

# NEWSLTR

A PUBLICATION OF THE FLORIDA DEPARTMENT OF ELDER AFFAIRS

## AGE-FRIENDLY LIVABLE COMMUNITIES

Click [here](#) for more information on Age-Friendly Livable Communities.

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# Florida's Age-Friendly Communities

## Welcome to the Network

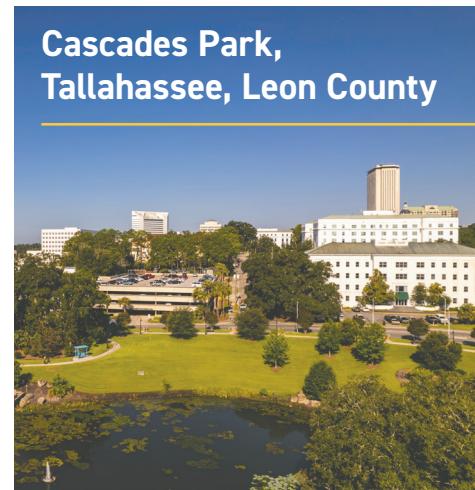
The City of Tampa, Miami Gardens, Leon County, and Orange County have joined the Age-Friendly Network! With their admittance, Florida now has 43 communities dedicated to ensuring all Sunshine State residents thrive at any age or ability. Comprised of cities, towns, and counties, Age-Friendly Communities are being formed throughout the country and around the globe. If you are interested in your community joining the AARP Network of Age-Friendly States and Communities, apply to become a Livable Community today by filling out [AARP'S Membership Application](#).

## 2021 Recap:

- Livable Florida has expanded to 43 communities and counting, consisting of: 31 cities, villages, and towns, and 12 counties.
- Six communities joined the Age-Friendly Network this year and two communities restarted their Age-Friendly cycle.
- Eight 2021 AARP Community Challenge grantees in Florida.

- Thousands of vaccine flyers distributed to elders in partnership with DOEA and AARP.
- DOEA submitted the 2021 Age-Friendly Action Plan on Aging, which was approved by AARP Florida.
- Engaged with the Florida Department of Transportation's Safe Mobility for Life Coalition.
- Worked with the Trust for America's Health (TFAH) through a grant from the John A. Hartford foundation in efforts towards an Age-Friendly public health system.
- Florida was the first state in the nation to establish Alzheimer's Disease and Related Dementias (ADRD) as its own priority area within their State Health Improvement Plan; the Alzheimer's Disease and Related Dementias Resource Guide and Caregiver Toolkit are two tangible outcomes of this action.
- ADRD is included in Florida's 2022-2026 State Health Improvement Plan.

### Cascades Park, Tallahassee, Leon County



### Tampa, Florida



**Continued on page 2**



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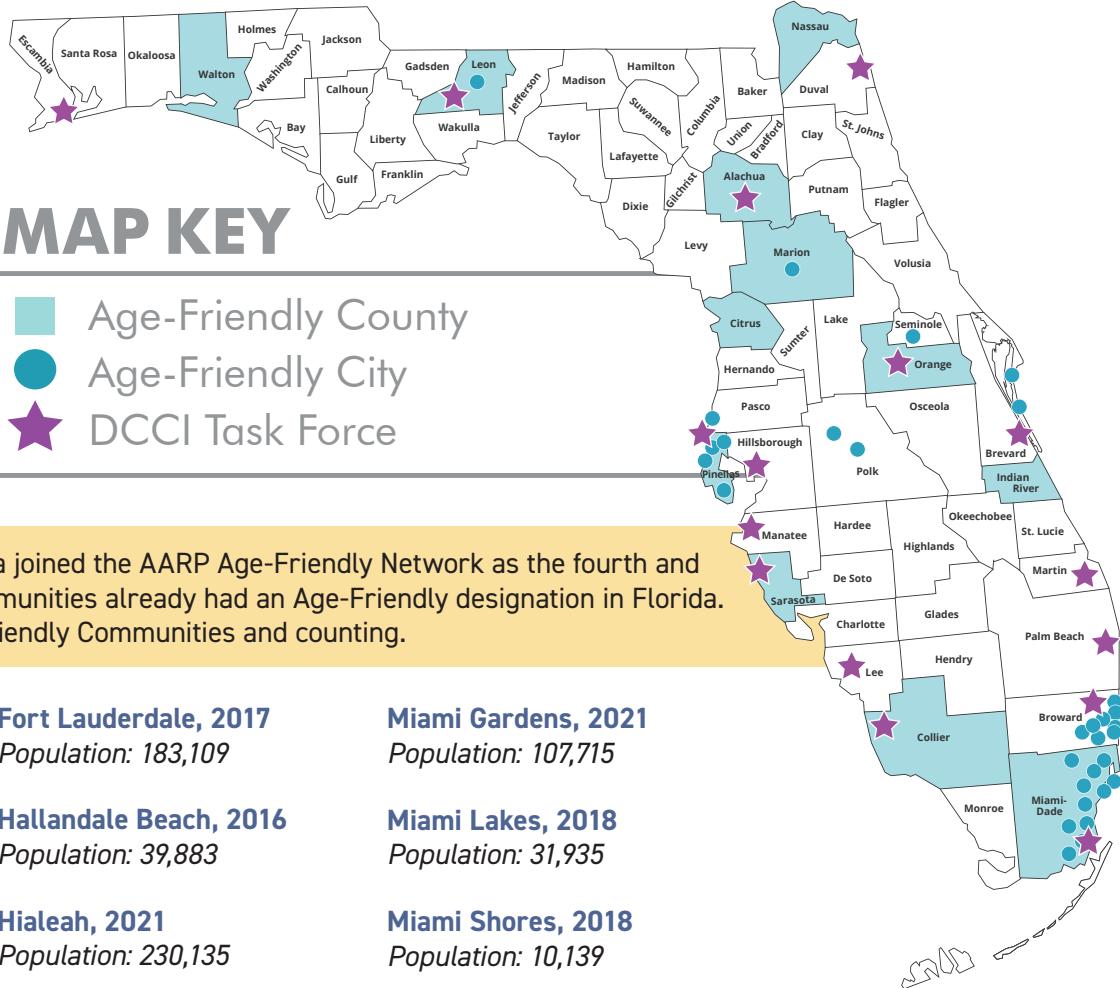
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## Age-Friendly... continued from page 1



