

Elder Abuse Awareness Lunch & Learn Series

Session 4: What To Do When There's Resistance to Elder Abuse/Mistreatment Interventions

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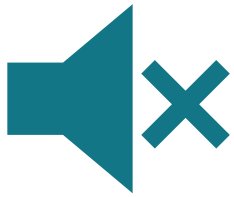
Upstate Elder Abuse Center

Lifespan of Greater Rochester Inc.

6/29/2022



Basic Housekeeping



Please keep yourself muted when not speaking.



Add questions in the chat.



This should be a safe place!

age

We'll help you take it on.

**Age brings opportunity
and challenges.**

Lifespan is a resource for people who need guidance with the challenges and opportunities of longer life.

585-244-8400



 LIFESPAN WELCOMES EVERYONE

Elder Abuse
Thrives in Silence



**You can help stop elder abuse
and mistreatment.**

Call Lifespan

585-244-8400

or outside Monroe County call

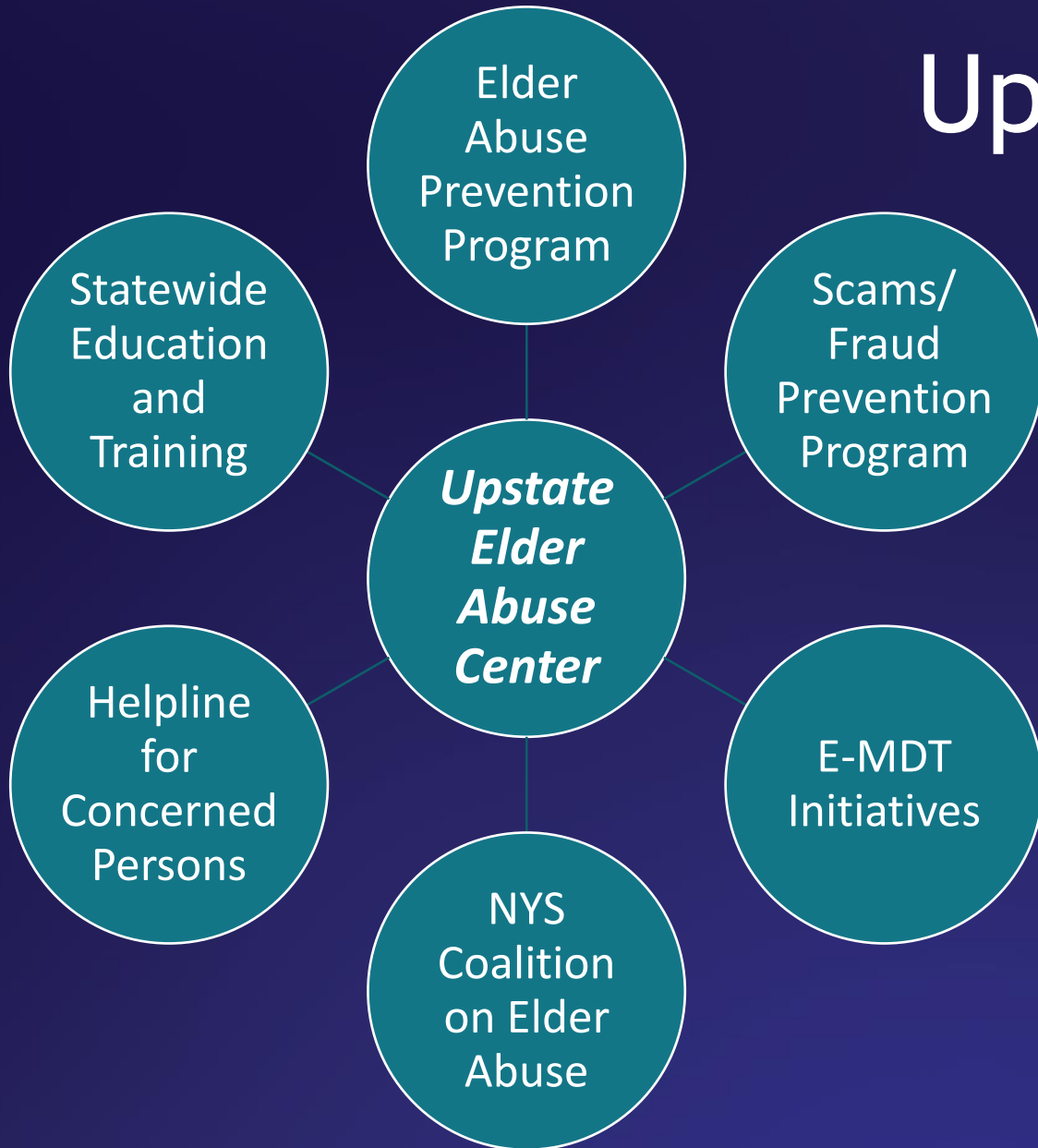
1-866-454-5110

or Adult Protective Services in your
local Department of Social Services.

BREAK THE SILENCE
Upstate Elder Abuse Center at Lifespan



UpEAC Core Programming



585-244-8400





You're their lifeline.
We're your helpline.

Monday-Friday 9:00am-5:00pm

Elder Abuse Helpline for Concerned Persons



Helpline clinicians contact and assist concerned persons during regular business hours

Monday – Friday, 9am – 5pm.

844-746-6905

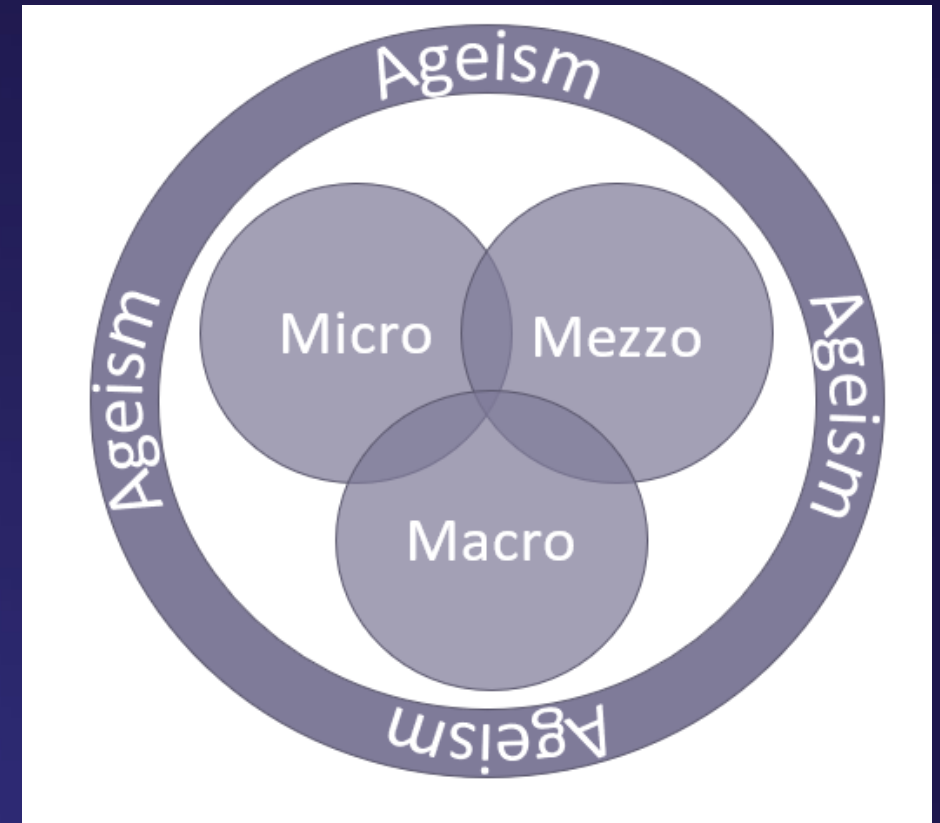
Calls are answered 24/7



Funded by Grant No. 2017-VA-GX-0047, awarded by the Office for Victims of Crime, Office of Justice Programs, U.S. Department of Justice.

