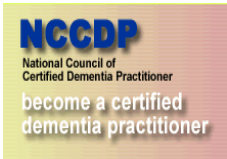


SANDRA STIMSON
Executive Director
[Alternative Solutions in LTC](#)
and
National Council of Certified
<http://www.nccdp.org>

ABOUT SANDRA

Sandra Stimson has experience as a corporate consultant, Corporate Trainer and National Speaker. Her experience is in long term care, as Activity Director, Director of Alzheimer's Units and Assistant Administrator of a 550 bed long term care county home. She is Co-founder of Pet Express Pet Therapy Club, is a Life Replay Specialist. Sandra implements dementia units nationwide. Sandra has written several books, Volunteer Management Essentials for Long Term Care and Pet Express Pet Therapy Program. Sandra has been a facilitator for Alzheimer's support groups and is the Awards Chair for the NJ Association of Activity Professionals. Sandra is the Executive Director of **National Council of Certified Dementia Practitioners**
<http://www.nccdp.org>.

[Alternative Solutions in Long Term Care](#) offers resources for health care professionals in many areas of dementia care, care plans, Snoezelen products, dementia activity calendars, adult day care calendars, sensory calendars, reminisce videos for dementia, activity books, and dates to remember, party supplies, resources and links.



Each Norman Rockwell print is paired with a national standards of Resident Rights and is illustrated by a picture depicting the "Resident Right."

Pathways to the Past

by Sandra Stimson ADC, CALA, CDP
Executive Director, [Alternative Solutions in Long Term Care](#)



Sex Offenders in Long Term Care Sexuality / Intimacy Education is Key For Staff Education!



Oklahoma Sex Offender Long Term Care Facility Bill was passed. Bill number 2704. This bill was passed and approved the building of a long term care facility that would house elderly sex offenders. They are currently waiting for a company to step forward who is interested in building a long term care facility specifically for this group. Years ago, we did not have registries that held the names of convicted sex offenders. We did not have the web to do a search of where sexual offenders are living. You might have a convicted sex offender in your facility.

A Perfect Cause web site provides information about this topic. They conducted a study about the number of convicted sex offenders living in a long term care setting. Every facility they are placed in leave vulnerable elderly dementia residents at risk.

One advice strongly recommended is a "no touch" policy for any child visiting your facility. The first and most important issue to consider is that we do not know if the resident is a convicted sex offender. Secondly, residents and children can pass/transfer infections and/or illness to one another just by doing something as innocent as shaking hands. The only other solution is constant supervision and monitoring by staff when children are present.

At no time should children be left with any resident unsupervised. Families that bring their children to visit relatives must provide supervision at all times. The person sharing a two bedded room with their relative may be someone that has a criminal record. Definitely remind families to wash their hands upon arrival to the facility and upon leaving.

If you bring in children's groups and pre schools into your community, there should be a no touch policy. The activity staff should be present at all times when children groups are in your facility and at no time can the group be left unattended. Remember, not every child wants to be touched by a stranger.

Every facility should provide sexuality and intimacy education to their line staff. Many facilities admit that they do not provide any kind of sexuality, intimacy or sexual abuse education for their staff. Staff need to understand appropriate responses and interventions for a wide range of situations, behaviors, family concerns and staff concerns. They also need continuous education on gender and lifestyle issues. In order to provide compassionate care, staff need continual education.

Sexual abuse is any form of nonconsensual sexual contact, including unwanted or inappropriate touching, rape, sodomy, sexual coercion, sexually-explicit photographing, and sexual harassment. It would include situations where the nursing home resident was forced, coerced, tricked, or manipulated into unwanted sexual contact and where the nursing home resident is too ill, frail, or mentally incapacitated to give consent. A nursing home resident can be sexually abused by a nursing home staff member, another resident, a stranger, or a family member in a variety of situations. (source: nursing home abuse resource center)

Sexual abuse may be by family, visitors, staff, stranger, volunteers or other residents. Dementia residents are the most vulnerable because often times they cannot effectively communicate their experiences. Staff should be aware of signs of sexual abuse and take immediate action and report immediately. "To date, we have located approximately 1,600 registered sex offenders living in long-term care facilities across America" From A Perfect Cause.

Signs of Sexual Abuse

It is important that those who are involved with elders, are able to recognize signs of sexual abuse, to aid in detection and treatment of victims.

The physical signs include: (source: A Perfect Cause)

- Bruising on inner thighs
- Genital or anal bleeding
- Sexually transmitted diseases
- Difficulty walking or standing
- Pain and/or itching in the genital area
- Exacerbation of existing illness
- Lack of appetite
- Unable to sleep

Additionally watch for signs such as:

- Genital infections

ACTIVITY DIRECTOR TODAY E-MAGAZINE
Be sure to subscribe to Activity Director Today E-magazine for the latest news and more about your profession.
Only \$24.00/year

ACTIVITY DIRECTOR COMMUNITY
Join our [Activity Director Community](#) message board and network with Activity Professionals across the country. This is a free service.


[Activity Director Books](#)
Excellent Resources for Activity Professionals



Featuring supplies for parties, holiday celebrations and special events
[Click Here](#)

RESIDENT SHOPPING & MORE
At [Resident Shopping & More](#) you will find clothing and more for your residents. Also, you will find Activity Department supplies.