## MAP KEY

- Age-Friendly County
- Age-Friendly City
- DCCI Task Force



**Florida, 2019**  
Population: 21.6 million

**Fort Lauderdale, 2017**  
Population: 183,109

**Miami Gardens, 2021**  
Population: 107,715

**Alachua County, 2019**  
Population: 269,427

**Hallandale Beach, 2016**  
Population: 39,883

**Miami Lakes, 2018**  
Population: 31,935

**Cape Canaveral, 2019**  
Population: 10,492

**Hialeah, 2021**  
Population: 230,135

**Miami Shores, 2018**  
Population: 10,139

**Citrus County, 2019**  
Population: 153,607

**Hollywood, 2016**  
Population: 155,689

**Nassau County, 2019**  
Population: 94,003

**Sarasota County, 2015**  
Population: 448,568

**Clearwater, 2019**  
Population: 118,190

**Indian River County, 2019**  
Population: 165,395

**Ocala, 2019**  
Population: 61,810

**Satellite Beach, 2016**  
Population: 11,274

**Coconut Creek, 2021**  
Population: 61,334

**Lakeland, 2016**  
Population: 115,566

**Orange County, 2021**  
Population: 1,417,280

**St. Petersburg, 2016**  
Population: 267,121

**Collier County, 2020**  
Population: 398,304

**Leon County, 2021**  
Population: 297,432

**Orlando, 2019**  
Population: 2,002,000

**Tallahassee, 2015**  
Population: 197,974

**Coral Gables, 2018**  
Population: 48,850

**Longwood, 2016**  
Population: 16,451

**Palmetto Bay, 2017**  
Population: 25,225

**Tampa, 2021**  
Population: 404,636

**Coral Springs, 2019**  
Population: 133,853

**Marion County, 2019**  
Population: 378,613

**Pembroke Pines, 2017**  
Population: 176,823

**Walton County, 2019**  
Population: 80,749

**Cutler Bay, 2016**  
Population: 42,924

**Miami, 2018**  
Population: 478,251

**Pinecrest, 2016**  
Population: 18,959

**Wilton Manors, 2018**  
Population: 12,748

**Doral, 2020**  
Population: 75,699

**Miami Beach, 2020**  
Population: 87,039

**Pinellas County, 2017**  
Population: 978,872

**Winter Haven, 2015**  
Population: 48,917

**Dunedin, 2018**  
Population: 114,347

**Miami-Dade County, 2016**  
Population: 2,721,110

**Pompano Beach, 2018**  
Population: 113,082



## AARP COMMUNITY CHALLENGE

# Congratulations 2021 Grantees

By AARP Livable Communities and Livable Florida

Florida communities are working to become more livable for residents of all ages, and AARP is working with the Sunshine State in partnership with local leaders, organizations, and dedicated residents to help make that vision a reality. As part of this effort, AARP is excited to announce the largest number of projects to date through the Community Challenge grant program. These quick-action grants are being distributed to 244 organizations across all 50 states, Washington D.C., Puerto Rico, and the U.S. Virgin Islands. The Community Challenge funds innovative projects that inspire change in areas such as transportation, public spaces, housing, diversity and inclusion, civic

engagement, coronavirus response, and more. Livable Florida is incredibly proud to highlight eight grantees and support their efforts to create great places for people of all backgrounds, ages, and abilities. As local leaders seek to better their communities for the future, these Community Challenge grants are more critical than ever.

