



Staying Connected: Adult Maltreatment Prevention & Awareness News

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THIS IS ME...

Four Ways Social Support Makes You More Resilient **(berkeley.edu)**

Positive Social Relationship
The American Psychological Association found that “relationships that create love and trust, provide role models and offer encouragement and reassurance, help bolster a person’s resilience.”

Culture

Cultural factors are important to resiliency. One culture may value individualism more than collectivist which in turn emphasis different attributes.

Social Safety Nets

Research finds that communities with safety nets tend to be happier and healthier.

Strong Social Connections

A sense of purpose and meaning through volunteerism and altruism.

Resilience is the capacity to recover quickly from difficulties or to spring back. Due to the ever changing world we live in, resilience should be viewed as a journey rather than a destination.

The adaptive cycle provides a good foundation for understanding how this journey can look in your personal life as well as in your community. This cycle shows us that in order to be resilient we have to learn how massive change and stability can work together.

The adaptive cycle has four distinct stages. If the system is resilient it will move through these stages continuously over its existence.

Most systems tend to start because of an identified disaster or crisis (i.e. lack of services for abused/neglected/exploited adults). This part of the cycle is known as the release or collapse. When something bad happens, there tends to be an outpouring of support and potentially money to address the needs.

With the new infusion of ideas and funds, the system enters the reorganization/exploration stage of the cycle. This stage can be exciting because there are new opportunities, new connections and new strategies being discussed. This stage provides the opportunity to start outlining a way out of the crisis/disaster with ideas to recover more quickly should the crisis/disaster occur again.

In the exploitation/growth stage of the cycle the system begins developing on the ideas and strategies identified in the previous stage. This is the part of the cycle where you have to put the boots to the ground and manifest the ideas into action.

The system enters the maturity/conservation stage when the structures have been developed for the necessary capacities and efficiencies to meet the

needs previously identified.

The expectation is that a collapse/release will occur many more times in the system, leading to the continuous nature of the adaptive cycle.

Keep in mind that the adaptive cycle has the potential to be successful in building resiliency, but it also presents opportunities for the cycle to grind to a halt. The most common “traps” that are seen are being stuck in the development stages, no ability to scale, perpetuation of the status quo, inability to improvise, protection of rigid systems, and lack of direction.

Kate Sutherland ([Adaptive Cycle | High-brow \(gohighbrow.com\)](https://gohighbrow.com)) identifies one opportunity as the parasitic trap. This is when an individual does not let go of control and appears to be resistant to change, when ideas and suggestions do not match their view or beliefs of the system. This manifests most often as “it has always been done this way.”

The most effective way to avoid these traps is to be mindful of them, and incorporate them into your feedback loop so they can help guide you back to where you are progressing through the cycle. By working through the cycle we feed creative and transformative innovation of the system. These innovations will help to attain the three aspects of resilience: persistence, adaptive capacity and transformability.

If we look at our fire to end adult maltreatment through the adaptive cycle model, we can see where the crisis would be that the fire is going out. If we catch the fire before it extinguishes, we can use the embers as a foundation for a new fire. Additional kindling and logs can be added to this foundation to build another fire. Once the fire is going, we can maintain the fire in its location until the next crisis.

This is me...

Chasidy Matney, MSW
Family Services Office Supervisor
APS, Salt River Trail

I am the FSOS for SRT South's APS Team. I have been in this position for 3 ½ years. I enjoy being in this position and being able to work along side a great team. My team is what makes this job enjoyable. This position is challenging but is more so rewarding. Being able to guide and assist others in the betterment of their life is the greatest part. I also enjoy working with community partners to provide education and awareness of adult maltreatment.

On difficult days it is important to take a few a minutes and just breathe, knowing that there is a bigger picture in play. I have to attribute my passion for working with and advocating for the elder population to my Grandfather. I see him in most of the cases that cross my desk and want to provide service provision to those clients as I would have wanted provided to him. On a lighter note, coffee is my best friend and sees me through every day.

Defining Words! How do we communicate?

Neglect is defined in KRS 209 as a situation in which an adult is unable to perform or obtain for himself or herself the goods or services that are necessary to maintain his or her health or welfare, or the deprivation of services by a caretaker that are necessary to maintain the health and welfare of an adult.

This definition allows for APS to conduct assessments for alleged allegations of self neglect and caretaker neglect.

Kentucky Administrative Regulation 922 5:070 states that APS shall initiate an investigation of neglect when it may result in harm to the health and safety of an adult in any of the following five areas.

Hygiene neglect is when an adult is having physical symptoms that require treatment due to poor care as a result of an act or omission by a caretaker or the absence of a caretaker.

Supervision neglect is when the reporting source has observed a physical health and safety risk to an adult resulting from a lack of necessary and appropriate supervision.

Food neglect is when the adult shows symptoms of malnutrition, dehydration, food poisoning or there is a lack of food for a period of time that results in physical symptoms or requires treatment.

Environmental neglect is when there is a serious health and safety hazard present and the adult or caretaker are not taking appropriate action to eliminate the problem.

Medical neglect is when the adult is not receiving treatment for an injury, illness or disability that results in an observable decline in the adult's health and welfare, may be life threatening or may result in permanent impairment.

Next month we will look at the definition of a caretaker to better understand the types of individuals that would be considered as alleged perpetrators.



Residents' Rights
Resource Bundle

[Click Here](#)

The National Consumer Voice for
Quality Long-Term Care

[Click Here](#)

Recovering from Elder Financial
Exploitation: A framework for
policy and research

[Click Here](#)

Malnutrition Screen Tool (MST)

[Click Here](#)

Elder Abuse Annual Research
Compilation

[Click Here](#)

What did the pony say when she had a sore throat?

I'm a little horse!



11/2/22 9:00am—4:00pm
Department for Aging and Independent
Living presents the 2022 Kentucky Senior
Hunger Summit

[Register Here](#)

11/3/22 2:30pm—4:00pm (ET)
NASAA's Senior Issues and Diminished
Capacity Committee Presents

[Register Here](#)

ON-DEMAND (National APS Training Center)
Available for APS and Allied Professionals

[Click Here](#)

HAPPY HALLOWEEN!