Recap from Last Three Sessions

- Ageism and ageist assumptions set the stage for elder abuse.
- There are 5 types of elder abuse, and adult children are the most likely perpetrators.
- Your body will not go where your mind has not been.



How do you help people?

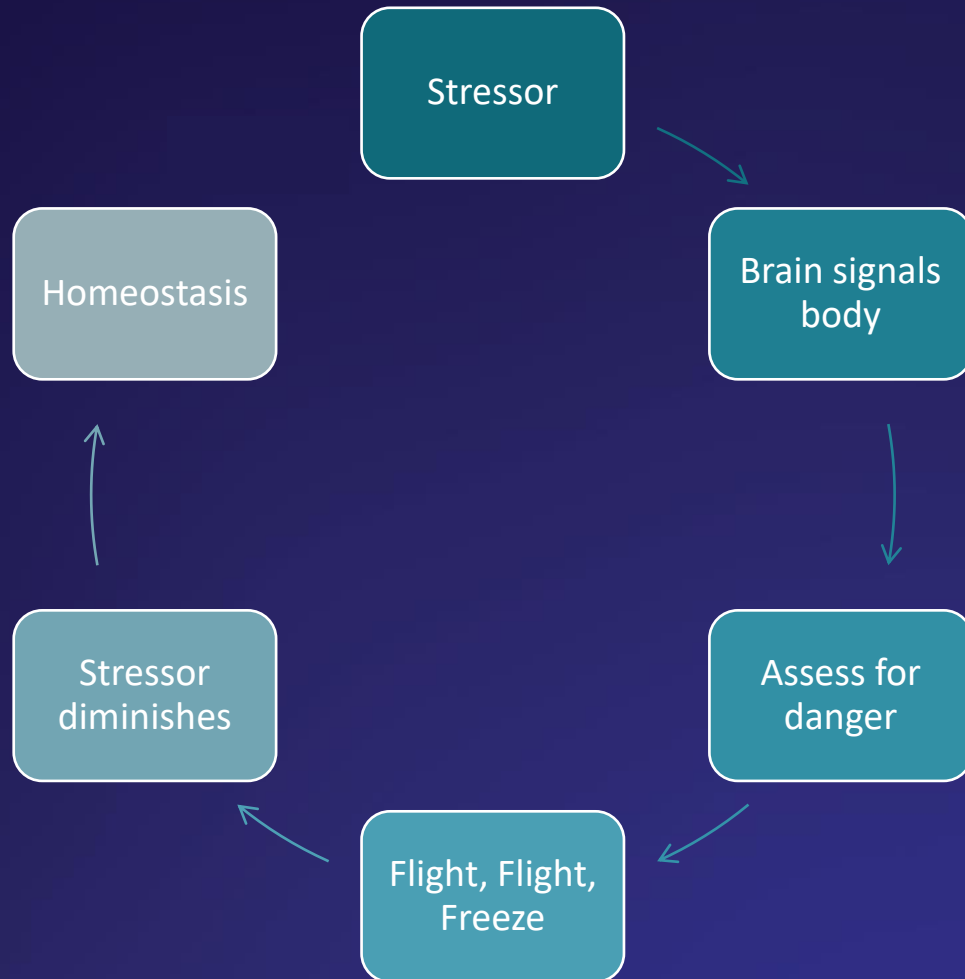


Why is change so hard?