### •CASSELBERRY: IDEAS For Us

The Hindu Temple of Central Florida will receive an educational community garden so community members can observe and contribute to the restoration of habitats for pollinator species.

### •DEERFIELD BEACH: City of Deerfield Beach | Broward Metropolitan Planning Organization

In a predominantly residential area, a "quick-build" project will temporarily install intersection improvements, informational signage, traffic calming features, and highly-visible decorative crosswalks to increase the mobility, accessibility, and safety of a roadway.

### •LABELLE: LaBelle Downtown Revitalization Corporation

This project will enhance a multigenerational open space by installing concrete tables, canopies, and accessible walking paths.

### •MIAMI BEACH: Miami Beach Gay Pride, Inc.

A museum exhibition featuring portraits and audio will bring to life "hundreds of years of love" through stories told by same-sex couples.

### •OPA-LOCKA: Opa-locka Community Development Corporation

Fruit trees and park amenities will be installed in the common area of a multi-family residential development to improve access to free, healthy food for low-income residents.

### •ORLANDO: City of Orlando

Underserved neighborhoods with limited internet access will receive solar charging tables and artistic shade structures equipped as wireless hotspots.

**Continued on page 4**



## **AARP Community Challenge Grantees... continued from page 3**

- **PENSACOLA:** [Bike Pensacola](#) |  
Pensacola Community Action Network

The Gonzalez Street Shareway Project is a one-day bike lane test of a shared corridor that helps to connect people and neighborhoods across Pensacola.

## •PINELLAS COUNTY: Florida Dream Center

This program will help older residents with home repairs or modifications such as adding grab bars, chair lifts, wheelchair ramps, staircase handrails, and more.

The Community Challenge is part of AARP's nationwide work on livable communities, which supports the efforts of neighborhoods, towns, cities, and counties across the country to become great places for all residents. We believe that communities should provide safe, walkable streets; affordable and accessible housing and transportation options; access to needed services; and opportunities for residents to participate in community life.

To learn more about the work being funded by the AARP Community Challenge in Florida as well as across the nation, visit [aarp.org/CommunityChallenge](http://aarp.org/CommunityChallenge). You can also view an interactive map of all of the Community Challenge projects and AARP Florida's livable communities work at [aarp.org/livable](http://aarp.org/livable).

## UPCOMING EVENTS

DECEMBER 2021

## Month of Giving

## Universal Human Rights Month

- 1 World AIDS Day
  - 3 International Day of Persons with Disabilities
  - 4 Wildlife Conservation Day
  - 5 International Volunteer Day
  - 7 National Letter Writing Day
  - 10 Human Rights Day
  - 10 International Animal Rights Day
  - 15 Bill of Rights Day
  - 20 Last Day of Autumn
  - 21 Winter Solstice
  - 24 Christmas Eve
  - 25 Christmas Day
  - 26 First Day of Kwanzaa
  - 31 New Year's Eve

JANUARY 2022

## Thyroid Awareness Month

- 1 New Year's Day
  - 3 International Mind-Body Wellness Day
  - 9 Law Enforcement Appreciation Day
  - 10 National Houseplant Appreciation Day
  - 11 National Human Trafficking Awareness Day
  - 12 National Pharmacist Day
  - 17 Martin Luther King Day
  - 17 Civil Rights Day
  - 22 Celebration of Life Day



**ABOVE:** Past 2018 grantee, Harmony Park in Pensacola, added musical equipment to their park. (*Credit: J.C. Schwab*).



**RIGHT: Past 2019  
grantee, City of  
Sunrise, installed  
decorative bike racks.**  
*(Credit: AARP.org/  
Livable)*

## 24 International Day of Education

## 24 Community Manager Appreciation Day

28 Data Privacy Day



# Alzheimer's Treatments on the Horizon

By: Mayo Clinic Alzheimer's Disease Research Center, New Town Dementia Caring Community Initiative

Years of research on Alzheimer's disease (AD) has revealed several potential pathways to fighting the disease. Although the recent FDA approval of aducanumab (Aduhelm™) made headlines as the first new antidementia drug in nearly 20 years, it is only one of several promising strategies that could potentially lead to better treatments for dementia.

## Taking Aim at Plaques

Drugs like aducanumab target a protein called beta-amyloid ( $\beta$ -amyloid), which clumps together to form plaques in the brain. Strategies aimed at managing  $\beta$ -amyloid have largely sought to recruit the body's immune system to attack the protein as if it were an infection. A class of drugs known as monoclonal antibodies mimic the natural antibodies that your body produces in response to illness. These drugs tend to have names that end with the letters "mab," which is short for Monoclonal AntiBody. In addition to aducanumab, other drugs under study include lecanemab, donanemab, and solunazumab.

