

SCSEP CONNECT

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1. Minimize exposure to the sun

Whether it is around the house, in the park or at the beach, seniors need to limit direct exposure to the sun. Being overactive or simply sitting outside for too long puts the elderly at risk to serious conditions that may threaten their health. To minimize risks wear light colored clothing and plan outdoor activities during the cooler parts of the day.

2. Drink plenty of fluids

Staying hydrated is essential for everyone, but the elderly tend to lose fluids faster than other age groups. Given the threat of overheating and becoming physically strained, it is important that seniors drink a lot of water and other liquids to get the nutrients they need to stay healthy.

3. Avoid stressful activities.

Tasks such as mowing lawns and gardening should be saved for cooler days, or passed on to someone else.

4. Understand how sun exposure can affect certain medications

Some prescription medications can have negative side effects if the user has prolonged exposure to the sun or takes part in outdoor physical activities in very hot weather. Certain medications (e.g., anti-psychotics, tranquilizers, antidepressants, and over-the-counter sleeping pills) can impair the body's ability to regulate its temperature or inhibit perspiration under similar conditions.

5. Know the warning signs of heat exhaustion

Unusual fatigue, dizziness, nausea and headaches may be early signs of heat exhaustion. Keep an eye on neighbors and friends who may be prone to fatigue or dehydration to ensure their safety. Ignoring or not knowing the signs may lead to heat stroke and possible death.



REMINDER!!!

Normal working hours will resume
July 1, 2022
19.75 hours per week/
39.50 hours per pay period.
New payroll schedules will be sent mid to late June!

Host Agencies be on the lookout for New Year Agreements and other important paperwork!

June is Elder Abuse Awareness Month

Rights Don't Get Old

On June 15, stand up for the human rights of older adults.



Elder Justice & Advocacy

Abuse Prevention ★ Rights ★ Economic Security

The Alabama Department of Senior Services (ADSS) was appointed by the State Legislature to establish and oversee the work of the Interagency Council for the Prevention of Elder Abuse. The council's mission is to strengthen partnerships to protect elders and raise awareness of elder abuse issues through education, advocacy, and outreach.

ADSS has the responsibility to empower, protect, and advocate on behalf of the state's aging population. The council provides education and awareness to seniors, their caregivers, professionals, and the public on the rights of older adults and elder abuse prevention.

Through the collaboration and work of the council, Alabama has some of the strongest criminal elder abuse laws in the nation. The council meets several times each year to advocate for new state initiatives and laws that better protect Alabama's senior adults.

Elder Abuse can occur anywhere. Data shows older adults are most often abused by family members or those in a position of trust.

Elder abuse is defined as:

Abandonment – desertion of an elder by anyone who assumes the responsibility for care or custody of that person

Emotional Abuse – inflicting mental pain, anguish, or distress on an elder through verbal or nonverbal acts, e.g., humiliating, intimidating, or threatening

Financial Exploitation – the illegal taking, misuse, or concealment of funds, property, or assets of an elder for someone else's benefit

Neglect – the failure by those responsible to provide food, shelter, healthcare, or protection for an elder

Physical Abuse – inflicting physical pain or injury on an elder, e.g., slapping, bruising, or restraining by physical or chemical means

Sexual Abuse – non-consensual sexual contact of any kind

It is important to understand how to prevent and report elder abuse. ADSS has a free Elder Abuse Protection Toolkit available with important information on how to identify, prevent, and report elder abuse. Call 1-800-AGE-LINE (243-5463) to request a toolkit or to contact your local Area Agency on Aging (AAA).