

Seniors Bullying Seniors: Out of the Playground and into Senior Living Communities



Ruben Rivera-Jackman, MNPL, GMHS, PSC
Senior Resident Services Manager
(206) 574-1187 – rubenr@kcha.org



Namaste مرحبا Willkommen Bem Vindo Selamat Datang
Bienvenidos Namaste Croeso Welcome Bienvenidos أهلا وسهلا
Benvenuti Welkom Bienvenue Croeso Namaste
Selamat Datang Welcome Willkommen Croeso أهلا وسهلا
Bienvenue Willkommen Selamat Datang Croeso Bem Vindo
добре дошъл Benvenuti Willkommen
Καλώς ήλθατε Benvenuti



Ruben's Experience

- ① 25+ years of experience working in the health, human and social services sector.
- ① Education: MNPL, GMHS, PSC, and CDP.
- ① Senior Resident Services Manager, 10 years
 - 28 mixed population buildings public housing developments serving older-adults and younger adults with disabilities.
 - 8 RSCs
 - 1,563 households



Congratulations on
bullying everyone
into signing up for
your anti-bullying
seminar



som_{ee}cards
user card

Learning Outcomes

1. Describe the characteristics of bullying behaviors.
2. Learn the five different types of bullies.
3. Understand the psycho-social impacts of bullying behaviors.

Learning Outcomes

4. Identify Organizational interventions that may help minimize bullying among older-adults.
5. Pinpoint skills to share with older-adults to avoid them from being bullying targets.

Hands-Raised Polling Question

 Housing Developer,
Owner

 Office Assistant,

 Service Coordinator

 Administrative Assistant

 Property Manager

 Facilities Manager,
Maintenance Personnel

 Housing Administrator

Adult Bullying: Not Just a Playground Issues

Self-Reflection Exercise



**HAVE YOU EVER BULLIED
OR BEEN BULLIED BY SOMEONE?**

Hands-Raised Polling Question

- Have you personally ever been bullied?
- Have you ever witnessed someone else being bullied?
- If you are a parent, has your child ever shared with you that s/he has been bullied?
- Have you ever witnessed an older-adult bully another person?

Nursery Rhyme

*Sticks and stones may
break my bones, but words
will never hurt me.*

Wikipedia: an English language children's rhyme. It persuades the child target of name-calling to ignore the taunt, to refrain from physical retaliation, and to remain calm and good-natured. It is reported to have appeared in *The Christian Recorder* of March 1862, a publication of the African Methodist Episcopal (AME) Church

Tell someone



stop bullying
ALL bullying is wrong!

Be part of the solution



love heals wounds

Name calling is not fun for everyone

STOP!

Words hurt

Your silence is their strength

You can change

be friendly

All bullying is wrong

sad

What side are you on?
give love



Impact of Negative Terms

How do you feel when you are referred to by words you consider negative?

An illustration featuring three black silhouettes of people walking from left to right. The background is a colorful, textured surface with vertical stripes of yellow, green, blue, purple, and red. Each silhouette has a speech bubble containing an insult. The first silhouette on the left has a speech bubble that says "fatty!". The middle silhouette has a speech bubble that says "moron!". The third silhouette on the right has a speech bubble that says "you're so stupid!".

fatty!

moron!

**you're so
stupid!**

HELLO
my name is

Self-Reflection Exercise

 Think about a time in your life where you felt bullied?

 When and where did it occur?

 What did it feel like?

HELLO
my name is

Self-Reflection Exercise

Please share your story with the
person sitting next to you.

(5 minutes)



Seniors Bullying Seniors



Adult Bullying

When we hear the word bully, we immediately think of children and adolescents, but it is very real problem in the older adult population.



Bullying Hurts
Not Just a Playground Issue

Ruben R...
Senior (206...

Unfortunately bullying behaviors occurs across the lifespan



Late-Life Bullying Statistics

- Estimated 10-20% of older adults experience some type of senior to senior aggression, usually verbal abuse.
- Tough to tease out precise numbers because these acts often go unreported.

Barriers to Reporting

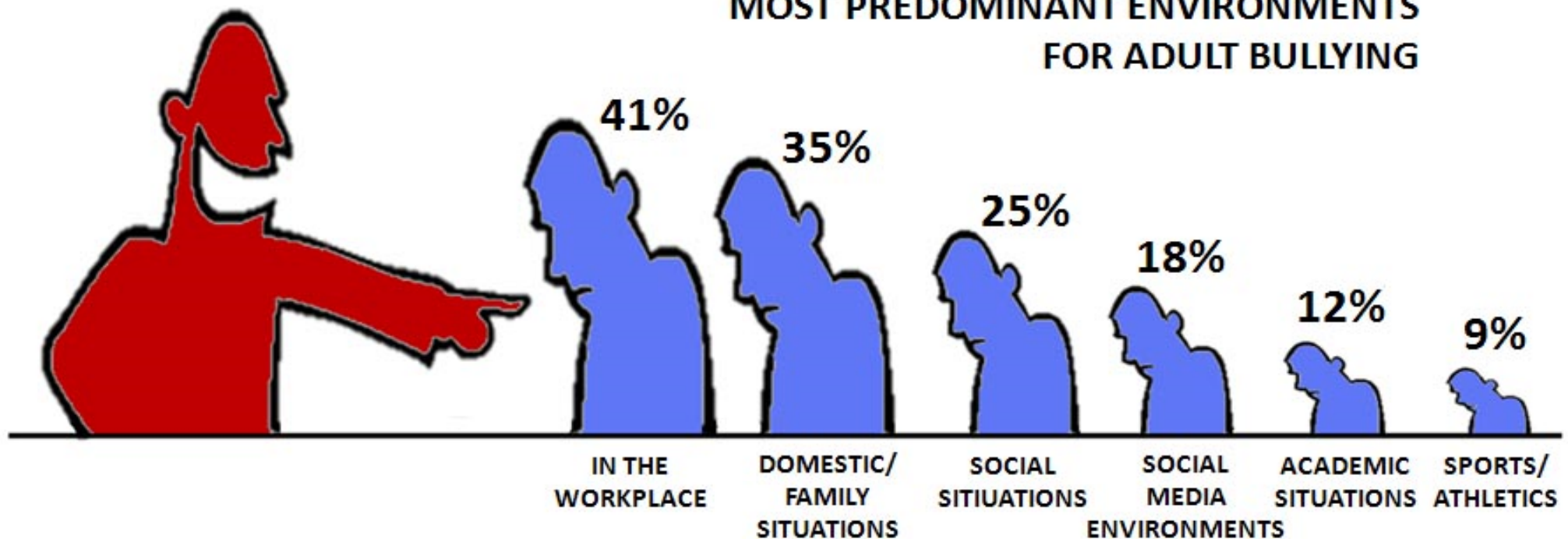
- ✓ Victims are often too ashamed and fear retaliation.
- ✓ Lack of training. Staff members may be unsure of the correct protocol or would prefer the situation to resolve itself.
(Kudos)

BULLYING AMONG ADULTS

HOW PREVALENT IS IT?