ACTIVITY DIRECTOR NOVELTIES
[Activity Director Novelties](#) features promotional materials and gifts for you, your residents, your facility and your Department. Be sure to visit.



Books, Videos, and Resources for the Activity Departments



- Frequent urinary infections
- Bite Marks
- Refusal to be washed in genital area
- Difficulty walking or sitting
- Torn or stained underwear
- Suck marks on body

Emotional signs include:

- Scared or timid behavior
- Depressed, withdrawn behavior
- Sudden changes in personality
- Odd, misplaced comments about sex or sexual behavior
- Fear of certain people or of physical characteristics
- Usually sleeps with light off and now wants the light on

Additionally you might see:

- Increased wandering
- Increased outbursts
- Violent behavior / striking / hitting / spitting

For a comprehensive list of indicators see Looking Beyond the Hurt. This is an excellent training manual for your staff.

A Perfect Cause recommends Criminal Back Ground Checks of your residents so that you are aware of their back ground and whether you wish to admit them. At minimum, the question that should be on your admission paper work and is the same question that is on employment applications is: Have you ever been convicted of a crime? This is not a new concept. Many HUD subsidized senior housing buildings are required to ask this question. At minimum all staff should have a police / criminal back ground check conducted prior to employment.

Be aware of abuse indicators by an abuser. (Source: Looking Beyond the Hurt)

- Refuses to permit hospitalization / diagnostic tests or assessments by social workers.
- Ignores senior's hospital admission (doesn't visit) or is always there so the senior
- can't speak to a health professional alone.
- May refuse to participate in discharge planning to take senior home.
- Impatient with staff/ procedures
- Appears fatigued / stressed
- "Blames" senior (e.g., for incontinence, wandering, etc.)
- Responds defensively when questioned: makes excuses or is hostile, suspicious, irritable, demanding
- Does not want senior interviewed alone
- Excessively concerned or unconcerned about the senior
- Treats senior like a child or non person
- Has minimal eye, facial, physical or verbal contact with older person.

Because of lack of education dealing directly with sexuality, intimacy and sex abuse, caregivers are not able to identify sexual abuse. Additionally, they are not trained to report nor do they know how to handle the situation. This continues the abuse due to lack of education on the part of the care givers.

Should a sexual assault take place in your facility, remember that the elderly resident requires the same services as younger victims such as emotional support, medical attention, protection from the abuser and legal assistance. (Source: Article Base-Sexual Abuse in Nursing Homes)

Long term care settings must have policies and procedures regarding Sexuality, Intimacy and Sexual Abuse. Education of your staff is extremely important in providing compassionate competent care of your dementia residents.

Resources:

Oklahoma Bill

<http://www.aperfectcause.com/HB2704.pdf>

Freedom of Sexual Expression: Dementia and Resident Rights in Long Term Care Video. A must for training staff

<http://www.terranova.org/Title.aspx?ProductCode=FOSVHS>

Looking Beyond the Hurt. Huge 132 page download for training. Excellent.

Senior Resource Center Association of Newfoundland

<http://www.seniorsresource.ca/beyond.htm>

CMS State Operations Survey and Certification Group Training Site

Includes satellite and internet broadcasts. Excellent resources in Archives as well. See Abuse and Neglect Surveyor Training and resources with this module.

<http://surveyortraining.cms.hhs.gov/>

Nursing Home & Elder Abuse Resources

Developing Elder Abuse Training Programs: Free Download

http://www.ncea.aoa.gov/NCEAroot/Main_Site/pdf/family/training.pdf

Wisconsin Coalition Against Sexual Abuse has free downloads for training

<http://www.casa.org/>

Widening The Circle Free 195 page training document



<http://www.wcasa.org/docs/WTC.pdf>

Department of Health and Human Services Medicare
<http://www.medicare.gov/>

Sexual Assault and People with Developmental Disabilities: A Guide for Family, Friends and Caregivers
<http://www.wcasa.org/docs/family-caregiver-guide.pdf>

Sexual Assault and Older Individuals: A Guide for Family, Friends and Caregivers
<http://www.wcasa.org/docs/family-caregiver-guide.pdf>

Preventing Elder Abuse free download
http://www.ncea.aoa.gov/NCEARoot/Main_Site/pdf/publication/preventing.pdf

Office for Victims of Crimes - Elder Abuse
<http://www.ojp.usdoj.gov/ovc/help/ea.htm>

Nursing Home Abuse Resource Center
<http://www.nursinghomeabuseresourcecenter.com/>

Nursing Home Abuse and Neglect Resource Center
<http://www.nursinghomealert.com/>

National Committee for the Prevention of Elder Abuse
<http://www.preventelderabuse.org/>

National Citizen's Coalition for Nursing Home Reform (NCCNHR)
<http://www.nccnhr.org/>

National Center on Elder Abuse
http://www.ncea.aoa.gov/ncearoot/Main_Site/index.aspx

American Bar Association - Commission on Law & Aging
<http://www.abanet.org/aging/>

American Association of Retired People (AARP)
<http://www.aarp.org/>



FEATURING TONS OF BULLETIN BOARD AND CRAFT SUPPLIES

ACTIVITY DIRECTOR TODAY

*Providing Internet Resources
for Activity Professionals
in Long Term Care Settings*

admin@theactivitydirectorsoffice.com

Copyright 2004-Present
The Activity Director's Office
All Rights Reserved

[Disclaimer](#)