



Staying Connected: Adult Maltreatment Prevention & Awareness News

February 2023

Volume 3, No. 8

THIS IS ME...

Three Tools For Making Lasting Change | Psychology Today

Be willing to experience discomfort.

There is a perception that you should get rid of discomfort in order to "just do it." Most change is scary and uncomfortable.

What do you value most? Why does this change matter?

"Acceptance and Commitment Therapy emphasizes that when we identify what we most value, we are more willing to experience being uncomfortable for a long-term, greater good.

Do not handle set-backs with self-criticism!

Remember the path to success is not often linear. "We all experience setbacks, and the more we can build this into the process of change and approach our mistakes with self-compassion," the better chance we have at achieving long term change.

If January is known for making promises to change, February is when we help make lasting changes stick.

We have been outlining how we should be making changes to support our fire to end adult maltreatment. We have brought forth ideas on how to build our foundation and provide support to continue our efforts to improve outcomes for adults experiencing maltreatment.

Now let us take a minute to talk about some strategies that we can use to make the changes stick, also known as change maintenance.

The change that we seek requires both short-term and long-term goals. We have all worked really hard to establish the foundation of this change. The foundation is one of the most important parts of goal attainment, but it alone will not guarantee success.

Consideration should also be given to the other two important levels of change management. First is what is considered the "soft skills." This level includes the following eight elements: leadership, work process, structure, group learning, technology, communications, interrelationships and rewards.

Each of these elements will offer unique benefits to achieving success. For instance, group learning provides an

opportunity to pool our knowledge and skills to solve the complex problems that arise during our work.

If these eight elements receive attention and consideration individually as well as collectively, the implemented change will have a better chance at sustainability and success.

The other level of change management to consider is the "hard skills." This level includes the technical skills and knowledge that we each bring to the table.

So for instance, an Adult Protective Services worker will have knowledge about Kentucky Revised Statutes, interviewing skills and evidence collection skills.

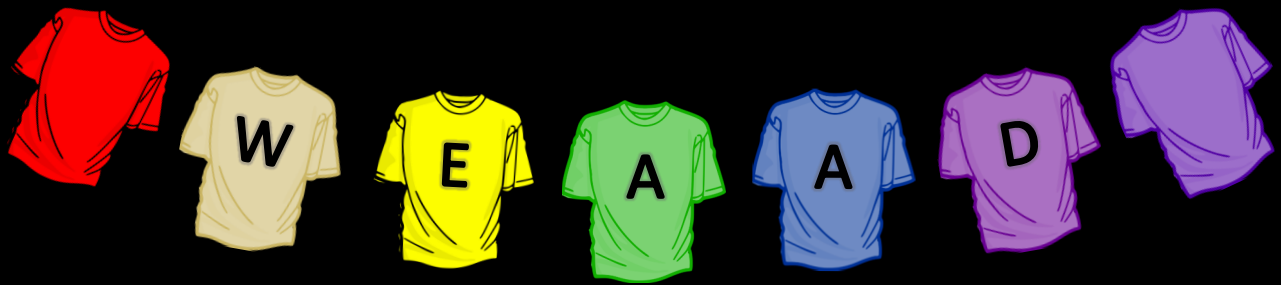
Hard skills are not fixed and permanent. An individual may acquire additional hard skills through formal education or training programs.

If we combine hard skills, soft skills and the foundation we have a structure that will assist us in achieving success in maintaining the change that will be necessary to end adult maltreatment.

Change requires us to not only plant the seeds, but also to nourish them through regular actions to ensure that the roots grow strong and spread to support the lofty goals we have.