OVER **ONE-IN-FOUR AMERICANS (27%)** ADMIT TO HAVING BEEN THE VICTIM OF BULLYING AS AN ADULT.

MOST PREDOMINANT ENVIRONMENTS FOR ADULT BULLYING





STOP

ADULT

BULLYING

Bullying Defined



Bullying Defined

Form of aggressive behavior in which someone intentionally and repeatedly causes another person injury or discomfort.

American Psychological Association (APA)

Bullying Defined

Intentional, repetitive aggressive behavior involving an imbalance of power or strength.

Hazelden Foundation, 2008

Characteristics of Bullying

- ✓ Repetitive negative behaviors towards another person, occurring over a period of time.
- ✓ Behavior is unsolicited by the target.
- ✓ Effects are lasting and harmful.

Characteristics of Bullying

- ✓ Ranges from verbal intimidation to physical violence.
- ✓ Behavior violates the standards of appropriate conduct.

Fact or Myth

Is it considered bullying, if the incident only occurs one time?

Fact

One-time incidents may have significant negative impacts on individuals.

The Five Types of Bullies



5 Types of Bullies

1. **Narcissistic Bully:** self-centered, need for power and control, does not share empathy with others.
2. **Impulsive Bully:** Spontaneous, plans their bullying out less. Even if consequences are likely, they have hard time restraining from bullying behaviors.

5 Types of Bullies

3. **Physical Bully:** Uses physical aggression.
4. **Verbal Bully:** Uses their words, starts rumors, uses sarcastic, or demeaning language to embarrass, dominate and humiliate another person.

5 Types of Bullies

5. **Secondary Bully:** Does not initiate the bullying, but joins in so that they do not become a target down the road.
May feel bad about what they are doing, but are more concerned about protecting themselves.
(self-preservation, survival of the fittest)



Living in fear

**Bullying
targets the
defenseless**

Where Does Bullying Occur?

- Senior living communities, senior centers, adult day health centers, rehab facilities, assisted-living facilities, and nursing homes.
- During community events and activities where seniors spend a lot of time together and share resources e.g. chairs, tables, and TV stations. (elevators & stairwells)

A caregiver in a light blue uniform is pushing a wheelchair with an elderly woman sitting in it. They are walking on a paved path outdoors, surrounded by trees and fallen leaves. The caregiver is on the left, holding the wheelchair's handle. The elderly woman is on the right, wearing a light-colored jacket and glasses. The background shows a building and more trees.

Bullying in
Nursing Homes and Other
Older Adult Communities

YouTube Videos



? Senior Citizens Also Targets Of Bullying - YouTube.website



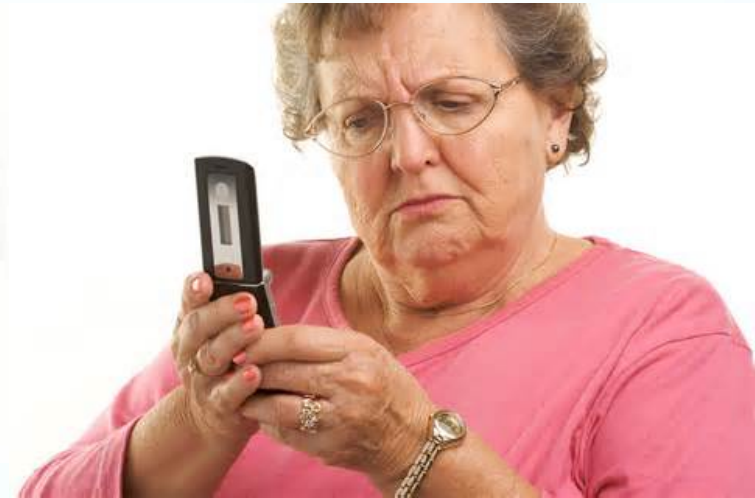
? Senior citizens bullying more prevalent than you think - YouTube.website

What does Bullying Look Like?

- The situation and type of behavior determines if it is bullying.
- Some behavior may be inappropriate and violate community rules but is not bullying.
- Some people may display verbal or physical aggression as a way of communicating when they are frustrated or upset. (Dementia/Alz)

Keep Your Eyes and Ears
Open for Senior on Senior
Bullying

This is What Bullying Looks Like



Types of Bullying Behaviors

- Verbal: name calling, teasing, insults, taunts, threats, sarcasm, and pointed jokes targeting specific individuals
- Physical: pushing, **pinching**, biting, punching, hitting, **hair pulling**, destroying property, and stealing

Types of Bullying Behaviors

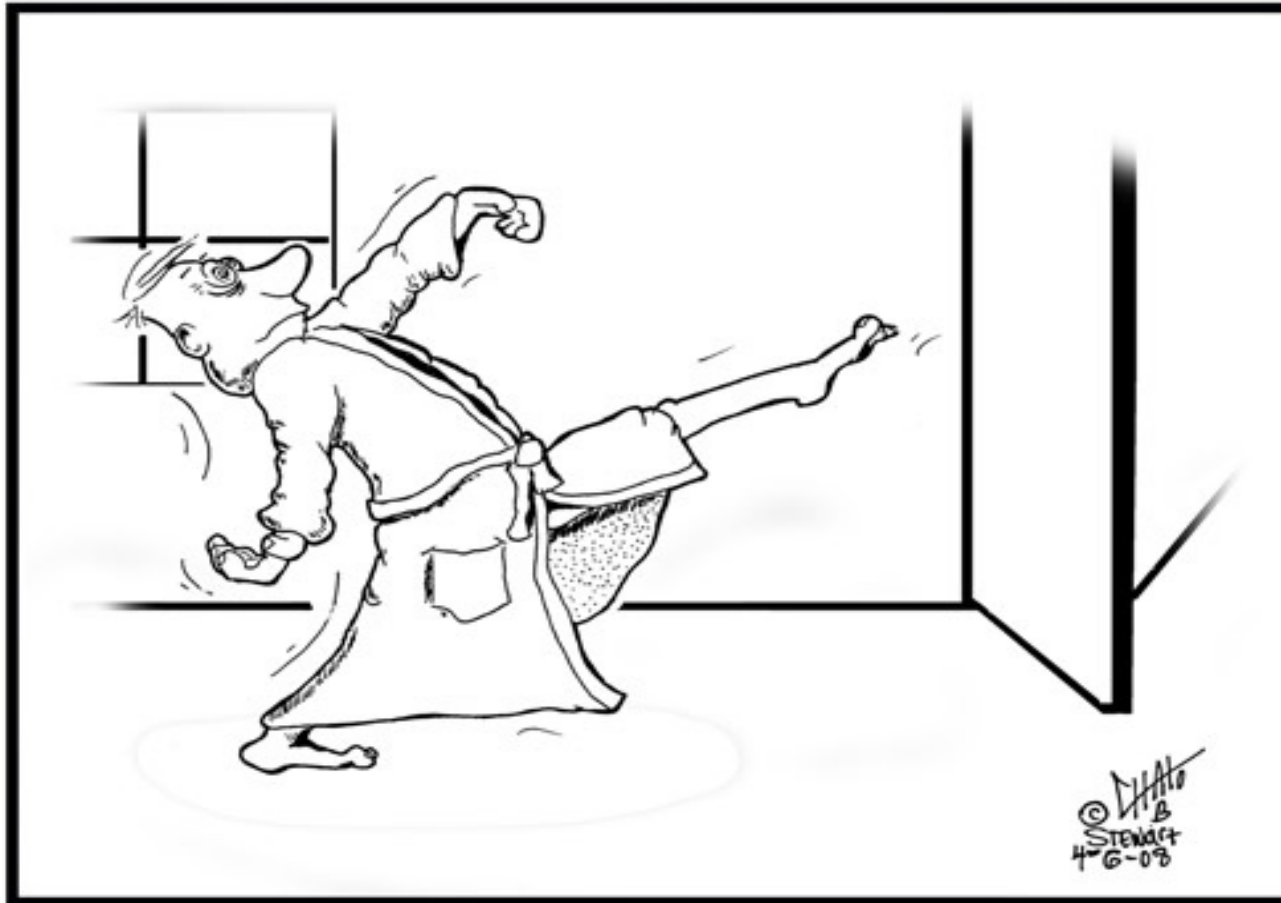
- Anti-social: shunning, excluding, gossiping, mimicking, spreading rumors, using offensive gestures and negative nonverbal body language.
- Relationship-centered: ostracizing during meal times, activities or forming social cliques.



