

BULLYING and Older Adults



Senior Protection Unit



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**BULLYING
HURTS!**



David P. Shallcross
Director of Senior Protection Unit



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BULLYING and Older Adults

Bullying Defined

- Unwanted, aggressive behavior that involves a real or perceived power imbalance.
- The behavior is repeated or has the potential to be repeated over time.





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Why People Bully

- Physical pain
- Disease
- Loneliness
- Fear
- Vulnerability

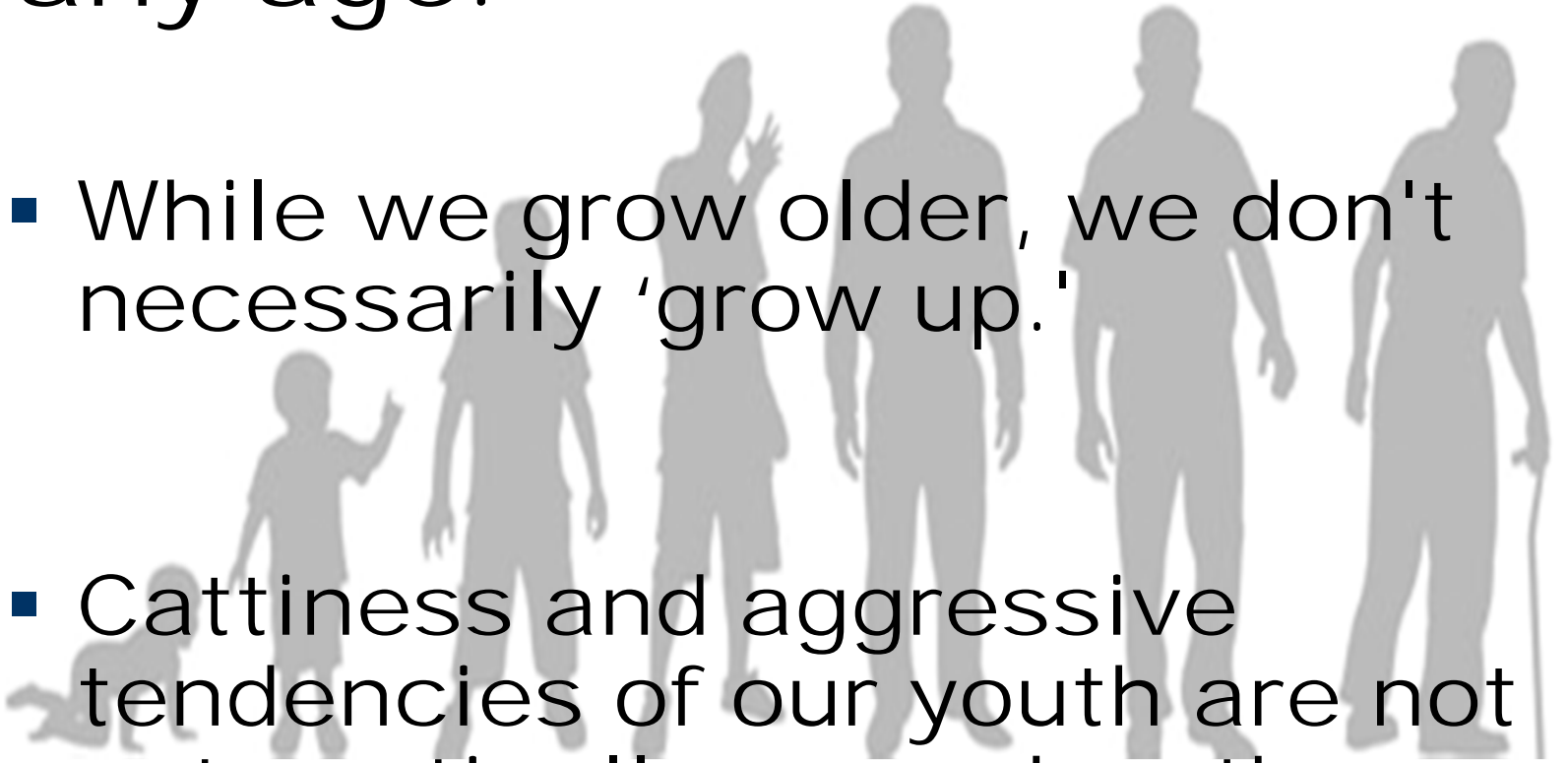
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Bullying Does not Stop at any age.