Another approach to tackling  $\beta$ -amyloid is to make it less harmful. As  $\beta$ -amyloid plaques build up in the brain, they interfere with brain cell's ability to communicate with each other. A drug that was initially developed to treat cancer (saracatinib) was found to make  $\beta$ -amyloid less "toxic," allowing brain cells to function better. In mice that were bred to develop a condition that mimics AD, the drug allowed connections between brain cells to start working efficiently again, resulting in improved memory performance. Human trials of this potential dementia treatment are currently underway.

## Keeping Tau From Tangling

Another common brain abnormality of AD occurs when a protein called tau begins to twist and tangle, causing structures inside brain cells to collapse. Cognitive change in AD is very closely linked to the amount of tau pathology in the brain, leading some investigators to believe that the best path to treating AD is to prevent tau from forming tangles. A few drugs are currently being developed and studied to modify tau and stabilize the structures that collapse when tau starts to tangle inside brain cells.

## Harnessing Innate Immunity

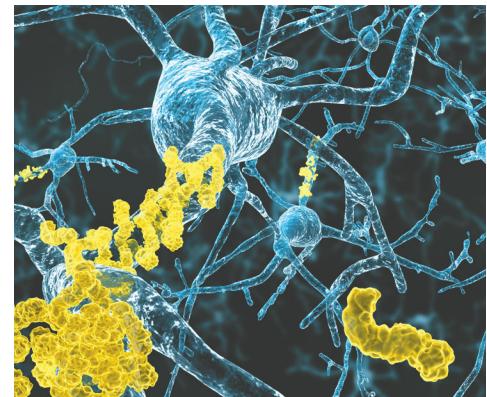
A drug originally used in the treatment of melanoma (sargramostim) was recently found to improve cognition in people with mild to moderate AD. The investigators report that the drug activates the body's own immune system, resulting in amyloid, tau, and other markers of dementia returning to more normal levels. The original clinical trial had a small number of participants and lasted only 45 days, but a larger trial over a longer period of time is now underway.

## The Heart-Head Connection

Brain health appears to be closely linked to heart and blood vessel health. The risk of dementia appears to increase with conditions such as high blood pressure, heart disease, stroke, diabetes, and high cholesterol. Several studies are exploring how best to address this connection.

## The Future

Alzheimer's disease has proven to be a complex disorder that is difficult to treat. The medical community has learned from experience that complex diseases may not be sufficiently managed by a single medication or approach. It may instead require a combination of different therapies to successfully treat, cure, or prevent AD. Unfortunately, coming up with



**ABOVE:  $\beta$ -amyloid plaques in the brain.**

new and effective treatments is a slow process. The pace can be especially frustrating for people with AD and their families who are holding out hope for the next breakthrough. It is important to acknowledge and thank all the volunteers who participate and have participated in research studies and clinical trials to fight this disease. But more is needed, and the African American community must be represented in the breakthroughs to come.

If you or a loved one are interested in learning about opportunities to join the fight against Alzheimer's disease and dementia, please call us at (904) 953-6523 or send an email to [FLAMayoADRC@mayo.edu](mailto:FLAMayoADRC@mayo.edu)

## Current Head-Heart Studies

- Current drugs for heart disease risk factors.** Researchers are investigating whether blood pressure medications may also improve AD symptoms or reduce the risk of developing dementia.

- Drugs aimed at new targets.**

Studies looking more closely at the connection between heart disease and AD at the molecular level are being pursued to identify potential new targets for treatment.

- Lifestyle choices.** Studies report that lifestyle choices with known heart benefits—such as exercise and a heart-healthy diet—may help prevent AD or delay its onset.

# KNOW the 10 SIGNS

Early detection matters

If you or someone you care about is experiencing any of the 10 warning signs of Alzheimer's disease, please see a doctor to find the cause. Early diagnosis gives you a chance to seek treatment and plan for your future.

## 1 MEMORY LOSS that disrupts daily life

What's a typical Alzheimer's-related change?

- Forgetting important dates or events.

What's a typical age-related change?

- Sometimes forgetting names or appointments, but remembering them later



## 3 DIFFICULTY completing familiar tasks at home, at work or leisure

What's a typical Alzheimer's-related change?

- Difficulty driving to a familiar location

What's a typical age-related change?

- Occasionally needing help to use the settings on a microwave or to record a television show.



## 5 TROUBLE UNDERSTANDING images and spatial relationships

What's a typical Alzheimer's-related change?

- Having trouble reading and judging distance.

What's a typical age-related change?

- Vision changes related to cataracts.



