

Bullying en comunidades de jubilación

Por Renee Ruffin-Price
Para AL DIA TODAY

En varias ocasiones, me pidieron que hablara con los residentes y el personal de las instalaciones de vivienda asistida sobre la intimidación que estaba ocurriendo entre los residentes. Aunque el personal de trabajo era responsable de crear un ambiente acogedor para todos los residentes, este fue un desafío que tuvo lugar cuando algunos residentes estaban siendo intimidados. Durante estas discusiones, explicaría cómo los inquilinos que presenciaron el acoso también se vieron afectados porque

pueden sentirse culpables de no intervenir, aunque no les gustó lo que presenciaron.

Cuando la administración dio charlas de guía sobre lo que vale la amabilidad y las consecuencias negativas del acoso, algunos residentes inmediatamente se volvieron más conscientes de ser más amables con los demás.

Al educar a los residentes y al personal de la instalación, hay que tener en cuenta varias razones por las cuales puede ocurrir la intimidación en las comunidades de jubilación o de vida asistida: la persona puede tener una gran necesidad de poder / control; la persona puede preferir no vivir cerca

de personas de diferentes culturas / antecedentes; la persona puede haber intimidado cuando era un niño / adolescente y nunca se detuvo; la persona puede estar teniendo problemas emocionales; la persona puede haber sido intimidada por otros; la persona puede estar irritable debido al dolor físico o la pena; la persona puede estar luchando con la transición de mudarse de su residencia privada a un entorno compartido; la persona puede estar reaccionando ante la sensación de pérdida de su independencia o ingresos.

En otra columna, compartiré algunas recomendaciones sobre cómo reducir la frecuencia del



Renee' Ruffin-Price, Community Advocate for Children

acoso emocional y verbal que a veces ocurre en las comunidades de jubilación o de vida asistida, lo cual hace difícil que todos los residentes tengan una experiencia enriquecedora.



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Bullying in Retirement Communities

On several occasions, I was asked to speak to the residents and staff at assisted living facilities about the bullying that was occurring between residents. Although the staff were responsible for creating a nurturing environment for all residents, this was a challenge to achieve when some residents were being bullied.

During these discussions, I would explain how the bystanders who witnessed the bullying were also impacted because they may feel guilty that they did not intervene even though they did not like what they witnessed.

When administration provided guided discussions about the value of kindness and the negative consequences of bullying, some residents immediately became more mindful of being kinder to others.

In educating the residents and staff of the facility, I would explain various reasons why bullying might occur in retirement or assisted living communities: the person may have a strong need for power/control, the person may prefer to not live around people from different cultures/backgrounds, the person may have bullied when they were a child/teen and never stopped, the person may be having emotional problems, the person may have been bullied by others, the person may be irritable due to physical pain or grief, the person may be struggling with the transition of moving from their private residence into a shared environment, the person may be reacting to a sense of loss of their independence or income.

In another column, I'll share some recommendations for how to reduce the frequency of the emotional and verbal bullying that sometimes occurs in retirement or assisted living communities that makes it difficult for all residents to have a nurturing experience.

Helping Seniors sponsors senior advocacy group in Brevard County

Por Joe Steckler
Guest Columnist

After months of anticipation, it is now official - Helping Seniors will sponsor a new Senior Advocacy Group at Zon assisted living facility, located at 1894 South Patrick Drive in Indian Harbor Beach. Join us the first Tuesday of each month from 10:00 AM until noon. The first meeting will be March 3, 2020. To make your reservation, please call Kim at 321-473-7770.

It is imperative that seniors unite to determine their own future. We have seen state and local elected officials vote to eliminate or transfer funds intended to help seniors. For the past decade Florida legislators have been raiding the Sadowski Fund, moving \$1 billion in funds meant to build affordable housing over to the general revenue portion of the state budget. Will we continue to let those we elect make decisions that adversely affect seniors?

Speaking of the state budget, I call your attention to the recent State of the State address by our Governor; if there was a mention of seniors any-

where in his talk, I failed to hear it. I have to admit that I am hard of hearing, but for that talk I had my hearing aids in and the TV turned up to hear any mention of seniors - which I did not.

You have read my comments about our County Commissioners defunding local nonprofits. Nonprofit funding in Brevard was once \$1 million annually, but times change and so do Commissioners. Although seniors are a rapidly growing segment of our population, programs and funding to assist seniors are not in place.

I do not think that our state or county is working to address problems caused by a rapid growth of seniors, problems that will only intensify as the population increases. Would it surprise you to know that we have more than 50,000 people on Medicaid waiting lists in Florida? Neither national nor state resources can resolve the issue without local support.

In 2015, Helping Seniors joined forces with community volunteers to survey thousands of seniors in Brevard County. Based on the results of



that survey, we compiled a paper and presented it to the County Commissioners for action. Nothing was heard from that effort, but now we intend to pick up where we left off. Our goal is to spearhead work with the County Commissioners to develop a senior plan for Brevard County.

Sixty years ago I never envisioned writing columns like this. I was young, and what happened to seniors was not a concern to me. Now I can see that thinking about seniors is critical in places

like Brevard where seniors make up almost half the population. We can and should do better for those who need affordable housing, assistance with prescription drugs, ramps, and other things affecting an older population.

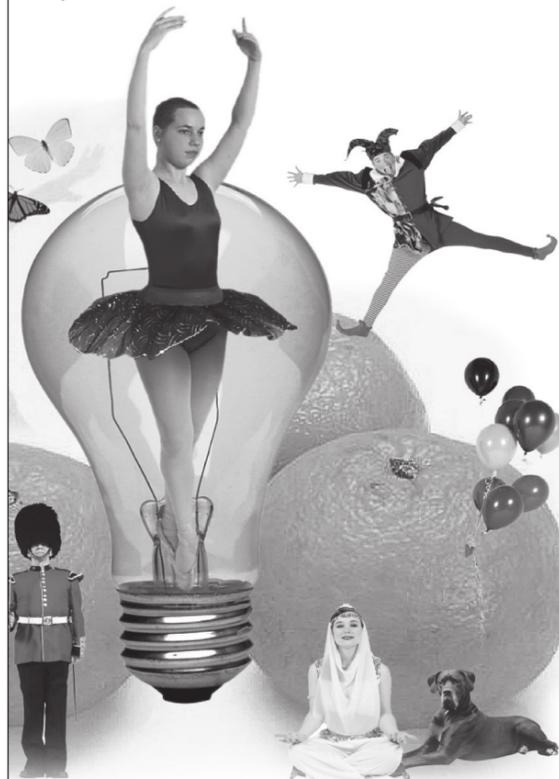
Call 321-473-7770 and reserve your spot for the first meeting of the Senior Advocacy Group.

Contact Helping Seniors at 321-473-7770, at www.HelpingSeniorsOfBrevard.org, or at P.O. Box 372936, Satellite Beach, FL 32937.

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