- While we grow older, we don't necessarily 'grow up.'
- Cattiness and aggressive tendencies of our youth are not automatically erased as the years accumulate.





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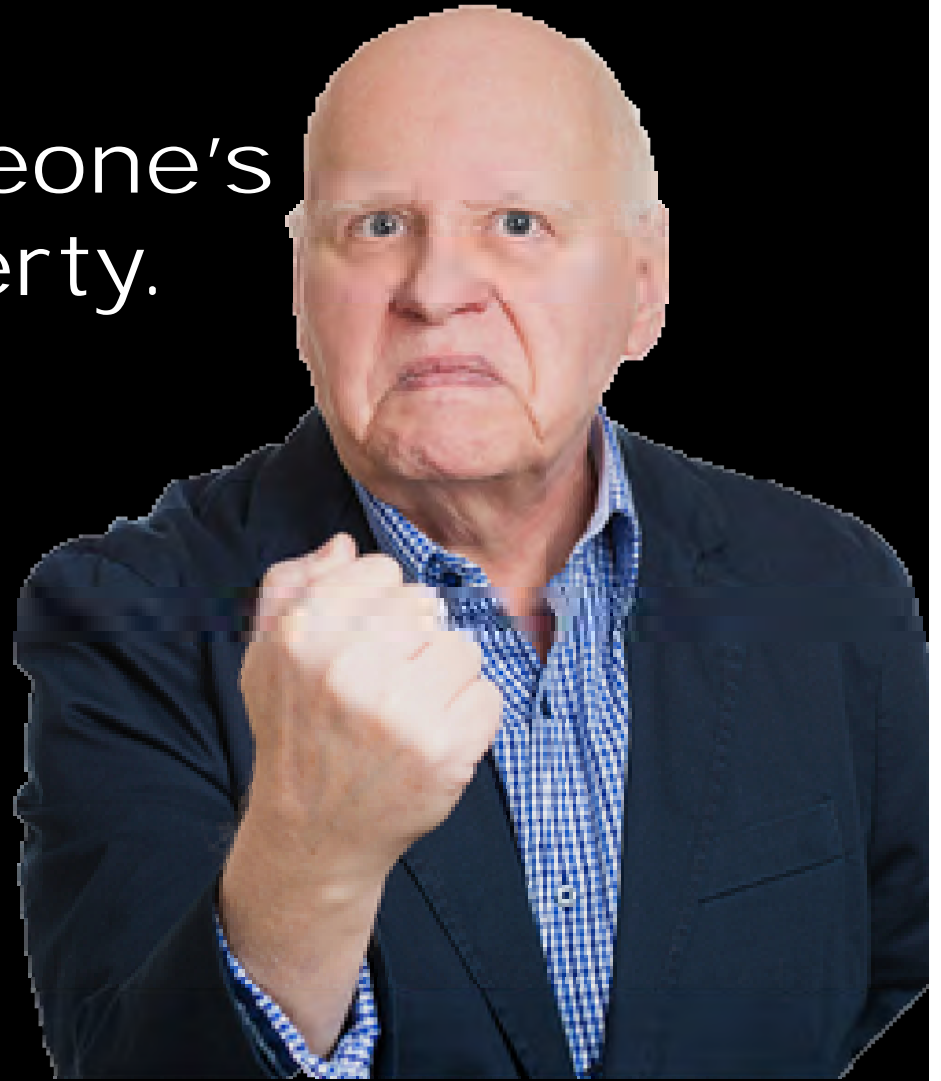
Types of Bullying



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Physical bullying

- Harm to someone's body or property.