Behavior is Communication

MentalHealthHumor.com

By: Chato B. Stewart



© Chato B. Stewart
6-08

Dancing the Medication Mambo

WHY DO PEOPLE **BULLY?**

TO PRETEND THEY ARE TOUGH

TO TRY TO GET OTHERS TO LIKE THEM

TO HIDE THEIR OWN FEARS

THEY COPY OTHERS WHO BULLY

THEY ARE UNHAPPY

THEY DON'T LIKE WHO THEY ARE

ARE THERE ANY OTHER REASONS?

Why Do Older-Adults Bully?

- Some people who were bullies when they were younger often continue to bully into their golden years.
- Some people do not adjust well to the aging process so they take out their frustration on others.
(Getting old ain't for sissies)

Why Do Older-Adults Bully?

- Some people experience emotional problems.
- Some people have an underlying need for power and control.
- Some people feel the need to assert their will to intimidate, embarrass or humiliate others.

Why Do Older-Adults Bully?

- Some people have a difficult time transitioning into senior living communities due to loss of independence, relationships, income, valued roles, and social support networks.
- Some people have difficulty tolerating individual differences, lacks empathy, and has few positive social relationships.

Why Do Older-Adults Bully?

- Some people have insecurities about themselves and enjoy making others feel bad to raise their own self-esteem/worth.
- Some people with dementia might misunderstand things as threatening and react with more primitive responses.

Who Gets Bullied?

- Individuals who have difficulty defending themselves. (vulnerable, disabled, and disenfranchised)
- Two types of people often targeted with bullying:
 - Passive targets
 - Provocative targets

Gender Differences of Bullies

- Women usually utilize more passive behaviors like whispering or gossiping.
- Men usually utilize more provocative behaviors like aggressive in your face gestures and negative comments.



Passive



Provocative

Passive Targets

Tend to:

- Be highly emotional (drama & chaos)
- Have difficulty reading social cues (boundaries)
- Experience a heightened sense of anxiety



Passive Targets

Tend to:

- Have racial/ethnic, spiritual beliefs, political, or sexual orientation, gender identity that is perceived as different from their target.
- Immigrants & refugees
- r/o early stage dementia (r/o)



Provocative Targets

Tend to be:

- Annoying or irritating to others
- Quick-tempered
- Intrusive into others' space
- r/o early-mid-stage dementia (r/o)





Targeting LGBT Older-Adults



1. Appearance.
2. Actual or perceived sexual orientation, gender identity, and expression.
3. Recent advances in LGBT equality rights.

Real Life Case Scenario

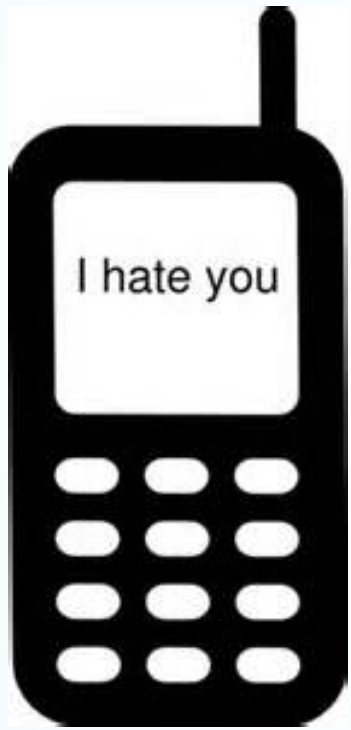
Wanda walked into the dining room one morning of the retirement community she had moved to wearing a pair of sweatpants and a sweatshirt. Her hair was fixed, but she hadn't put any makeup on yet. She saw a group of women at one table in the corner glancing her way and whispering. This group usually ate together and had not been overly welcoming to Wanda as a new resident. She heard a voice from the table say, "Well you would think she could dress up and at least have her makeup on to come to breakfast!" The comment was followed by snickers from the other women at the table. A week later, Wanda, who was still dressing pretty casually to get breakfast, noticed a note in her mailbox with a series of dress code suggestions on it.

Hurtful Actions

- ✓ Turning public spaces into private domains.
- ✓ Excluding individuals from social events.
- ✓ Formation of social cliques.
- ✓ Using racial/ethnic slurs.

Bullying on Social Media

Cyber Bullying



Bullying on Social Media



Hurtful Actions

- ✓ Blocking off seats for their social cliques at mealtimes and during events.
- ✓ Criticizing, spreading rumors, ridiculing, and lying about those who don't meet their acceptance standards regarding race, ethnicity, sexual orientation, religion, economic background, etc..

Bullying on Social Media

You discover that a resident has posted offensive and malicious comments and photos on Facebook.

NO

BULLYING

ALLOWED

Bullying is Not a Function of Aging

It's a Pathology

Bullying is Not a Function of Aging

- Bullying is a function of psycho-social pathology.
- Bullying is a condition of a disease
- Bullying is the human phenomenon of the strongest picking on the weakest.
(Survival of the Fittest)

Behavioral Health Problems of Older Adults

- ✓ 10-28% of older adults have mental health conditions serious enough to need professional care
- ✓ 80% of older adults in need of mental health services do not get the treatment they need.