[Image by pikisuperstar on Freepik](#)




WORLD ELDER ABUSE AWARENESS DAY 2023

T-SHIRT DESIGN



CALLING ALL ARTISTICALLY INCLINED ADULTS! WE ARE LOOKING FOR SUBMISSIONS OF DESIGNS FOR THIS YEAR'S WORLD ELDER ABUSE AWARENESS DAY T-SHIRT. ALL SUBMISSIONS WILL BE VOTED ON TO SELECT THIS YEAR'S' DESIGNS. SUBMISSIONS DUE BY 3/10/23


2021



T-shirt Design

←—Front

Back —→



2022



T-shirt Design

←—Front

Back —→



This is me...

*Detective Guss Curtis
Frankfort Police Department
Special Victims Unit*

I am currently assigned to the Special Victims Unit with the Frankfort Police Department. This position relates to adult maltreatment awareness due to it being a specialized investigative unit that specifically deals with elderly and children. I work alongside APS and several other agencies that assist in properly treating and assisting elderly victims.

I completed a 40 hour course on Elder Abuse at DOCJT in Richmond, Ky. I have also completed the Sexual Assault Investigation course which covers elder sexual abuse.

What motivated me to work with adults and elderly is that they often times can't voice their concerns and issues. I take pride in being a voice for people who can't speak for themselves.

My passion is knowing that I assisted a victim so they know longer have to experience the trauma again. Another part of my passion is holding the individuals who are responsible for these crimes accountable. In all cases, the victim is the top priority, however making sure the perpetrator is convicted is a passion of mine.

I would like to share how well other agencies come together to make adult investigations complete. I learned very quickly that an adult investigation can't be investigated thoroughly and properly without the efforts of everybody being involved.

I drink coffee and listen to Struggle Jennings on Spotify every morning.

The best way to educate the community is having citizen interaction one on one or in a group setting to go over the signs and actions of adult maltreatment. Along with child abuse, people often ignore the victim's statements or indications that abuse is occurring. I believe if we can educate the community on simply listening and reporting the allegations that are required by law; we have a much better chance of decreasing adult abuse.

After a day of work, I exercise and study Tae Kwon Do. These two activities assist me in disconnecting from work as investigating abuse cases can take a mental and physical toll on the body.

Defining Words! How do we communicate?

What is considered an emergency for adult protective services and for guardianship?

KRS 209.020 defines an emergency as an adult living in conditions which present a substantial risk of death or immediate and serious physical harm to themselves or others.

When APS receives and accepts allegations of maltreatment, a worker is tasked with initiating this referral with the adult. During this initiation the worker is assessing the adult for safety factors that need to be addressed.

If those safety factors rise to the level that there is a concern for substantial risk of death or immediate and serious physical harm then then worker can seek out assistance from local emergency services.

If the adult has a mental health concern and is a danger to themselves or others, the worker may pursue a court order for an evaluation through a 202a petition.

If the adult lacks the ability to consent for services, the worker may seek out an emergency protective services order from the court to provide the least restrictive interventions to address the emergency.

Sometimes an emergency arises after someone has filed for guardianship. In this situation, KRS 387.740 states that an emergency is that it appears there is danger of serious impairment to health or safety of the adult or damage or dissipation to their property if immediate action is not taken

When looking at an emergency in this situation, there are two focal points. One is on the imminent need to prevent a serious impairment from occurring to the adult's health or safety.

The other focal point is related to an individuals assets (financial or property) and the need to prevent assets from being lost or destroyed.



Online Romance and Dating Scams (AARP)

[Click Here](#)

Watch Out for Social Media Scams (AARP)

[Click Here](#)

Building Collaborations:
Fatality Review Team

[Click Here](#)

Bringing Together Faith and Safety for Older Adults

[Click Here](#)

Intervention in Elder Mistreatment

[Click Here](#)

Who always has a date on Valentine's Day?

—
“A calendar”



February 21st, 2023 1:00pm (ET)
Research for Practice Webinar: APS Client Outcomes Study

[Register Here](#)

February 28th, 2023 3:00—4:30pm (ET)
Grief, Depression, and Suicidality in Older Adults

[Register Here](#)

On Demand Podcast
Elder Abuse Intervention Utilizing the RISE Model

[Click Here](#)