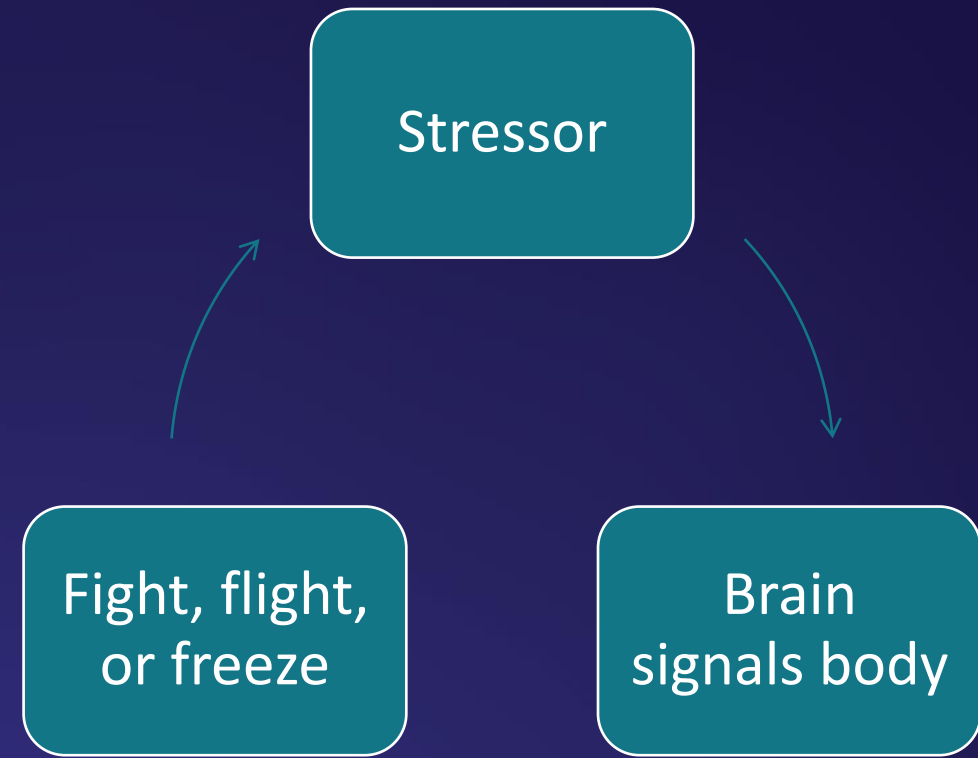


The (Very, Very, Super Basic) Science of Trauma

Basic Response to Stress



Chronic Stress



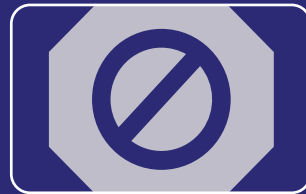
Why Not Change???



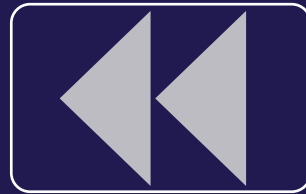
There are positives to staying the same.



They want to change, but their basic needs (Maslow's Hierarchy) are not being met.



They're not ready.



Can be retraumatizing if they're being told what to do.

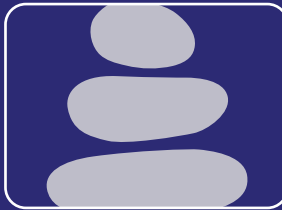
But also....



Their self-confidence.



The decision to change may impact others in their circle, which may be positive or negative. Examples?



Difficult to change when the environment does not.



Complexity in our social identities and the messages we've received about ourselves (stigma). Examples?



Oh yes, and
also.....



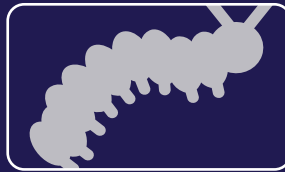
More than one change at a time is overwhelming.



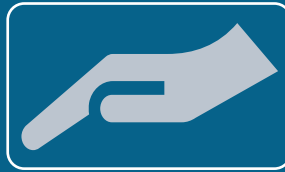
They may not know how to make a change happen or know their options.



Correction may feel like rejection.



Is it easier to stay the same or to change? Examples?



Safety & trust.



 LIFESPAN WELCOMES EVERYONE

Level Setting - We Can't...



- Force people to make different decisions.
- Take people out of their homes.
- Make people leave older adults' homes if they want them there.
- Arrest people for “elder abuse.” (Note: there is no law in NYS specifically for elder abuse).
- Break the law.
- Change how someone feels about their loved ones.

So, what can we do?