Behavioral Health Pathologies

- ✓ Are not a normal part of aging
- ✓ Are treatable
- ✓ Behavioral Health issues are debilitating and effect overall health and quality of life in older adults
- ✓ (Geriatric Mental Health Foundation)

Possible Causes

- Regressive symptoms of psychiatric illness
- Behavioral and psychological symptoms of dementia
- Depression and depressive disorders

Possible Causes

- Dementia
- Schizophrenia/Schizoaffective Disorders
- Delusional Disorders

Dementia

- ✓ Cognitive deficits can contribute to negative behavior including aggression.
- ✓ The environment can increase the frustrations and challenges people who experience dementia/Alz.

Schizophrenia

- ✓ Disordered thinking.
- ✓ Distort reality.
- ✓ May have hallucinations and/or delusions
- ✓ Limited range of emotional expression.
- ✓ Poor social skills

Possible Causes

- Mood and Bipolar Disorders
- Anxiety Disorders
- Alcohol and Substance Use Disorders

Possible Causes

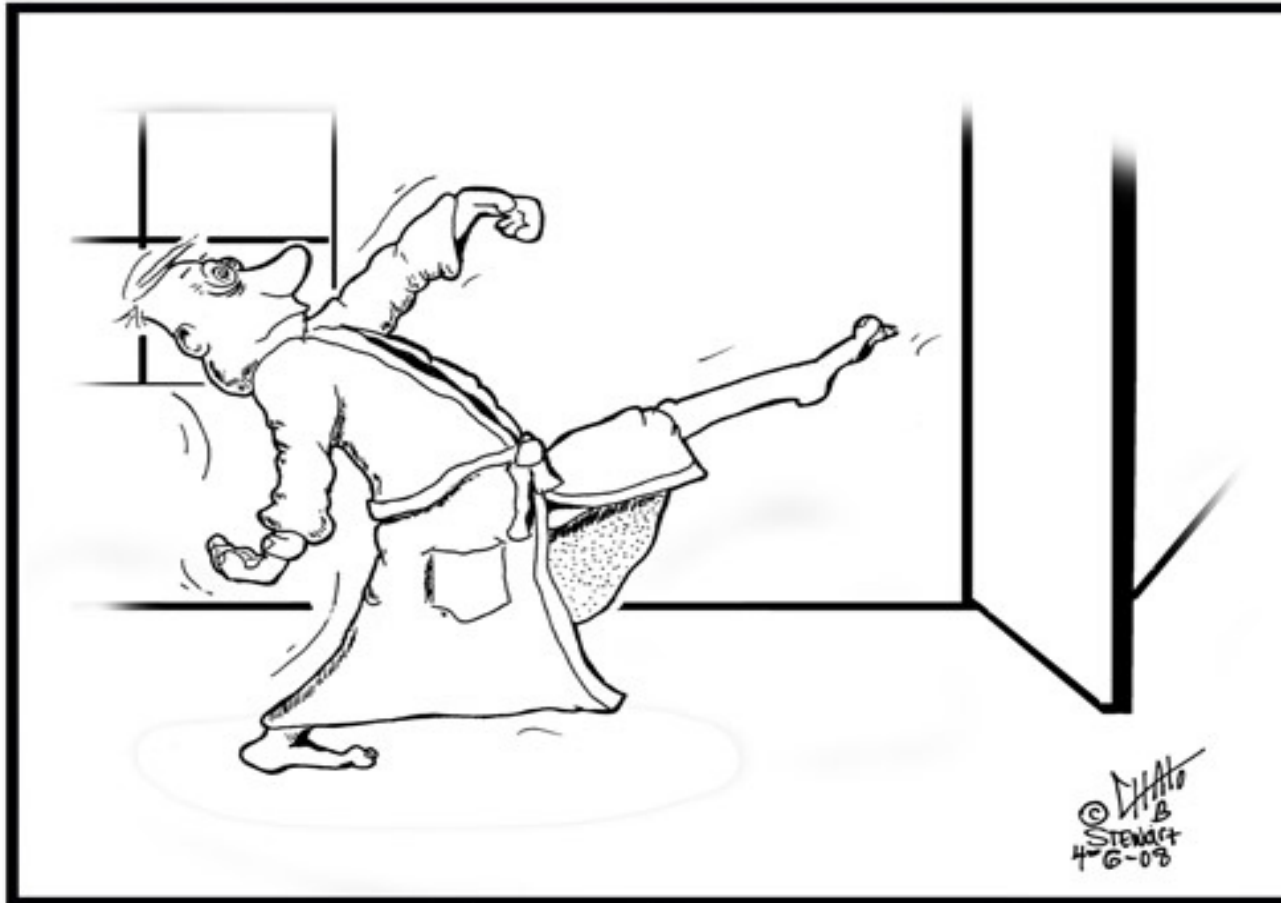
- Borderline Personality and other Personality Disorders
- Urinary Tract infections (UTIs)

Keep Your Eyes and Ears
Open for Senior on Senior
Bullying

Behavior is Communication

MentalHealthHumor.com

By: Chato B. Stewart



Dancing the Medication Mambo

Warning Signs

Bully

- Intimidates staff and others
- Tells others what to do using a bossy style/tone
- Criticizes others
- Lacks empathy

Warning Signs

Bully

- Makes repeated complaints about others.
- Be aware that individuals who complain in a powerful, outraged style about others' picking on them are often bullies themselves.

Warning Signs

Target

- Self isolation
- Avoidance of events and activities.
- Take long and often out of the way routes to get to and from communal areas.

Warning Signs

Target

- Vague complaints, “They don’t like me” or “They won’t let me_____.”
- Depressed mood (acute onset)

Most Distressing Behaviors Reported

- Loud arguments
- Verbal abuse: naming calling and teasing
- Hurtful actions: gossip, spreading rumors
- Being bossed around

Most Distressing Behaviors Reported

- Being hounded for money or cigarettes
- Listening to others complain
- Experiencing physical aggression
- Witnessing mental health symptoms (decompensation symptoms)

Real Life Case Scenarios

He calls me fatso". He says, "Hey there fatso" as he walks down the hall, making oinking sounds, and gets into the elevator.