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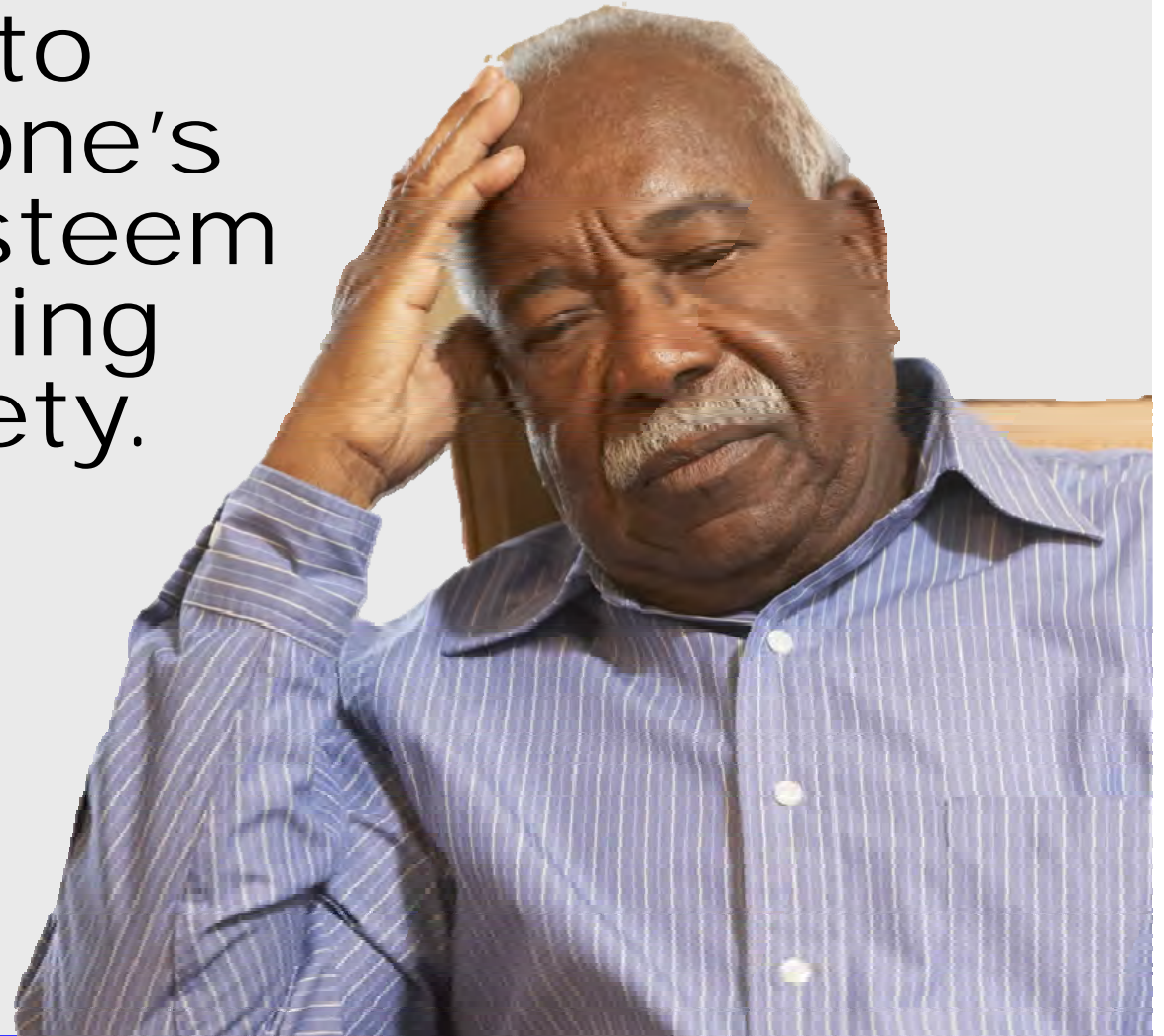


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Emotional Bullying

- Harm to someone's self-esteem or feeling of safety.

