



Staying Connected: Adult Maltreatment Prevention & Awareness News

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Inspiring Solutions!!!

8 ways to support your aging family member during the holidays (care.com)

Include Your Family Member In Event and/or Meal Planning

It is human nature that people want to feel needed. This small step will help them feel they are still a valued member of the family.

Make Some of Their Favorite Meals or Treats

Everyone has favorites. Making a favorite meal or treat helps them feel special and shows you care.

Help Them Primp

Treat your loved one to a spa day. Get their hair and nails done.

Look at Family Photo Albums

Look through pictures and share stories and memories of past holidays.

Guide a "Life Review"

This will help look back on their life and find meaning and peace.

Revive Old Family Traditions

Keep Your Loved One Involved

Enjoy The Moment

This holiday season let us take an opportunity to focus back on the things that are important to us: family, friends, faith, and community.

In the modern world where we are pulled in many different directions, how do we slow down and re-focus our attention on what is important? How do we minimize the stress we place on ourselves to find the perfect gift for a loved one?

Maybe we can start by getting back to a simpler time. One when we had holiday traditions that brightened the season. This can be something simple, like kicking off the holiday season watching your favorite movie after all of the clean up is done for thanksgiving.

Other traditions may include decorating your home or office space, shopping on the superbowl of retail (Black Friday), or attending your community's parade and tree lighting ceremony.

Participating in these traditions will not only put you in the holiday spirit, they can also bring you closer to the ones that you choose to share them with. Traditions can help to create shared memories and build relationships.

Another good idea during this holiday season is to slow down. We put a lot of stress on ourselves during this time. We commit to too many things. We spend a lot of time trying to find the perfect

present for our loved ones.

The more stress we put on ourselves the less likely we are going to be in the moment and enjoy the time that we have with those that are important to us.

Remember that those that love you and are important to you would more than likely rather spend more time with you enjoying the season than receiving a gift. Making memories lasts a life time, where as many gifts have a shelf life.

So, instead of spending money on a gift, maybe take that money and use it to create a memory. Take a cooking class, an arts and craft class or ride on the Old Kentucky Dinner train.

One of the most important things to do when we are spending time together is to be in the moment. The one thing that takes us out of the moment the quickest, is our cell phone. So go ahead and turn your cell phone off or on silent when you are spending time with others.

Another important thing to do is to make sure that you take some "me time." Without proper self care we are never going to be able to give the love and attention to others that they deserve. Self care is going to look different for all of us, so do what works best for you.

And lastly, indulge a little. Eat a little bit of the peppermint bark, drink some eggnog and hug your loved ones just a little bit longer.



“How Can I Support the Work of Adult Protective Services?”

Like most programs across the state, Adult Protective Services (APS) is not most effective when working in a silo. Outcomes for adults improve when APS is able to work with community partners to fill in the gaps.

We all know that we should make a report to APS when we suspect that abuse, neglect or exploitation has occurred. What you may not know is how valuable it is to provide your contact information to assist APS with initiating a referral or enlisting assistance from other friends or family.

Our work shouldn't just stop at making the referral. We can also educate ourselves on the resources that may be available in the local community.

Maybe your suspicions haven't risen to the level that an investigation needs to occur, but you know that if some intervention isn't tried now, things will spiral out of control. Knowing what resources are available will allow you to access possible interventions.

Sometimes there are gaps in the services available in your community. Although you may not be able to fill those gaps yourself, there are organizations like Local Coordinating Councils on Elder Abuse (LCCEA) that are willing to advocate or help you advocate.

You can reach out to your LCCEA by accessing the map on the KY ESTEAM page ([click here](#)). If you don't have one in your area, please consider starting one. Grass roots movements are a pretty effective way to make a difference in your community.

Maybe you are interested in making a difference on a one-on-one level. Consider volunteering to help out a neighbor getting to and from appointments, getting groceries, cleaning up the home or doing some yardwork.

Remember that no action is too small when it comes to protecting adults from maltreatment.



Caregiver Secrets That Suffocate: Signs & Solutions

[Click Here](#)

11 Tips for Caregivers to During the Holidays (AARP)

[Click Here](#)

Caregiving and the Holidays: From Stress to Success!

[Click Here](#)

Holiday Hints for Alzheimer's Caregivers

[Click Here](#)

Supporting Persons with Disabilities Through the Holidays

[Click Here](#)

Safety Planning for Holidays and Weekends

[Click Here](#)

Did you hear about the ski trip?

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It started off fine, but it went downhill fast.



12/21/23 3:00—4:00pm CT
Communication Strategies Through the Dementia Journey

[Click Here](#)

1/16/24 1:00—2:00pm ET
Strengthening the Dementia Capable Workforce: Dementia Training for Intellectual and Developmental Disabilities Providers

[Click Here](#)

ON-DEMAND
Addressing Sexual Assault Against People with Disabilities

[Click Here](#)