The Impact of Bullying

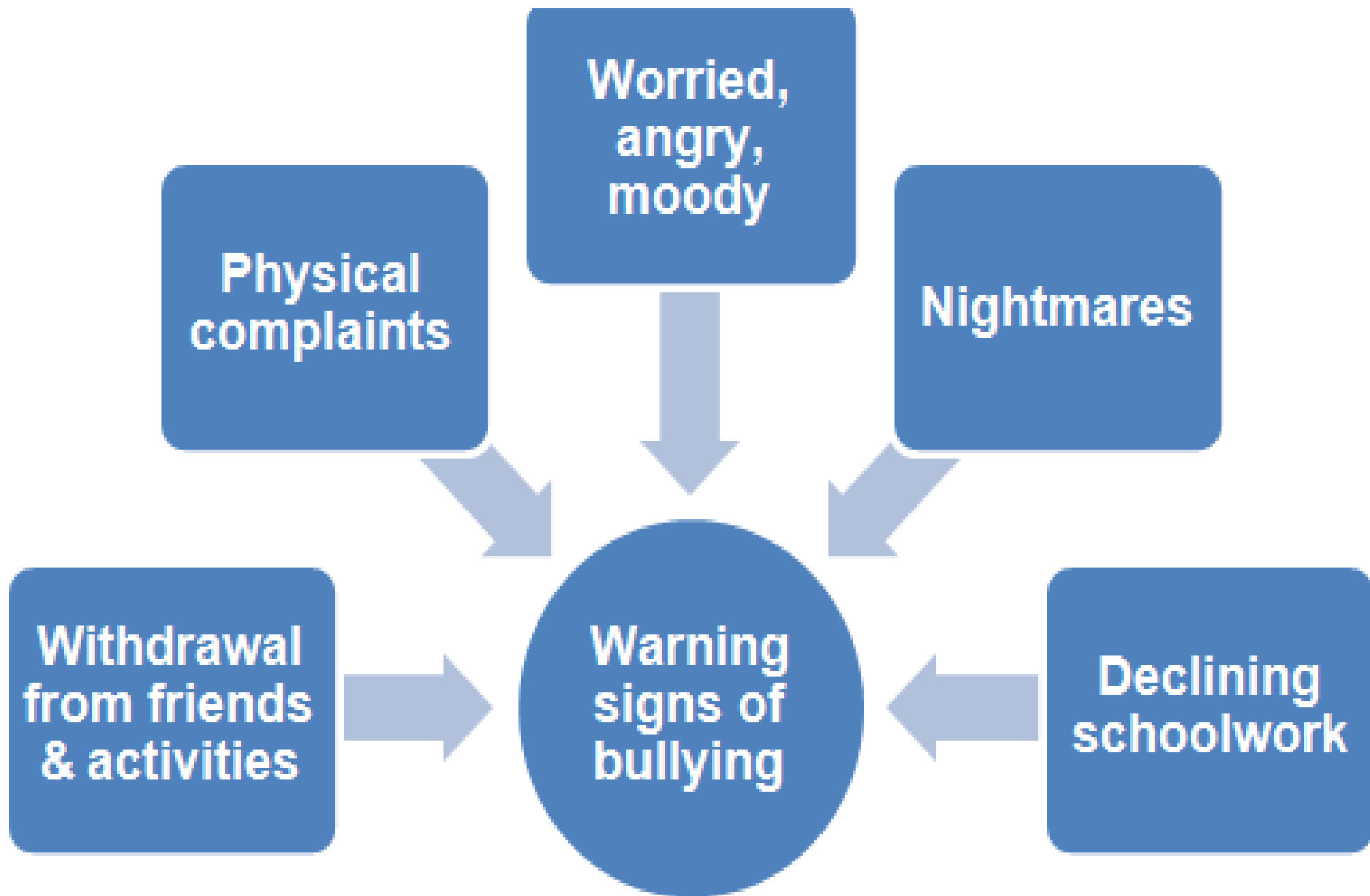
- Withdrawals socially
- Feels rejected
- Become anxious, depressed and suicidal
- Creates insecurity
- Increased physical complaints/symptoms
- Speaks about moving out or requests transfer
- Creates an environment of fear and disrespect

Common Reactions

- Stress, anxiety, tension and worry
- Retaliation followed by shame
- Increased isolation
- May escalate to physical violence
- Migraines, GI tract/stomach problems, HBP, panic attacks, anxiety, depression, etc.

Common Reactions

- Worsening of mental health disorders
- Anger
- Frustration
- Fear
- Physical injury





STOP

ADULT

BULLYING

Coping Techniques

- Report! Report! Report! encourage and support targets
- Refer targets to support or self-help group
- Encourage targets to obtain a restraining order

Older Adult Coping Skills

- Just let it go or tune it out
- Avoid contact
- Walk away
- Bite their tongue

Older Adult Coping Skills

- Engage in positive self-talk (mantra)
- Pursue off-site activities
- Seek to see the other person's point of view and show empathy

Older Adult Coping Skills

- Learn and use de-escalation skills.
- Get a pet or spend time with pets.
- Form relationships with other supportive individuals.

Coping Techniques

5 Ways to Handle a Bully



Strategies and Interventions For Residents

Use your head: Don't corner something meaner than you.



© C Charley-Franzwa * www.ClipartOf.com/50190

Strategies and Interventions For Residents

- Let your emotions settle first before you approach so you can speak with a clear head.
- If your emotions are really high, walk away and regain your composure.
- Approach the conversation firmly and confidently.

Strategies and Interventions For Residents

- Maintain eye contact
- Call the bully by name.
- Remember it's not your fault, it's the bully that has the issue.

Strategies and Interventions For Residents

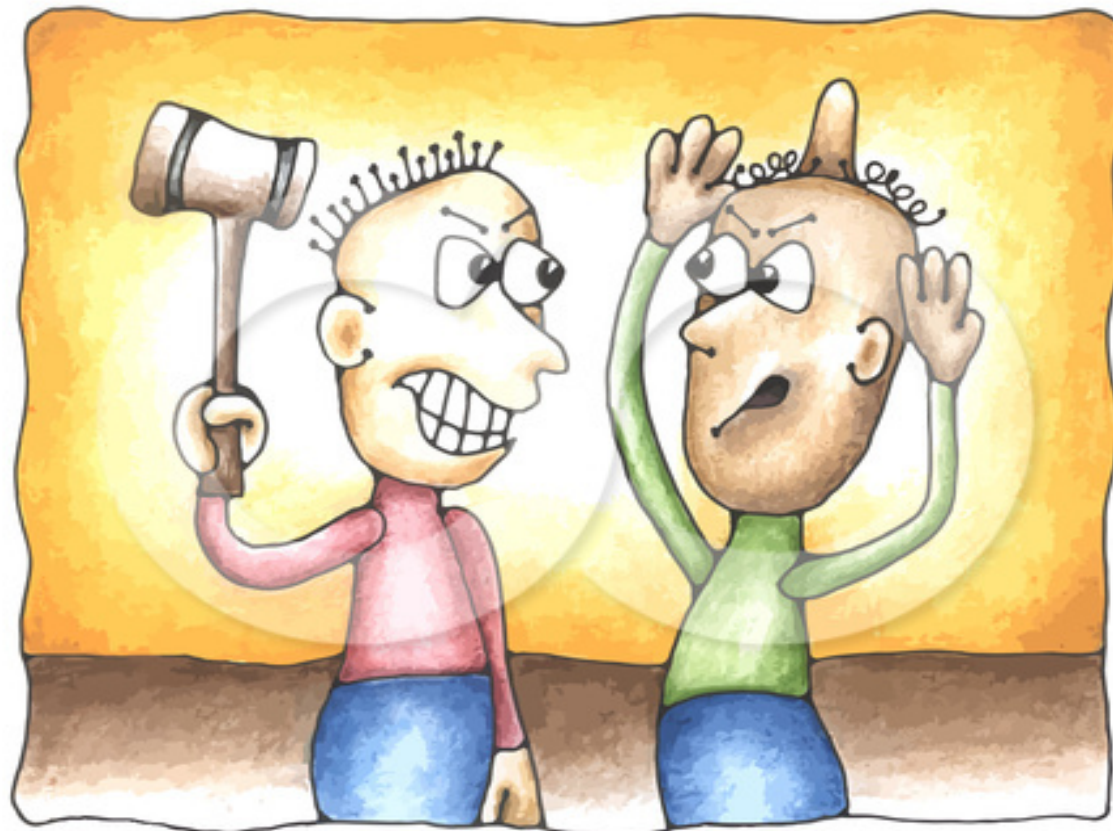
- Do not make any aggressive motions or innuendos.
- Have a fact-based conversation about what you observe or is being reported and give the bully a chance to respond to their behavior.