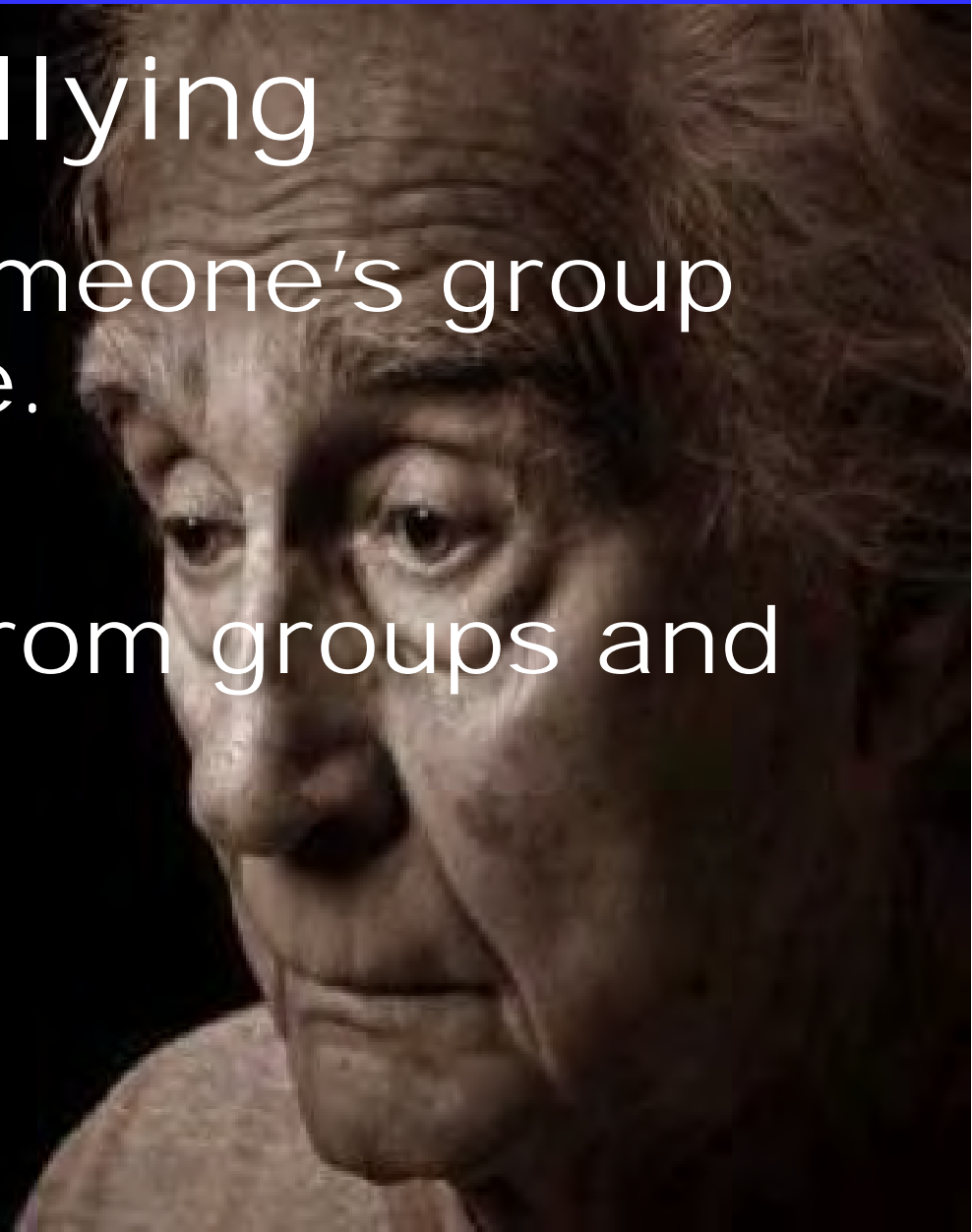




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Social bullying

- Harm to someone's group acceptance.
- Exclusion from groups and activities.



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Where does Adult Bullying Occur?

- Senior centers
- Adult day health centers
- Senior housing



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Where does Adult Bullying Occur?