## 7 MISPLACING THINGS and losing the ability to retrace steps

What's a typical Alzheimer's-related change?

- Losing things and being unable to go back over their steps to find them.

What's a typical age-related change?

- Misplacing things from time to time and retracing steps to find them.



## 9 WITHDRAWAL from work or social activities

What's a typical Alzheimer's-related change?

- Having difficulty remembering how to complete a favorite hobby.

What's a typical age-related change?

- Sometimes feeling weary of work, family and social obligations.



## 2 CHALLENGES in planning or solving problems

What's a typical Alzheimer's-related change?

- Having trouble following a familiar recipe

What's a typical age-related change?

- Making occasional errors when balancing a checkbook



## 4 CONFUSION with time or place

What's a typical Alzheimer's-related change?

- Trouble understanding something if it is not happening immediately.

What's a typical age-related change?

- Getting confused about the day of the week but figuring it out later.

## 6 NEW PROBLEMS with words in speaking or writing

What's a typical Alzheimer's-related change?

- Stopping mid-conversation and having no idea how to continue.

What's a typical age-related change?

- Sometimes having trouble finding the right word.

## 8 DECREASED or poor judgment

What's a typical Alzheimer's-related change?

- Using poor judgment when dealing with money.

What's a typical age-related change?

- Making a bad decision once in a while.



## 10 CHANGES in mood and personality

What's a typical Alzheimer's-related change?

- Becoming confused, suspicious, depressed, fearful or anxious at times.

What's a typical age-related change?

- Becoming irritable when a routine is disrupted.

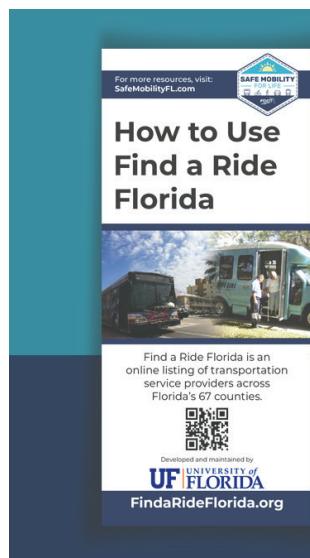
# Discover Transportation Options Near You

By Gail M. Holley, Florida Department of Transportation

In 2020, the Florida Department of Transportation sponsored a survey of Floridians aged 50 and older to learn more about their thoughts on driving and how they get around in their communities. The survey, conducted by Florida State University, found that 92 percent of Floridians aged 50 and older feel that driving is central to their independence. For many, driving has been their primary, if not only, mode of transportation for as long as they can remember.

To help you stay connected to your community beyond the driver's seat, it is important to learn what transportation options are available in your community. This can help you achieve true mobility independence, the ability to get where you need and want to go with or without a personal vehicle.

Driving a personal vehicle might feel like the only choice available. The "How to Use Transportation Options in Florida" educational series was designed to help you explore different options like biking, walking, taking public transit, and using Transportation Network Companies (TNCs). For example, walking is not only an accessible transportation option, but a heart-healthy activity. If you live or work within walking distance of stores, shops, or restaurants, consider walking to your destination. You can also park in a central location and get those steps in by walking from place to place. Using public transit is also a great way to get around in your community, but you might need to walk or bike to transit stops and board a bus or train to get to your favorite spots. TNCs like Uber



Learn how to find the transportation options available in your area.

Order at  
[fdot.tips/resourcecenter](http://fdot.tips/resourcecenter)

and Lyft can also be great options when available, especially if you share the ride with a neighbor or friend to split the cost.

If you are not sure what options are in your area, visit [FindaRideFlorida.org](http://FindaRideFlorida.org), an online directory of transportation providers in Florida's 67 counties. The Safe Mobility for Life Coalition has an instructional video at [fdot.tips/findaridevideo](http://fdot.tips/findaridevideo) that will walk you through using the site. The Find a Ride Florida tip card also includes step-by-step instructions and can be ordered or downloaded in English and

Spanish from the Safe Mobility for Life Resource Center.

To order the materials mentioned in this article and more, visit the Safe Mobility for Life Resource Center at [fdot.tips/resourcecenter](http://fdot.tips/resourcecenter), contact us directly by email at [Contact@SafeMobilityFL.com](mailto:Contact@SafeMobilityFL.com) or call, toll-free, at 1-833-930-2952.

# Falls Free Pinellas

## Grandparents Day Falls Prevention Month Event

By Arlene J. Grosso, CAPS SRES  
ECHM, M&D Enterprises of FL Inc.,  
DBS Access and Design, PCF Falls  
Free Pinellas Coalition Chair, PCF  
Home Modification Coalition Chair

According to the U.S. Center for Disease Control and Prevention (CDC):

- Falls are the leading cause of death and injury for persons age 65 and older
- Every 11 seconds an older adult is treated in the ER because of a fall
- Every 19 minutes an older adult dies from a fall
- One out of four adults will have a fall – 40 percent of adults who have fallen will fall again

Yet, most falls are preventable!