Strategies and Interventions For Residents

- Don't attack the individual that never works.
- Address the specific behavior you want them to change.
- Do not provoke or antagonize.

Strategies and Interventions for Staff Members

Use your head: Don't corner something meaner than you.



© C Charley-Franzwa * www.ClipartOf.com/50190

“The best way to deal with bullying is to have an all-around culture where bullying is unacceptable.”

Robin Bonifas, PhD, MSW
School of Social Work, Arizona State University

STAND UP!

PREVENT BULLYING NOW!

SPEAK OUT!

Strategies and Interventions for Staff Members

- ✓ Prevent bullying by educating people on the ways it occurs and encourage onlookers to intervene.
- ✓ Create, implement, and disseminate zero tolerance policies and procedures on bullying, including channels for reporting incidents and resolving them.



Strategies and Interventions for Staff Members

- Confront bully and inform them that their behavior may result in an eviction.
- Intervene: If you see something say something and do something.
- Support the target.
- Encourage staff members and residents to report bullying behaviors.

Three-Tiered Intervention Model

1. Organizational 2. Bully 3. Target

Three-Tiered Intervention Model

Preventing and minimizing bullying behavior requires intervention at multiple levels:

1. Organization
2. Bully
3. Target

Organizational Level Interventions

- Create caring communities for all residents and staff members.
- Prohibit the use of obscene language, name calling, gossiping, etc.
- Use empathy as an antidote to bullying.



Organizational Level Interventions

Creating environments that promotes empathy requires that:

- All members are treated with consideration, respect and recognition of each individual's dignity. (Tenets of equality and respect)
- Everyone is held accountable and responsible for their behaviors.

Organizational Level Interventions

- Everyone is encouraged to stand up for what is right.
- Facilitate on-going conversations about bullying with residents.
- Provide on-going trainings opportunities for staff members.

Organizational Level Interventions

- Implement and enforce Zero-Tolerance Anti-Bullying Policies & Procedures
- Transparent process for responding to reports (Grievance procedure)
- Anti-bullying pledge

Attention!

Abusive, foul, or threatening language or behavior including harassment and intimidation directed toward other tenants or Housing Authority staff will not be tolerated. Actions motivated by an individual's race, color, national origin, religion, sex, disability, familial status, age or sexual orientation are a violation of Fair Housing Laws and specifically prohibited. Engaging in such behavior shall be considered good cause for termination of tenancy.

или угрожающие высказывания или поведение, в том числе направленные непосредственно на других жильцов или работников жилищных организаций, не допустимы. Подобные действия, мотивированные расовой принадлежностью человека, его происхождением, религиозными убеждениями, инвалидностью, семейным положением, возрастом или другими признаками, являются нарушением законов о справедливом распределении жилья и особенно строго. Проявления такого поведения служат основанием для вынесения постановления о выселении нарушителя.

comportamiento abusivo, grosero o amenazador, incluso el dirigido a otros inquilinos o al personal de Housing Authority. Las acciones motivadas por la raza, el color, el origen nacional, la religión, el sexo, la discapacidad, el estado civil, la edad u orientación sexual de una persona son una violación de las leyes de Vivienda Equitativa (Fair Housing Laws) y están específicamente prohibidas. La participación en tal comportamiento será considerada una buena causa para la terminación del contrato de alquiler.

다른 세입자 또는 주택국 직원에 대한 괴롭힘 및 협박을 포함하여 위협적인 언어나 행동은 용납되지 않을 것입니다. 개인의 인종, 성별, 장애, 가족 관계, 연령 또는 성적 취향 등을 이유로 행하는 행위(주택법)를 위반하는 것이며 특별히 금지되어 있습니다. 세입계약의 종료에 충분한 사유가 될 것입니다.

Caay, xadgudub, ama hadal cabsi gelin ama dabeecad la socotoma, xaga kireysataha ah ama shaqaalaha Housing Authority looma kucid shaqsiyeed sida jinsiyad, midab, dhalasho, diin, jinsi, cudud, da'da, ama ololeyn galmo waxaa waaye ku xadgudubka Sharci mamnuucid gaar ahaaneed. Sameynta sida dabeecadahaan ay sabab wanaagsan oo lagaaga saarayo guryaha.

Agency Policies

PLAN FOR RESPONDING TO THREATS, HARASSMENT OR OTHER INTIMIDATION BY RESIDENTS





I signed the Anti - Bullying Pledge

Ruben Rivera-Jackman

STAND UP TODAY STAND UP TODAY STAND UP TODAY STAND UP TODAY

AND UP TODAY STAND UP TODAY STAND UP

STAND UP TODAY STAND UP TODAY STAND UP

Bullying is Wrong!

If you have been bullied or you have bullied it is never a good situation and needs to be stopped NOW!

Stand Up Today and take the Anti-Bullying Pledge and be an Upstander!

I pledge to never bully and stand up for myself and be an Upstander for others in a bullying situation starting today

NAME:

DATE:

Thank you so much for taking my anti-bullying pledge it means alot to me and together we can Stand Up Today Against Bullying! – Jacob



Organizational Level Interventions

- Publicly acknowledge members of your community that go out of their way to make others welcome.
(Ambassador/Ombudsman)
- Pre move-in or new resident orientation which includes information on living peaceably together

Organizational Level Interventions

- Provide support or self-help groups for targets in your community.
- Form or encourage resident advocacy networks to bring issues to housing management (RAC)

Organizational Level Interventions

- Seek legal consult, have legal services send target a letter
- If all else fails, issue lease violation notices
- Proceed with eviction process when you have collected evidence and supportive documentation

Interventions for the Target

- ✓ Focus on skills development to them avoid being targeted.
- ✓ Encourage and support them to stand up for their rights.
- ✓ Foster their self worth and dignity and bolster self esteem. (past successes)

Interventions for the Target

- ✓ Refer them to mediation training
- ✓ Refer them to de-escalation or other direct communications skills training.
- ✓ Refer them to self-help group or 12 step program

Interventions for the Target

- ✓ Encourage them to continue to report
- ✓ Encourage them to call 9-1-1
- ✓ If appropriate to do so, refer them to obtain a restraining order against the bully.