- Retirement apartments
- Nursing homes
- Private homes





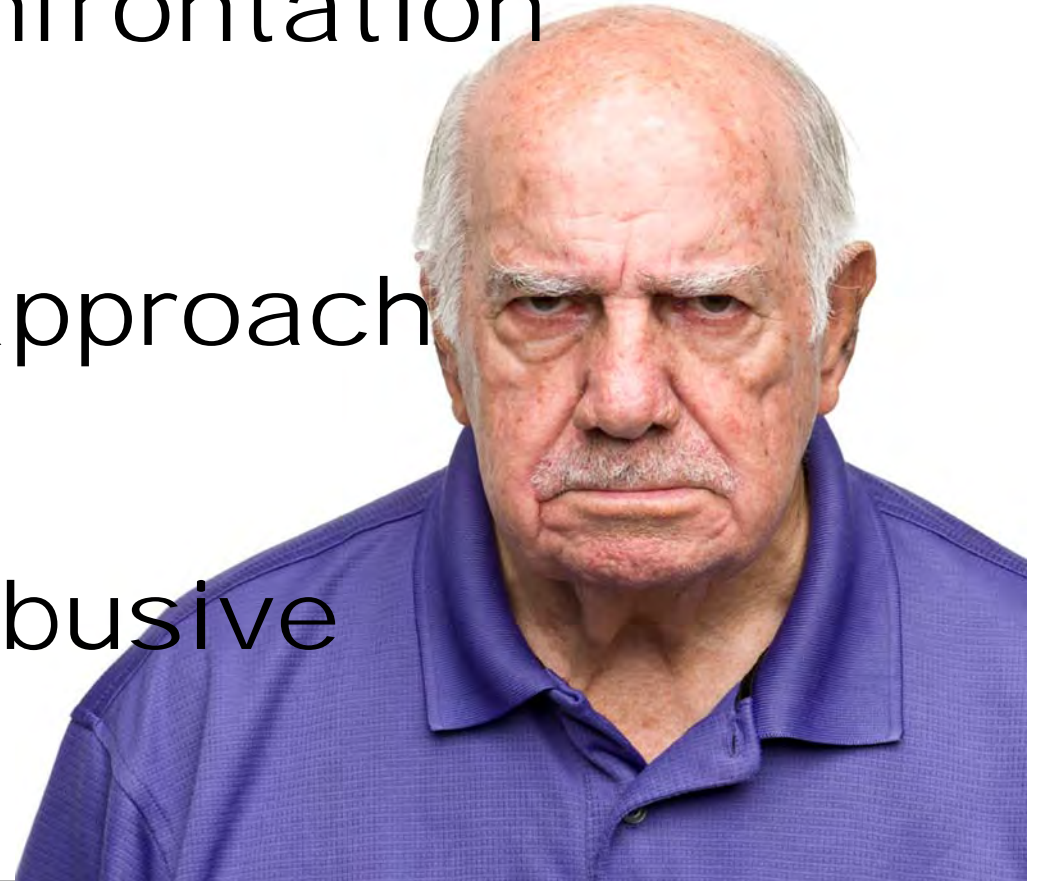
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Gender Differences:

Men

- Direct confrontation
- Physical approach
- Verbally abusive





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Gender Differences: *Women*

- Gossiping/Rumors
- Spitefulness
- Exclusion



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Bullying Incidents

- Naming calling/teasing
- Gossiping
- Loud arguments
- Being bossed around





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Bullying Incidents

- Financial Exploitation
- Constant complaining
- Pestering
- Aggression

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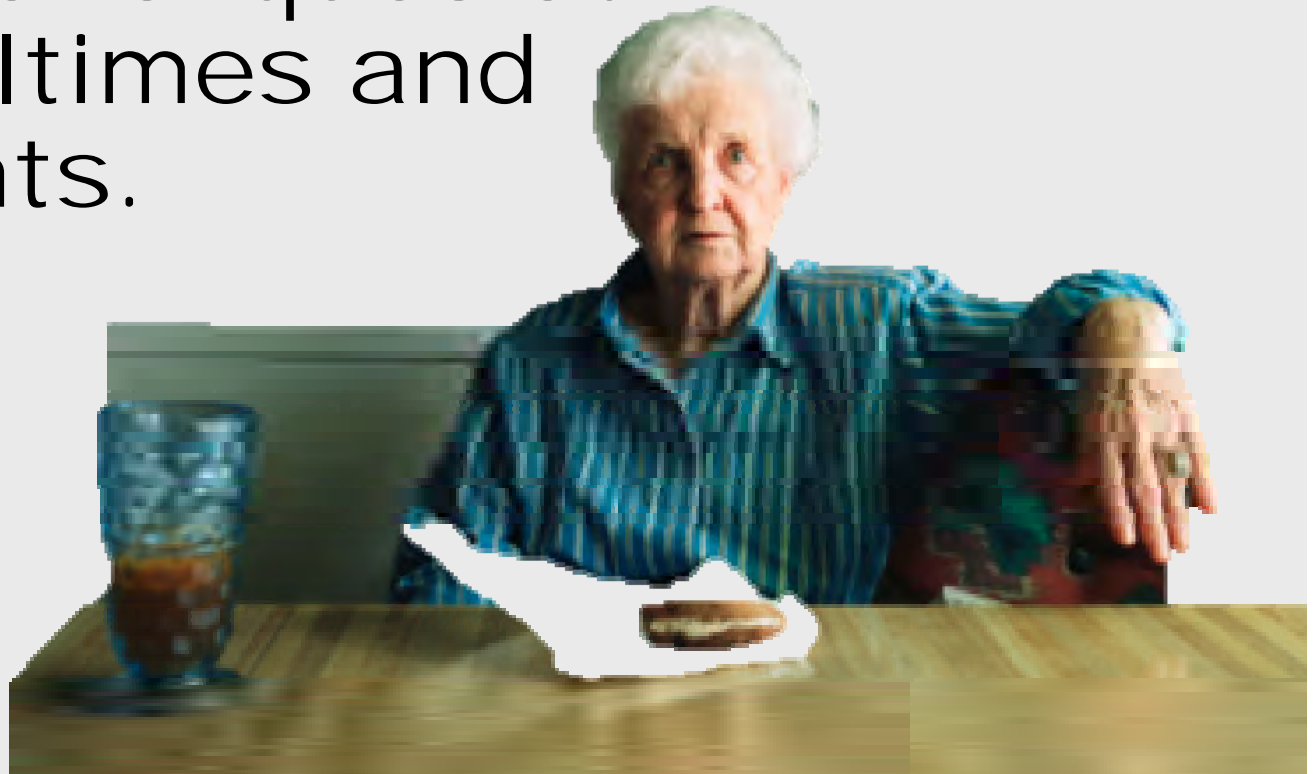


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Bullying may include

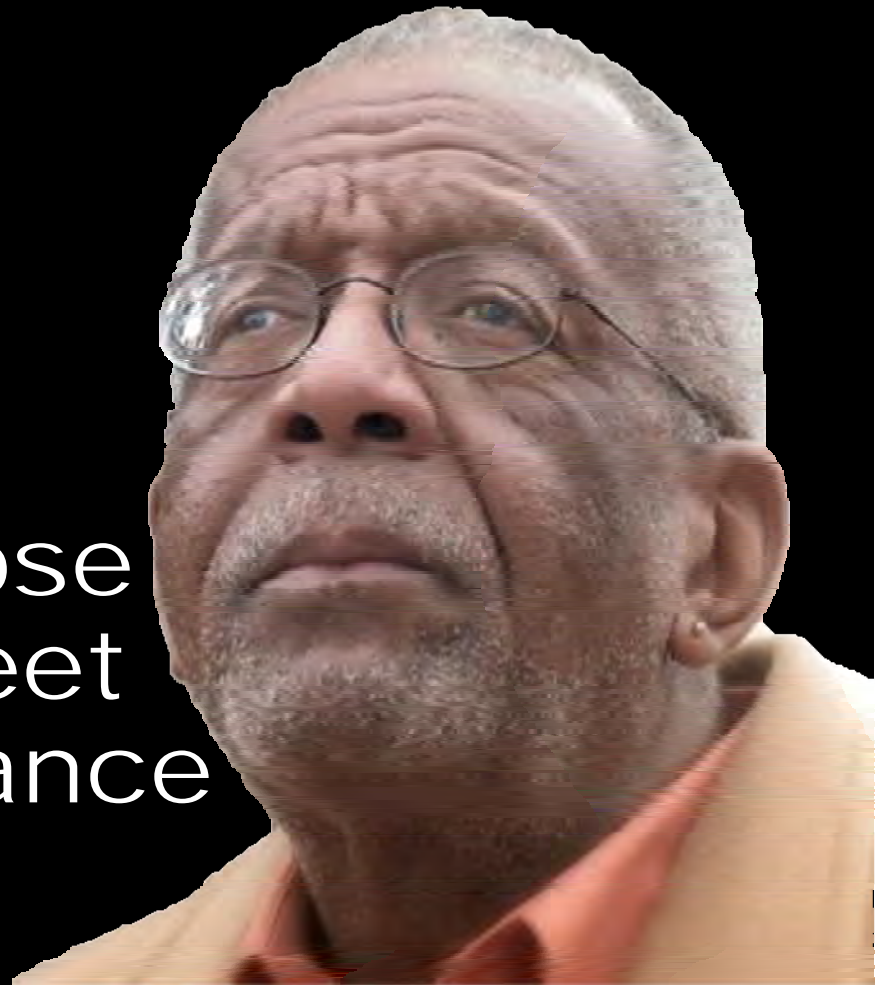
- Enforcing seating and saving seats for their social cliques at mealtimes and events.





