

**Gold Moves Australia and Dance for Parkinson's Australia Zoom Gathering Wed 19 Aug 4pm
Re Dance for Older People**

Summary Notes of GMA's presentations:

- Responding to reticence to re-join in-person – concerning older people returning to dance post COVID-19 isolation
- Elder Abuse – What is it? How to recognise and respond to it, and where to seek help

**Responding to reticence to re-join in-person – concerning older people returning to
dance post COVID-19 isolation**

Presented by Julie Chenery, Gold Moves Australia & Life Moves Counselling

LISTEN / HEAR

- whether by phone or zoom, preferably not by email!
- Contacting your participants gives them that wonderful opportunity to reconnect and to be heard.
- Your relationship with them is renewed and strengthened.

AFFIRM and ACKNOWLEDGE

- When someone expresses uncertainty about returning to in-person classes, it is helpful to affirm their position. Eg. In these COVID times it is quite understandable that you might have second thoughts about this.
- By agreeing that their point of view is understandable,
- By supporting their stance for their own safety,
- By affirming their feelings,
- You can help people feel calmer, less uncertain.
- And the calmer we are, the more clearly we can think in these uncertain times.

ASK / BE CURIOUS / CLARIFY

- Find out how they are going in general. They may have had an experience or read some information that is really weighing on them. This may have some bearing on their reticence to return. Just having a chance to talk about this may tame its effect somewhat. (NAME IT, TO TAME IT!)
- Ask if they have any specific concerns? How would they like things to be for them to return to class? Clarifying people's concerns by reflecting their statements back and checking that you have understood their meaning, allows them to qualify and further explain if they feel the need.

INFORM

- Inquire whether or not they have your latest information on your processes and the precautions you are taking.
- If they do have this information, check if there is anything they'd like you to clarify.
- If not, you can have the conversation about your processes and how you are following advice from eg. Ausdance, PDA, Health Departments and the venue – whatever is applicable.
- Acknowledge that the advice comes from credible sources.
- If you have already been having in-person sessions you may want to share how they are going.

RE-AFFIRM THEIR POSITION and YOUR RELATIONSHIP

- Ensure that participants know that it's their decision that matters.
- Acknowledge that you are totally okay with that.
- You may wish to say that you hope the situation improves so that they can be a part of the group in-person again in the not too distant future.
- Perhaps someone in your group has already said they miss them or there may be a class anecdote that they would relate to, that you would like to share.
- Confirm if they would like you to keep in touch occasionally.

Elder Abuse – What is it? How to recognise and respond to it, and where to seek help

Presented by Gail Hewton, Gold Moves Australia & RIPE Dance

What is Elder Abuse?

The WHO described 'elder abuse' in this way:

'Elder abuse can be defined as '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'.

- ❖ In 2020, estimated up to 70,000 complaints of elder abuse in Queensland. 90% of abuse perpetrators are family or carers.
- ❖ Financial abuse is the most common form of elder abuse.

Types of Abuse

There are various forms of abuse:

- Financial
 - Physical
 - Psychological or emotional
 - Social
 - Sexual
 - Neglect
- ❖ Not all older people are vulnerable.

Why should we, as dance practitioners, care?

- If working in Aged Care it is mandatory in all states to report Elder Abuse
- It is not mandatory in community to report suspected Elder Abuse – however we have a moral obligation to look after those who vulnerable and do what we can and within our capacity to assist.

Possible Risk Factors

Remember not all older people are vulnerable.

Complexity of situations makes it difficult to determine or identify all factors. Being aware of risk factors can help identify potential elder abuse situations. However, an older person who experiences no risk factors may still experience elder abuse.

Some risk factors:

- Dependence (no children or close relatives)
- Isolation or loneliness
- Family conflict or dysfunction
- Adult children or dependents with a disability or health issues
- Regional & remote communities
- Mental illness or dementia
- Poor literacy or lack of awareness of rights

Warning Signs to look out for

Some warning signs an OP is being abused:

- Changes in bank transactions (sometimes picked up by the bank or trusted person who checks statements)
- Things missing from their house or rooms
- Change in physical appearance
- Change in behaviour

How can we respond if we suspect abuse is occurring?

Care needs to be taken not to put a wedge between family. Look for ways to keep relationships going but stop the abuse.

- If life in danger, call 000
- Talk to an organisation or someone who understands the sensitive and confidential nature of the issue
- Gentle conversation with the OP – listen, reassure, encourage OP to seek help or find out what is happening
- Empowering the OP is important
 - It's important that an older person feels in control of the help seeking process.
- Not advisable to confront the alleged abuser
- OP are often hesitant to cause trouble – feel shame or worry about consequences
- OP are protective of their family

Some Resources

Other key community touch points for Older Person to contact:

- GPs and allied health professionals
- Lawyers & JPs
- Banks
- Libraries
- Seniors Organisations such as Senior Citizens, National Seniors, Probus, etc
- Friends (often become more important than family who may not live in local area)

Contact Relationships Australia's Elder Relationship Services in your state.

You can also contact the following state and territory information and assistance services.

State	Other providers	Phone number
ACT	Older Persons Abuse Prevention Referral Line	(02) 6205 3535
NSW	NSW Elder Abuse Helpline	1800 628 221
NT	Elder Abuse Information Line	1800 037 072
QLD	Elder Abuse Prevention Unit	1300 651 192
SA	Aged Rights Advocacy Service Elder Abuse phonenumber	08 8232 5377 1800 372 310
TAS	Tasmanian Elder Abuse Helpline	1800 441 169
VIC	Seniors Rights Victoria	1300 368 821
WA	Elder Abuse Helpline	1300 724 679

- Lifeline provides support and referrals for those in crisis 24 hours a day, 7 days a week. Call 131114 or visit www.lifeline.org.au
- The below website, recently developed by [Elder Abuse Action Australia \(EAAA\)](http://www.elderabuseaction.org.au) (the national voice for action to eliminate elder abuse), is an excellent source of information, support and resources on the topic of elder abuse. <https://www.compass.info/>
- Toolkit - <https://toolkit.seniorsrights.org.au/toolkit/what-is-elder-abuse/>

Elder Abuse Presentation Sources:

- Webinar by Relationships Australia "How to prevent, recognise and respond to financial elder abuse"
- <https://www.compass.info/>
- <https://toolkit.seniorsrights.org.au/toolkit/what-is-elder-abuse/>
- https://www.who.int/ageing/projects/elder_abuse/en/