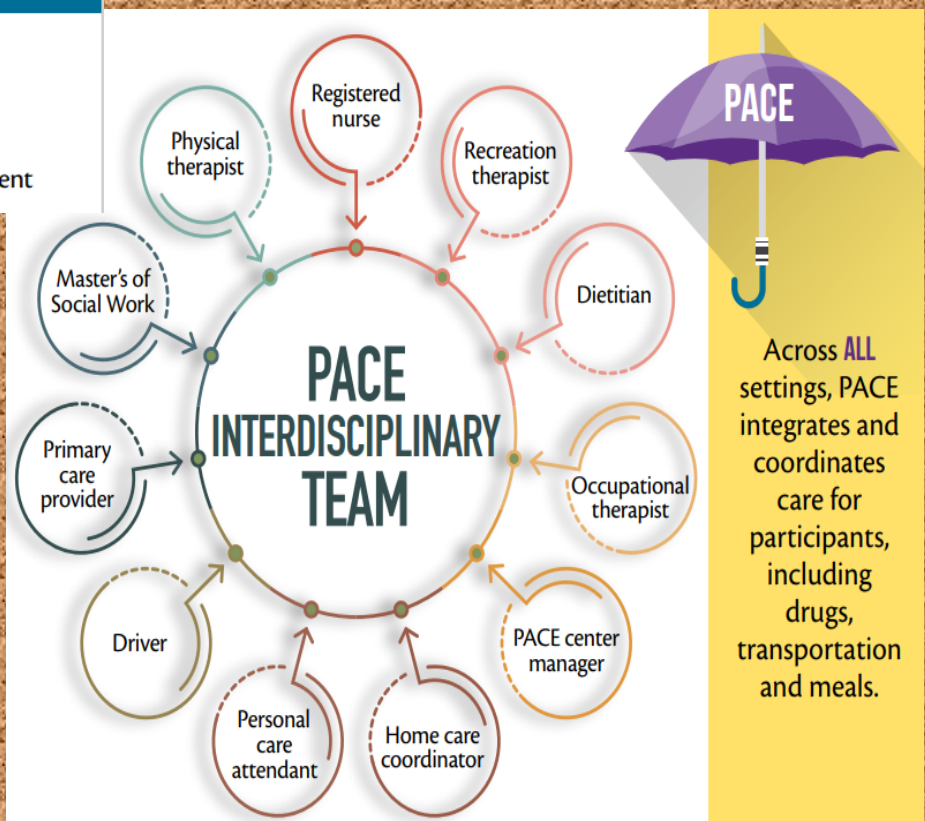
- Age 55 and over
- Live in the PACE service area
- Certified to need nursing home care
- Able to live safely in the community with PACE support at time of enrollment

Kentucky Specific Information

CHFS/Department for Medicaid Services/PACE—[Click Here](#)

Regulations:

- 907 KAR 3:250—Programs of All-Inclusive Care for the Elderly
- 907 KAR—Department for Medicaid Services
- 907 KAR 1:022—Nursing Facility Level of Care



Providers in Kentucky

Bluegrass Care Navigators

<https://www.bgcarenav.org/pace>

866-4BCN-PACE (866-422-6722)

Outreach Coordinator: Hazel Teichen
(859) 687-9354

Counties Served: Fayette, Franklin, Jessamine,
Woodford, Anderson

Horizon PACE

877-589-3053

Counties Served: Madison, Estill, Jackson,
Rockcastle, Pulaski, Laurel, McCreary, Wayne,
Clinton, Warren, and Barren

* Graphics and additional information can be found at [National PACE Association | \(npaonline.org\)](http://npaonline.org)

This is me...

*Waynanne Caudill, District Long
Term Care Ombudsman
Gateway Area*

My name is Waynanne Caudill. I am the District Long Term Care (LTC) Ombudsman for the Gateway Area. In this position, I advocate for the rights of residents in nursing homes, personal care homes, and family care homes. I also work with other stakeholders to promote adult maltreatment awareness in Bath, Menifee, Montgomery, Morgan, and Rowan Counties. I enjoy my job, and am motivated by my desire to help vulnerable adults find the justice they deserve. But, I'll tell ya, the job really keeps me on my toes!