Coping Techniques

5 Ways to Handle a Bully



Interventions for the Bully

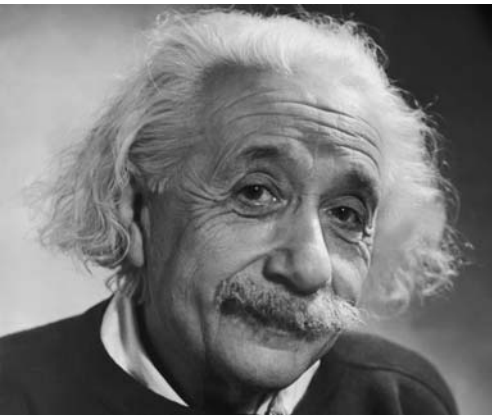
- Do not avoid or ignore the behaviors
- If you see something, say something and do something.
- Consistently set limits with them.
- Refer them to mental health provider.

Interventions for the Bully

- Assist them to expand their social support networks.
- Assist them in identifying appropriate outlets and alternative methods to manage anger, frustrations, etc. (refer to anger management classes)

**STOP
BULLYING
NOW**

STAND UP • SPEAK OUT



Final Thought

*The world is a dangerous place;
not because of those who do evil,
but because of those who look
on and do nothing.*

Albert Einstein

RESOURCES

Information shared in this presentation was based on the following sources :

- 2013 Arizona Geriatric Society
- Linda K. Shumaker, R.N.-BC, MA
Pennsylvania Behavioral Health and Aging Coalition
- Robin Bonifas, PhD, MSW Associate Professor, School of Social Work Arizona State University

Community Partners

- Area Agency on Aging
- State/City/County Office of Civil Rights
- State/City/County Fair Housing Agencies
- Community Mental Health Centers
- Crisis Intervention/emergency services
- Community police
- Alzheimer's Association
- AARP

ALERT

Help pick AARP's best singers for a chance to win \$5,000. [See official rules](#) →

[AARP The Magazine](#) | [AARP Bulletin](#) | [In Your State](#) | [AARP Foundation](#) | [Discounts](#) | [More](#) ▾ | [f](#) | [t](#) | [v](#) | [Rewards for Good](#) | [Register](#)

AARP MEMBERSHIP: JUST \$16 A YEAR

JOIN

RENEW

[EN ESPAÑOL](#)



[HELP](#) | [A to Z](#)

Search AARP.org

[MEMBER BENEFITS](#) | [HEALTH](#) | [WORK & RETIREMENT](#) | [MONEY](#) | [HOME & FAMILY](#) | [ENTERTAINMENT](#) | [FOOD](#) | [TRAVEL](#) | [POLITICS](#) | [G](#)

[Dating](#) | [Family & Friends](#) | [Sex & Intimacy](#) | [Caregiving](#) | [Your Home](#) | [Personal Technology](#) | [Getting Around](#) | [Discounts](#)

JOIN AARP TODAY!



- Discounts on travel and everyday savings.
- Subscription to AARP The Magazine.
- Free membership for your spouse or partner.

Join Now

AARP BULLETIN

[AARP Home](#) » [Home & Family](#) » [Family & Friends](#) » [Older Adults Can Be Bu...](#)

Older Adults Can Be Bullies, Too

Seniors in nursing homes, assisted living facilities face peer pressure from other seniors

by: Susan Kreimer, from: [AARP Bulletin](#), March 2012

[Text](#) | [Print](#) | [Email](#) | [g+](#) 13

[Tweet](#)

Cynthia Ricks-Macco
New Reasonable Accom...
Team,
Please review the email

Elderly Bullies Prove That Immaturity Has No Age Limit

By [Anne-Marie Botek](#)

Text Size: [-](#) [+](#)

The word, "bully," often calls to mind images of meaty youths demanding lunch money from trembling kids in glasses and braces.

Because this scene is played out in classrooms across the country, it is usually thought of as the territory of the young. As people age we expect them become more mature, more skillful at handling interpersonal conflict.

However, evidence gathered from nursing homes, assisted living facilities, and senior centers across the country runs contrary to this assumption

Share
2
Comment
+ Follow
Print
Email

Find Housing And C

Enter Zip Code or City, ST

- Assisted Living
- Alzheimer's & Memory Care
- Independent Living
- Home Care
- Hospice Care
- Nursing Homes

[See My Results](#)

Resources

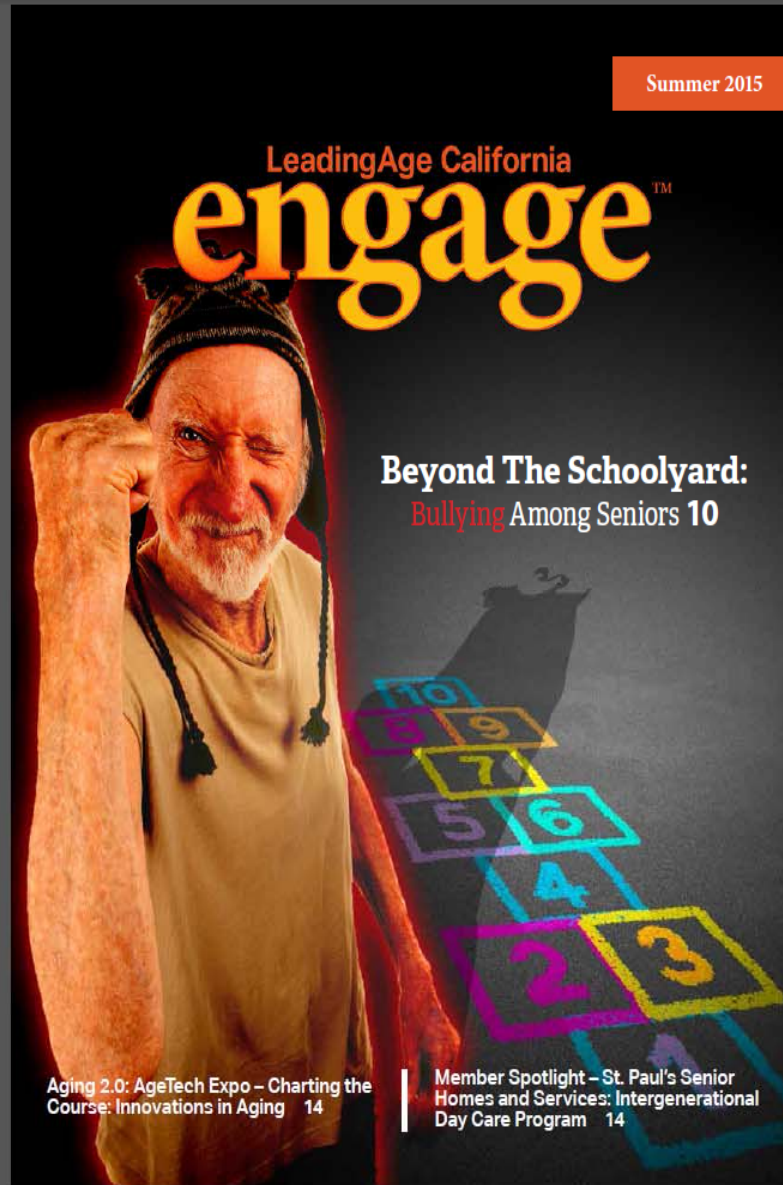
- Alzheimer's Association www.alz.org
- Family Caregiver Alliance www.caregiver.org
- Geriatric Mental Health Foundation
www.gmhfonline.org

