



**Staying Connected:**  
**Adult Maltreatment Prevention & Awareness News**

**January 2024**

Volume 4, No. 7

**Inspiring Solutions!!!**

**New Year's Resolutions:  
Building Good Mental  
Health Habits | SAMHSA**

**Pick a Goal That Motivates You**  
*You are more likely to succeed if you pick a focus that is important to you.*

**Break Down Your Big Goals into Smaller, More Manageable Goals**

*A big goal is a great starting point, but may require mini-goals to help achieve success along the way.*

**Focus on Progress, Not Perfection and Stay Positive**

*Focus on the journey. You can learn a lot more about yourself just from the journey you are taking to achieve your goal.*

**Lean on Others for Support and Motivation**

*Sometimes we are more successful with achieving our goals when we have a support network. Connect with others that may have a similar goal.*

**Practice Self Compassion**

*Acknowledge the setbacks, and push through because everyone experiences setbacks.*

**Know When to Ask for Help**

*Not all goals can be accomplished independently, so be willing to reach out when you need help.*

It is the season for making resolutions on how we can better ourselves. Now that we have a few weeks under our belt in 2024, how many of us have decided that our resolutions deserve a break until next year?

We set these resolutions with the greatest of intentions. Our hopes and desires are that we are going to be successful in meeting these goals over the next year.

The reason that so many of us are not successful in our resolutions is because we do not take time to turn them into solutions. We say we are going to do it, but we didn't take the time to work through how we are going to achieve the goals.

So how do we take our resolutions and turn them in to solutions?

The first step is making sure that the resolution you choose is a realistic goal. It is probably not a realistic goal to say that you are going to learn how to sky dive if you are deathly afraid of heights. A better goal here may be working on your fear of heights.

Many times, when making resolutions, we allow others to influence our decisions. Remember, you have a better chance at success when focusing on things that you truly want to improve in your health, mind and soul.

The next step is to get specific

with the solution. Instead of just saying that you are going to start going to the gym to improve your overall health, look at your options. Take some time to do some research to see what types of exercise you are going to enjoy, where you can do these exercises and how it will fit in to your schedule.

Step three is to start and commit to your plan. This is probably the hardest step, so it is best to set a firm date to start. Put this on your calendar like any other appointment. If you are going to the gym, pick the same time everyday and let your friends and loved ones know you are not available during that time.

Next step is to keep track of your progress. Instead of focusing the end goal, make sure that you are acknowledging the signs of progress along the way. Celebrate yourself throughout the process, because change is hard.

Step five is to have perseverance. Just like in life, there are going to be good days and bad days. Understand that it is okay to slow down your progress, as long as you keep the mindset that you will be back on track soon.

The last step is to keep yourself accountable. The best way to do this is to have someone you trust that you can talk to about your progress. Don't forget, you can also ask for support when you need that extra little push.



# KENTUCKY RANKED IN THE TOP 5 OF STATES WITH THE BEST ELDER-ABUSE PROTECTIONS

[States with the Best Elder-Abuse Protections \(2024\) \(wallethub.com\)](https://wallethub.com)

Overall Rank ↕	State	Total Score ↕	Prevalence Rank ↕	Resources Rank ↕	Protection Rank ↕
1	Wisconsin	62.45	22	1	5
2	Massachusetts	55.07	14	4	19
3	Ohio	52.71	31	16	1
4	Virginia	49.76	8	11	35
5	Kentucky	49.69	1	28	26