My daily schedule varies greatly, and I have to be willing to change my plans with very little notice. Of course, my primary role is to visit with residents in LTC facilities and advocate for them as they wish. However, I also work with several groups, such as the Gateway Multi-Disciplinary Team (MDT), Gateway Local Coordinating Council on Elder Maltreatment (LCCEM), and the Eastern Regional Multi Agency Council to work toward justice for adults who are victims of maltreatment. On any given day, I'm also taking calls from residents, their family members, and community members about questions and/or complaints related to LTC in the area. I also counsel residents and their families about applying for LTC Medicaid, which is a very stressful undertaking. My position is located within Legal Aid of the Bluegrass (LABG), so I have the added benefit of being able to connect my residents with all the other programs and attorneys at LABG that can benefit them.

My previous career as a high school Social Sciences teacher really benefits me now, as a big portion of what I do is education and outreach. I am regularly asked to speak to community organizations and LTC staff about Long Term Care and Elder Abuse Awareness/Reporting. In our communities, there are few people who really understand the rights and protections afforded to all citizens. I've noticed that most people are aware of CPS and systems created to protect children, but our communities are largely unaware that our vulnerable adults have folks out there fighting for them, too! I love to watch the weight lift from residents and their families when they realize they have the power to improve situations that have been very traumatic for them.

Our local LCCEMs are vital in educating communities, not only about recognizing, reporting, and preventing adult maltreatment, but also the resources available to help vulnerable adults seek—and hopefully find—justice. I'm so glad to spend my days with other folks who believe in this important work.

Defining Words! How do we communicate?

Abuse is defined in KRS 209.020 as “the infliction of injury, sexual abuse, unreasonable confinement, intimidation, or punishment that results in physical pain or injury including mental injury.”

The infliction of injury is looking for some type of injury that was inflicted by another individual. 922 KAR 5:070 allows for injuries of unknown origin in critical areas of the body (i.e. head, face, neck, genitals, abdomen or kidney) to be investigated.

Since sexual abuse is not further defined in KRS or KAR, you can refer back to a standard dictionary definition. Merriam-Webster defines as “the infliction of sexual contact upon a person by forcible compulsion.”

Unreasonable confinement is further defined in 922 KAR 5:070 to mean “the unnecessary restriction of an adult’s movement through physical or chemical restraints or the unnecessary isolation of an individual.”

Since intimidation is not further defined in KRS or KAR you can refer back to a standard dictionary definition. Merriam-Webster defines as “to make time or fearful; to compel or deter by or as if by threats.” It should be noted that this is often times what is referral to as verbal abuse.

The last part of the definition is that some type of punishment has resulted in physical pain or injury including mental injury. Mental injury has been further defined in 922 KAR 5:070 to mean “a negative impact on the emotional or psychological state of the adult that is inconsistent with an individual’ medical care and: (a) requires medical or therapeutic care; (b) is manifested by a behavioral change; or (c) caused the person to feel fear, distress, humiliation, or ridicule. It should be noted that the term “mental injury” is only used as a result of some type of punishment.



Guardianship: Remedy vs.
Enabler of Elder Abuse

[Click Here](#)

It's Okay to Talk About Suicide

[NAMI—Info](#)

Addressing the Psychological
Impact of Elder Mistreatment
Through a Community-Based
Training and Treatment
Intervention

[Click Here](#)

Spanish Language Version:
Preventing Elder Financial Abuse:
Guide for Family and Friends of
People Living in Nursing Homes
and Assisted Living

[Click Here](#)

How does a cucumber become a pickle?

It goes through a
jarring experience.



11/2/22 9:00am—4:00pm

Department for Aging and Independent
Living presents the 2022 Kentucky Senior
Hunger Summit

[Register Here](#)

On-Demand

What Data Reveals about Administering
Capacity Assessments.

[Watch Here](#)