Falls Free Pinellas is a coalition of concerned senior services professionals who are energized to prevent falls through awareness, education, and resources to older adults in our community. It is comprised of volunteer professionals in the senior home care, occupational therapy, physical therapy, guardian, move management, home modification, documentary film producing & film making, and senior real estate industries, along with a Disability Achievement Center representative, Pinellas County Human Services representative, Area Agency on Aging director of planning/emergency coordinating officer, community senior center representatives, consumer advocates, and Pinellas Regional 911 data analyst & public educator along with community fire department fire & safety educators.

When we partnered with the community fire department prevention



specialists, we had a way to strongly communicate and reach the older adult community. Jillian Rose, Pinellas Park Fire Department fire & safety educator, has a long history of community outreach in schools, recreational centers, assisted living centers, and senior communities. I asked our steering committee to think of a way to communicate the NCOA's "Six Tips of Falls Prevention" to the senior adult from the child. While exploring the stigma that most senior adults shy away from hearing about falls prevention, my grandson Max suggested that we have the grandchildren give prevention information to grandparents because they will listen to them. There is a lot of truth to that, as most older adults will intently listen to a child who wants to tell them something. For that reason, we are making falls prevention "tips" from the NCOA available to children to give to older adults in the form of a craft.

Jillian Rose suggested a flowerpot to house a flower with the "tips" printed on the petals, colored by the children in various hues. A poem telling the adult how much they mean to their grandchildren shows the adult they want them to stay safe and "falls free." The flower can be made of paper (to hang on the refrigerator), or a small clay flowerpot can be

used to house the flower and make a standup presentation gift to the adult. The paper flower is suitable for scanning and emailing or mailing to distant special adults. Please see the attached examples of the prevention presentation for children to "gift" their special older person. The Grandparents Project has a poem directed to the grandparents but can be used at any time throughout the year.

The craft prevention presentation is targeted for pre-K through third grade students. It will be distributed to public and private schools, Boys and Girls Clubs, and recreational centers in Pinellas Park and St. Petersburg, initially, then spread to other communities within the county. Initial reactions from those who viewed the preliminary "gifts" have been very positive, and we expect the program to scale up to a national level of participation.

Students who have lost their grandparents can choose their parents, guardians, or other familiar adult to gift the "tips," or be paired with a senior from a home health care agency or senior living center so all children can participate in this important educational outreach.

## Falls Free Flower Project

Grade Level: Pre-K – 3rd Grade Time Frame: 30-45 minutes

The objective of this project is to have students share falls prevention safety tips with older adults through a beautiful flower craft. If the student does not have a grandparent or an older adult they can share the craft with, you can contact and donate to a local senior center, assisted living facility, or nursing home in your community to help spread falls prevention awareness and really brighten an older adult's day!

### Basic Project Materials

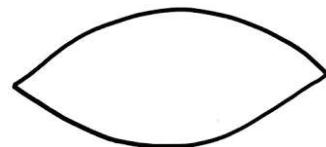
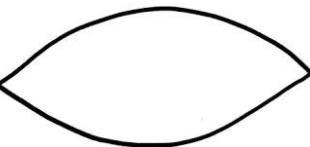
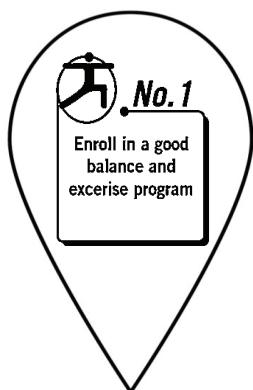
- Printed Flower Project Craft Sheet
- Scissors
- Glue or Tape
- Crayons, Colored Pencils, or Markers

### Optional Materials

- Mini Flower Pot
- Popsicle Craft Sticks
- Clay or Styrofoam
- Jeweled Stickers
- Any materials you wish!

### Activity Directions

- 1) Color each shape using a choice of crayons, markers, or colored pencils.
- 2) Assist student(s) or have student(s) on their own cut out each shape on the worksheet.
- 3) Assemble shapes with glue or tape.
- 4) Allow time to dry!
- 5) Have the student bring the project home to share.



Brought to you by: Falls Free Pinellas



Source: Used by permission of the National Council on Aging [www.ncoa.org](http://www.ncoa.org)



## WHO Report on Elder Abuse

By World Health Organization (WHO)

### Overview

Elder abuse is a single or repeated act, or lack of appropriate action, occurring within any relationship where there is an expectation of trust, which causes harm or distress to an older person. This type of violence constitutes a violation of human rights and includes physical, sexual, psychological and emotional abuse; financial and material abuse; abandonment; neglect; and serious loss of dignity and respect.