Resources

- Medline Plus www.medlineplus.gov
- Suicide Prevention Network USA
www.spanusa.org
- Pennsylvania Behavioral Health and Aging Coalition www.olderpa.org

Senior Bullying Articles

- <http://www.nbcnews.com/id/41353544/ns/health-aging/#.USJM36XC1H1>
- http://www.thebesttimes.org/aaa/elder_abuse/0811_senior_bullying.shtml
- <http://www.mybetternursinghome.com/senior-bullying-guest-post-by-robin-bonifas-phd-msw-and-marsha-frankel-licsw/>



BT OA
sues W
final

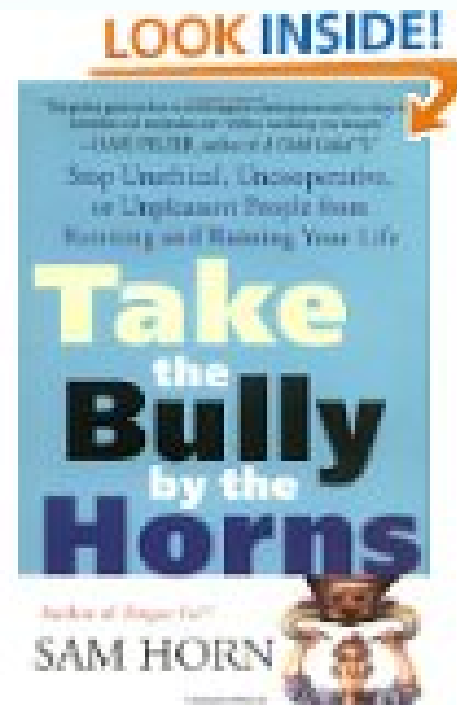
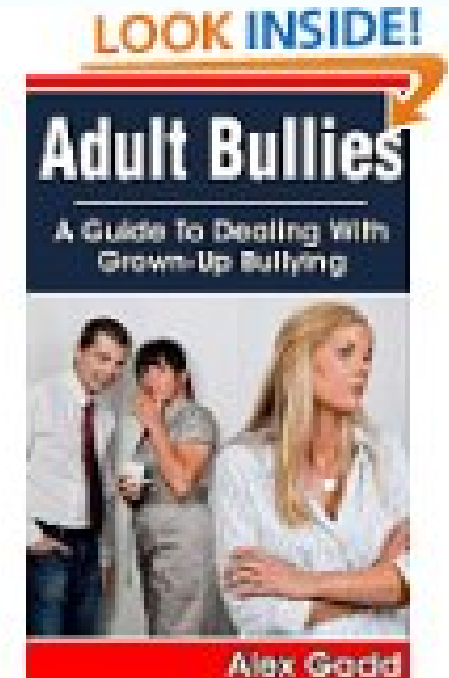
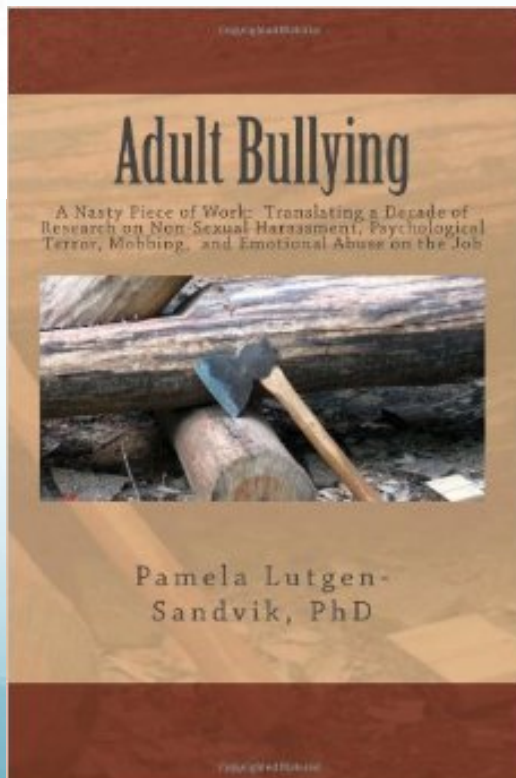
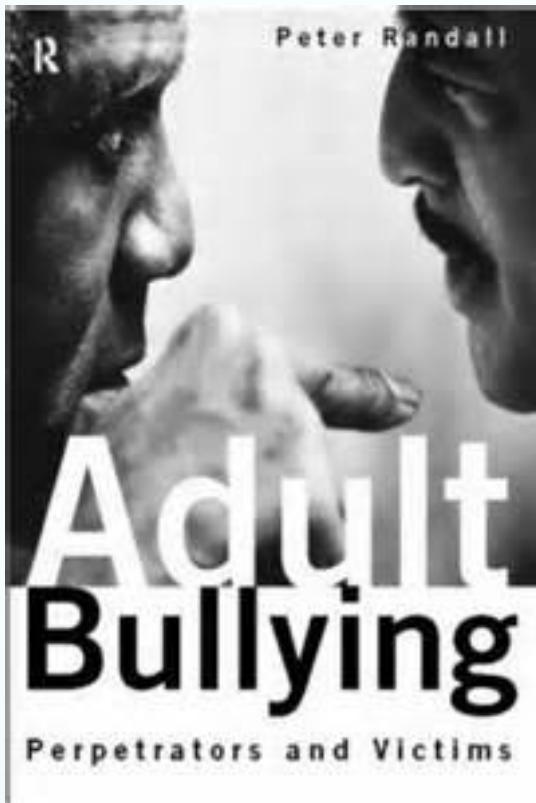


Senior Bu

What to do w
Seniors Be

Understan
or Bullyin
handc

Books



YouTube Videos



? Senior Citizens Also Targets Of Bullying - YouTube.website



? Senior citizens bullying more prevalent than you think - YouTube.website



Thank you for your time and attention

Q & A

Ruben Rivera-Jackman, MNPL, GMHS, PSC
Senior Resident Services Manager
(206) 574-1187 – rubenr@kcha.org