



Staying Connected: Adult Maltreatment Prevention & Awareness News

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Inspiring Solutions!!!

Community is Everything: How to Build Your Tribe | Inc.com

Express Happiness When You See Your People

There is nothing better than coming home to your dog and seeing how excited they are to see you! This is often a high point of the day, so why not share that with others.

Let Everyone Share Stories and Participate

We all want to be heard. So make sure that everyone feels comfortable to share.

Forget the Small Talk

Small talk has a time and place, but it is not going to move the conversation forward. Reframe questions to engage more.

Give Credit As Often As You Can

Recognizing when someone does something exciting has the potential to lead to them doing more of the same.

Instill Confidence

Building confidence in others helps them feel good, more comfortable and safe.

Challenge Your People to Push Themselves

Help to continue growth towards being their best selves.

All of us operate based on a set of core values. These core values are influenced throughout our lives by our families, friends, work, spiritual interactions and interactions with society at large.

Core values have the potential to change based on changes in our knowledge, societal and cultural values and traditions, and personal life experiences.

Do you know the core values of your state? Do you know the core values of your community?

If you are unsure, you are not alone. In today's fast paced world, connections to our community at large have been strained.

The most common reason for people not being engaged in their community is the lack of time. Between work, school, family obligations and self-care time, community engagement gets placed on the back burner.

The good news is, if community engagement is placed on the back burner, it has some priority or it wouldn't even have been on the stove. We just have to figure out a way to raise its importance.

Part of raising the importance of community engagement is to ensure that the community's values are similar or compatible with our own values.

So, let's consider a few values that a community may have.

First let's take a look at the sense of community. MacMillan &

Chavis define this as "a feeling that members have of belonging, a feeling that members matter to one another and to the group, and a shared faith that members' needs will be met through their commitment to be together."

This requires us to be willing to introduce ourselves, make friends (or at least be polite) and attend community events or conversations. If we want to get involved, we have to be willing to participate.

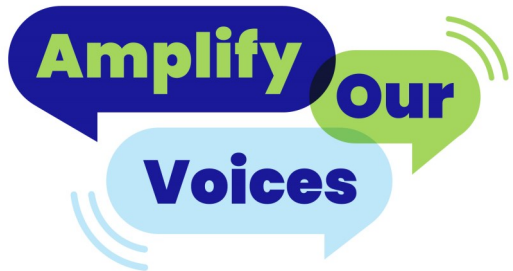
Through participation we can start to learn about our community's values and pair them up with our own core values.

Next consider the level of openness in your community. Openness is often a key player in community engagement. If an individual feels that their community is open to the free exchange of ideas, they are more willing to participate and share their ideas.

We all bring different things to the table, and as a community we need to be willing to accept that we are on a journey together to improve our collective quality of life.

If our communities encourage openness, foster a sense of belonging and have the potential for collaboration, we are on our way to a sustainable community.

A sustainable community nourishes itself so that the people can support and sustain the values.



Residents' Rights Month 2023

National Consumer Voice for Quality Long-Term Care

Kentucky specific information can be found by clicking on the following links!



"What Is Quality Of Life?"

The World Health Organization (WHO) defines quality of life as an individual's perception of their position in life in the context of the culture and value systems in which they live and in relation to their goals, expectations, standards and concerns.

Since quality of life is defined by an individual's perception, one can expect for there to be changes in what is considered a good quality of life at different ages.

For instance, in your teenage years, a good quality of life can be spending more time with your friends, becoming more independent and having a positive self image.

A Pew Research report from 2013 found that the following things are important for a good quality of life in older age: being able to talk/communicate, being able to feed oneself, getting enjoyment out of life, living without severe, lasting pain, long-term memory, being able to dress oneself, and short-term memory for events today.

This research shows that many items that older adults identified as important are things that are often taken for granted by younger individuals.

Research has also shown that a person's quality of life can directly impact their stress levels. Someone who is experiencing a lower quality of life may experience more stress. It is also true that someone that has a higher level of stress may be experiencing a lower quality of life.

Since perception is the key to someone's quality of life, it is important for us to remember to take some time to get to know the individual's needs and wants. Once you know what is important to the adult, you can help to develop a person centered plan that will address items/concerns that will help them improve their quality of life.

Always keep in mind it is the adult's perception, not yours.



Domestic Violence Across the Lifespan: Honoring Older Survivors this Domestic Violence Awareness Month

[Click Here](#)

Adverse Health Correlates of Intimate Partner Violence Against Older Women

[Click Here](#)

Ageism Factsheet

[Click Here](#)

Guardianship Awareness Resource Guide

[Click Here](#)

Input Needed: Proposed Regulations for APS Program

[Click Here for Info](#)

[Click Here for Proposed Rule](#)

Kentucky's Assistive Technology Locator

[Click Here](#)

Where do bad rainbows go?

Prism. It's a light sentence, and gives them time to reflect.



10/21/23 10:00—12:00pm (ET)
Lexington Community Bystander Training
[Register Here](#)

11/1/23 3:00pm (ET)
Applying the National Strategy to Support Family Caregivers to Dementia Programs
[Register Here](#)

ON DEMAND (APS TARC Webinar)
Critical APS Partner: Understanding the Aging Network
[Click Here](#)

ON DEMAND (NCALL Webinar)
Stalking and Older Adults: An Overview
[Click Here](#)