### Scope of the problem

Elder abuse is an important public health problem. A 2017 review of 52 studies in 28 countries from diverse regions estimated that over the past year one in six people (15.7 percent) age 60 and older were subjected to some form of abuse.<sup>1</sup> Although rigorous data are limited, the review provides prevalence estimates of the proportion of older people affected by different types of abuse (see Table 1).

Data on the extent of the problem in institutions such as hospitals, nursing homes, and other long-term care facilities are scarce. However, a review of recent studies on elder abuse in institutional settings indicates that 64.2 percent of staff reported

### Key Facts

**Around one in six people age 60 and older experienced some form of abuse in community settings during the past year.**

**Rates of elder abuse are high in institutions such as nursing homes and long-term care facilities, with two in three staff reporting that they have committed abuse in the past year.**

**Rates of elder abuse have increased during the COVID-19 pandemic.**

**Elder abuse can lead to serious physical injuries and long-term psychological consequences.**

**Elder abuse is predicted to increase as many countries are experiencing rapidly aging populations.**

**The global population of people age 60 and older will more than double, from 900 million in 2015 to about 2 billion in 2050.**

perpetrating some form of abuse in the past year.<sup>2</sup>

Emerging evidence indicates that the prevalence of elder abuse in both the community and in institutions has increased during the COVID-19 pandemic. A US study, for instance, suggests that rates in the community may have increased by as much as 84 percent.<sup>3</sup>

Globally, the number of cases of elder abuse is projected to increase as many countries have rapidly aging populations. Even if the proportion of elder abuse victims remains constant, the global number of victims will

increase rapidly due to population aging, growing to some 320 million victims by 2050, as the global population of people age 60 and older increases to two billion by 2050.

### Consequences

Elder abuse can have serious physical and mental health, financial, and social consequences, including, for instance, physical injuries, premature mortality, depression, cognitive decline, financial devastation, and placement in nursing homes. For older people, the consequences of abuse can be especially serious and recovery may take longer.<sup>4</sup>

1 Elder abuse prevalence in community settings: a systematic review and meta-analysis. Yon Y, Mikton CR, Gassoumis ZD, Wilber KH. Lancet Glob Health. 2017 Feb;5(2):e147-e156. [ncbi.nlm.nih.gov/pubmed/28104184](https://www.ncbi.nlm.nih.gov/pubmed/28104184)

2 The prevalence of elder abuse in institutional settings: a systematic review and meta-analysis. Yon Y, Ramiro-Gonzalez M, Mikton C, Huber M, Sethi D. European Journal of Public Health 2018. [ncbi.nlm.nih.gov/pubmed/29878101](https://www.ncbi.nlm.nih.gov/pubmed/29878101)

3 High prevalence of elder abuse during the COVID-19 pandemic: risk and resilience factors. Chang ES, Levy BR. The American Journal of Geriatric Psychiatry. 2021. [pubmed.ncbi.nlm.nih.gov/33518464](https://pubmed.ncbi.nlm.nih.gov/33518464)

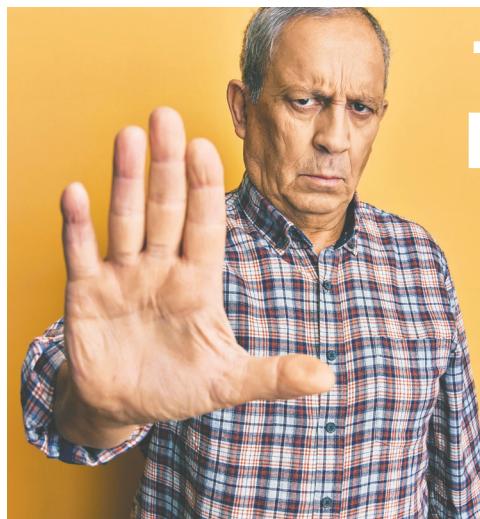
4 The mortality of elder mistreatment. Lachs MS, Williams CS, O'Brien S, Pillemer KA, Charlson ME. JAMA. 1998 Aug 5;280(5):428-32. [ncbi.nlm.nih.gov/pubmed/9701077](https://www.ncbi.nlm.nih.gov/pubmed/9701077)

## Risk factors

Individual level characteristics which increase the risk of becoming a victim of abuse include functional dependence/disability, poor physical health, cognitive impairment, poor mental health, and low income. Individual level characteristics that increase the risk of becoming a perpetrator of abuse include mental illness, substance abuse, and dependency – often financial – of the abuser on the victim. At the relationship level, the type of relationship (e.g., spouse/partner or child/parent) and marital status may be associated with an elevated risk of abuse, but these factors vary by country and region. Community- and societal-level factors linked to elder abuse may include ageism against older people and certain cultural norms (e.g., normalization of violence). Social support and living alone reduce the likelihood of elder abuse.<sup>5</sup>

## Prevention

Many strategies have been tried to prevent and respond to elder abuse, but evidence for the effectiveness of most of these interventions is limited at present. Strategies considered most promising include caregiver interventions, which provide services to relieve the burden of caregiving; money management programs for older adults vulnerable to financial



# The Power to Prevent Elder Abuse Is in Your Hands



1-800-96-ABUSE  
1-800-962-2873

exploitation; helplines and emergency shelters; and multi-disciplinary teams, as the responses required often cut across many systems, including criminal justice, health care, mental health care, adult protective services, and long-term care.