## 16 Key Indicators

- Share of Elder-Abuse, Gross-Neglect and Exploitation Complaints (*Prevalence*)
- Estimated Elder Fraud Rate (*Prevalence*)
- Elder Fraud Loss Amount per Reported Frauds (*Prevalence*)
- Total Expenditures on Elder-Abuse Prevention per Resident Aged 65 & Older (*Resources*)
- Total Expenditures on Legal-Assistance Development per Resident Aged 65 & Older (*Resources*)
- Total Long-Term Care Ombudsmen Program Funding per Resident Aged 65 & Older (*Resources*)
- Financial Elder-Abuse Laws (*Protection*)
- Eldercare Organizations & Services per Residents Aged 65 & Older (*Protection*)
- Presence of Elder-Abuse Forensic Centers (*Protection*)
- Presence of Elder Abuse Working Groups (*Protection*)
- Certified Volunteer Ombudsmen per Residents Age 65 & Older (*Protection*)
- Frequency of Assisted Living Facilities Inspections (*Protection*)
- Quality of Nursing Homes (*Protection*)
- Presence of Laws Allowing Surveillance Cams in Nursing Homes (*Protection*)
- Presence of Elder Justice Task Forces (*Protection*)
- Presence of Elder-Abuse Shelters (*Protection*)



# Cold Weather Safety for Older Adults

[Cold Weather Safety for Older Adults | National Institute on Aging \(nih.gov\)](#)

## Preventing Unsafe Exposure to Cold Outdoors

- If you must go out on windy, cold, damp days, don't stay outside for long.
- Let others know when you're planning to spend time outdoors and carry a fully charged mobile phone.
- Keep warm blankets and extra cold-weather clothing in your car.
- Wear a hat, scarf, and gloves or mittens to prevent loss of body heat through your head or hands. Also consider using disposable or rechargeable hand and foot warming products.
- Check the weather forecast for windy and cold days.

## Medical Conditions and Cold Weather

- Diabetes can prevent blood from flowing normally to provide warmth.
- Thyroid problems can affect the body's ability to maintain normal body temperature
- Memory problems can cause a person to forget to take precautions for staying weather-safe, such as wearing appropriate attire.

## Avoiding Falls in Cold Weather

- Keep outside walkways clear of snow and ice with an ice melt product or sand.
- Use railings to help avoid slipping on icy stairs and walkways.
- Wear nonskid, rubber-soled, low-heeled footwear.
- If possible stay inside and use delivery services for necessities.

## “What are the different levels of residential care for adults?”

What are the available levels of care to advance through as care needs increase over a lifetime and the individual can no longer live at their home or with family?

One option is a family care home. A family care home is a private home that is licensed through the Office of Inspector General. They provide room, board and some basic care services (bathing, dressing). This level of care is designed for individuals that require some assistance with maintaining health and welfare and are interested in living in a family atmosphere out in the community.

Another level is an assisted living facility. An assisted living facility is based on the social model of care and is certified through the Department for Aging and Independent Living. These facilities do not offer nurses or nursing oversight. Staff may provide assistance with activities of daily living (bathing, dressing) and reminders for medications. This level is designed for individuals that can manage mostly by themselves.

A personal care home is another next step in the continuum. A personal care home is a medical model and is licensed by the Office of Inspector General. These facilities provide supervision, basic health and health-related services, personal care services, residential services and social and recreational activities. This level of care is designed for individuals that have more significant health needs and require more assistance from others to maintain their health and welfare.

The last level of care is a nursing facility. A nursing facility provides comprehensive skilled nursing services, around-the-clock monitoring and supervision. Nursing facilities provide housing, three daily meals and recreational activities. This level is designed for individuals with medical needs that require 24 hour care.



Assessment and Treatment of Elder Abuse in Spanish Speaking Americans: A Scoping Review

[Click Here](#)

National Center on Elder Abuse: The NCEA Connection 2023 Year In Review

[Click Here](#)

Training Resources on Elder Abuse

[Click Here](#)

United States Senate Special Committee on Aging

[Click Here](#)

## What's January's favorite type of transportation?

Ice-cycles!



1/25/24 12:30—1:30pm (EST)  
Monthly Scam Advice Forum: Role of the US DOJ's Elder Justice Coordinators & Gift Card Scam

[Click Here](#)

1/31/24 3:00—4:00pm (EST)  
Adult Maltreatment Report 2022: What We Know and What We Don't

[Click Here](#)

2/6/24 3:00—4:00pm ET  
Finding the Way in Dementia Care: Use of Care Navigators for People Living with Dementia and their Caregivers.

[Click Here](#)

*“Whatever affects one directly affects all indirectly.”*

- Martin Luther King Jr.