We can ask...

How are *they* currently doing things, ***then***

Point out their strengths, and ***next***

Have further genuine curiosity, ***and finally***

Ask to offer suggestions.



"Change Talk" is not to change behavior. It is about finding what they want and guide them on how they have the power to get there.



Ambivalence and the Righting Reflex



Ambivalence

- Normal! Like pre-contemplation.
- Weighing gains & losses.
- Ambivalence is one step closer to change!
- Grief is happening.
- Complex feelings emerge:
 - Fear, frustration, doubt, hope??
 - What's wrong with me? Why can't I do this?

Acceptance of Ambivalence

“I accept you just the way you are right now, even if no changes are made?”

“You do not have to change to be OK with me.”



We can ask...

- What sustains you from changing? What are the positives in staying the same?
- What drives you to waiting to change?
- Why is this change important to you?
- What are you saying to yourself when you are in that ambivalence?

The Righting Reflex

- Resist the righting reflex of taking over and fixing!
- Righting Reflex + Ambivalence = The Paradoxical Effect
- If a person is ambivalent about change and we push for a choice, they most likely will embrace another.



What Else Can I Do?

- Take it slow. Give people time to respond.
- “And” instead of “but.”
- “You are...” instead of “It sounds like you are...”
- Keep affirmations simple!



Maintain Healthy Boundaries in Relationships

- Relationships are not always permanent.
- Relationships fail for a variety of reasons.
- All relationships need work at times, but both parties must be willing and able to do the work.
- It is not always “safe” to leave.



We Can Understand Boundaries: What Triggers You?

“I thought I could count on you!”

“If you...then I”

“It’s your fault that I...”

“You have never supported me!”

Boundaries: Identifying Tactics and Triggers

Blame	Manipulation	Put-Downs
<p>Your adult child or family member persistently blames you for their problems and refuses to accept responsibility for their struggles and issues. Parents may think, “If I had just tried harder or did this instead of that, things would be different.”</p>	<p>Struggling adult children or other family/friends with distorted views may use manipulation tactics to make you feel that you “owe” them and therefore must support them.</p> <p>Alternately, they rely on what they do for you to get what they want from you. “I am the only grandchild who visits you. I hope you remember that.”</p>	<p>Criticism is common in relationships, even if unintentional. For parents of adult children, this could look like:</p> <ul style="list-style-type: none">• Criticism over your spending habits/comments about inheritance.• How you “favored” one child over the other(s).• Using your past as a weapon.• Statements regarding your mental health, physical health.• Ageism.

Setting Boundaries: Examples

- “No.”
- “I’m sorry you’re struggling, and you owe it to yourself to be part of the solution.”
- “That’s enough.”
- “I’m not comfortable with that.”
- “My having money has nothing to do with whether or not it is best to give it to you.”
- “NO.”



Common Experiences When Setting Boundaries

- Guilt
- Second, third, fourth, and fifth-guessing yourself!
- Racing thoughts before and after setting a boundary.
- Doubting yourself.
- Excitement about setting a boundary!
- Readjusting boundaries. This includes changing them entirely.
- Being criticized by the person with whom you're setting a boundary.

Supporting Someone Who is Being Abused

- Educate yourself about elder abuse and abuse dynamics.
- Take care of yourself. Secondary or vicarious trauma is serious!
- Learn to be an active listener, not just a responder.
- Validate. Again, validation doesn't mean agreement.
- Ask how you can help.
- Know your resources.
- Maintain your own safety and your own boundaries.

Remember...

- Validate - validating a person's feelings doesn't mean we agree with them.
- When possible, provide:



Some Parting Thoughts

- ❖ If we measure ourselves by how other people change, we will burn ourselves out.
- ❖ We are NOT responsible for the decisions that others make.
- ❖ Elder abuse is challenging to everyone. Be kind to yourself!
- ❖ Your presence protects against abuse.



Questions, Comments, Concerns?

Thank you!

Please fill out the follow up survey 😊

<https://forms.office.com/r/Sk5DREGtjp>

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