In some countries, the health sector has taken a leading role in raising public concern about elder abuse, while in others the social welfare sector has taken the lead. Globally, too little is known about elder abuse and how to prevent it, particularly in developing countries.

## WHO Response

In line with WHO's Global strategy and action plan on aging and health and the UN Decade of Healthy Aging

(2021-2030), WHO and partners collaborate to prevent elder abuse through initiatives that help to identify, quantify, and respond to the problem, including:

- synthesizing evidence on the prevalence, consequences, determinants, and interventions to prevent and respond to elder abuse, particularly in low- and middle-income countries where data are limited;
- disseminating information to countries and supporting national efforts to prevent elder abuse; and
- collaborating with international agencies and organizations to deter the problem globally.

**TABLE 1: SYSTEMATIC REVIEWS AND META-ANALYSES**

	Elder Abuse In Community Settings	Elder Abuse In Institutional Settings	
Type of abuse	Reported by older adults	Reported by older adults and their proxies	Reported by staff
<b>Overall prevalence</b>	<b>15.7%</b>	<b>Not enough data</b>	<b>64.2% or 2 in 3 staff</b>
Psychological abuse:	11.6%	33.4%	32.5%
Physical abuse:	2.6%	14.1%	9.3%
Financial abuse:	6.8%	13.8%	Not enough data
Neglect:	4.2%	11.6%	12.0%
Sexual abuse:	0.9%	1.9%	0.7%



# ElderSource

## A Night with the Stars

### *Honoring Advocates & Caregivers of Elders*

ElderSource honored and celebrated the many individuals and organizations who worked tirelessly to provide thousands of older adults with food, financial assistance, comfort, and friendship during the difficult days of the 2020 pandemic during A Night with the Stars. This event was held on Wednesday, November 17, 2021 and served as a special occasion to shine a light on the hard work and dedication that enabled seniors in the Jacksonville area to maintain their independence and dignity. Richard Prudom, Secretary of The Florida Department of Elder Affairs was this year's recipient of the Delores Barr Weaver Elder Advocate Award.

Because of Secretary Prudom's leadership throughout the pandemic, the statewide agencies providing support to the hundreds of thousands of seniors were able to respond with tremendous efficiency and effectiveness. Secretary Prudom put the people's needs first, and policy and paper, later. He was the right leader for this time in Florida history.

If you were unable to attend this event, the [2021 Night with the Stars Livestream](#) is available on the ElderSource YouTube channel.

This award comes at an especially poignant time, as Secretary Prudom will be retiring at the end of 2021. He has served in several different capacities since joining the Department of Elder Affairs (DOEA) in 2011, including Deputy Secretary, Chief of Staff, and Chief Financial Officer. In January 2019, he was appointed as

Secretary of DOEA by Governor Ron DeSantis.

When Governor DeSantis took office in 2019, one of his first actions was to introduce an aggressive dementia plan that expanded the Dementia Care and Cure Initiative (DCCI) statewide and more importantly establish Alzheimer's disease and related dementias (ADRD) as a stand-alone priority in the State Health Improvement Plan (SHIP). Since that time, DOEA has worked very closely with Ms. Michelle Branham on the ongoing implementation of that plan.

DOEA's commitment to this work has paved the way for a natural transition for Michelle to assume the role as DOEA's next Secretary. Ms. Branham has served as Vice President of Public Policy for the Florida Alzheimer's Association since September 2017. She has more than 28 years of experience in public policy, public health, and public relations and more than a decade of senior executive experience in federal and state level public policy initiatives including advanced healthcare and Florida senior initiatives. She has served as Chair of the State of Florida Alzheimer's Disease Advisory Committee and was an Advisory Member for the State Plan on Aging Task Force.

DOEA has every confidence that Ms. Branham will serve Florida's seniors faithfully and do her utmost to ensure that all of Florida's elders are respected, cared for, and can live well and age well in our great state.



**ABOVE: Richard Prudom, Secretary of The Florida Department of Elder Affairs**



**ABOVE: Governor DeSantis, Secretary Prudom, and incoming Secretary Branham**