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- Criticize
- Ridicule
- Lie about those who don't meet their acceptance standards.



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- Take and sometimes destroy property to display their power and harass victims.



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- Unexplained withdrawal of large sums of money.
- Abrupt changes in a will or other financial documents
- Disappearance of funds or valuable possessions.

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- Physically abusing victims by pushing, hitting, punching, or kicking them.
- They then validate their actions by saying it was an "accident".



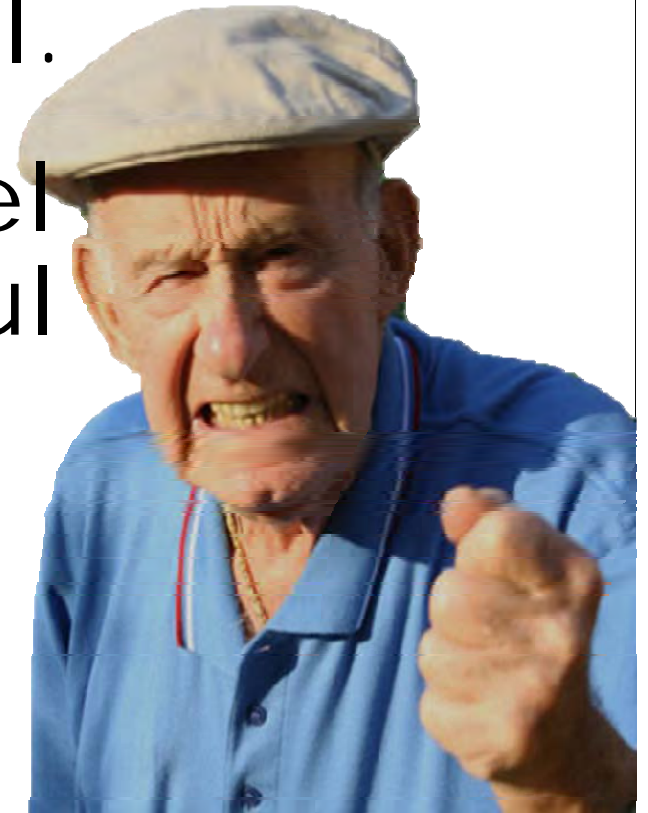
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Characteristics of People who Bully:

- Seek to control others by power and control.
- Making others feel threatened, fearful or hurt.
- Causing conflict between people.





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- Warning Signs from People who are being Bullied:
 - Self isolation
 - Avoidance of areas or activities.
 - Vague complaints "They don't like me" or "They won't let me."
 - Depressed mood



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Reasons People Bully Others

- Depression.
- Medication side effects.
- Cognitive issues.
- Substance abuse.
- Sense of power.
- Learned behavior.



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Actions You Can Take

- Work through feelings.
- Be honest and open.
- Share feelings and insights.
- Balance your own needs.
- Encourage others.
- Preventative approach.



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What should I do?

- Try to be kind, gentle, and understanding to the bully.
- Turn the other cheek if possible.
- Sometimes, however, the only thing you can do in a bullying situation is walk away.



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**Bullying is not the
fault of the victim!**

Attorney General Josh Shapiro

www.attorneygeneral.gov



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Make a Report to...

- Administration
- Office of Aging
- Family Members
- Private Attorney
- Police
- Office of Attorney General



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BULLYING and Older Adults REPORT ASAP: You are Not Alone!

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We can find a friend
in one another.



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