

APSTARC

Adult Protective Services Technical Assistance Resource Center

enhancing
effectiveness of
APS programs

Self Care for APS Workers

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Disclaimer

The National Adult Maltreatment Reporting System (NAMRS) and the Adult Protective Services Technical Assistance Resource Center (APS TARC) are a project of the U.S. Administration for Community Living, Administration on Aging, Department of Health and Human Services, administered by the WRMA, Inc. Contractor's findings, conclusions, and points of view do not necessarily represent U.S. Administration for Community Living, Administration on Aging, Department of Health and Human Services official policy.

About the APS TARC

The mission of the APS TARC is to enhance the effectiveness of state APS programs by:

- Supporting federal, state, and local partners' use of data and analytics,
- Applying research and evaluation to practice, and
- Encouraging the use of innovative practices and strategies.

Peer to Peer Calls

Have you ever wished that you could tap into the expertise of other APS workers, supervisors or state administrators who are struggling with the same issues and concerns that you deal with daily? The APS TARC provides Peer to Peer calls for workers, supervisors and managers/state administrators.

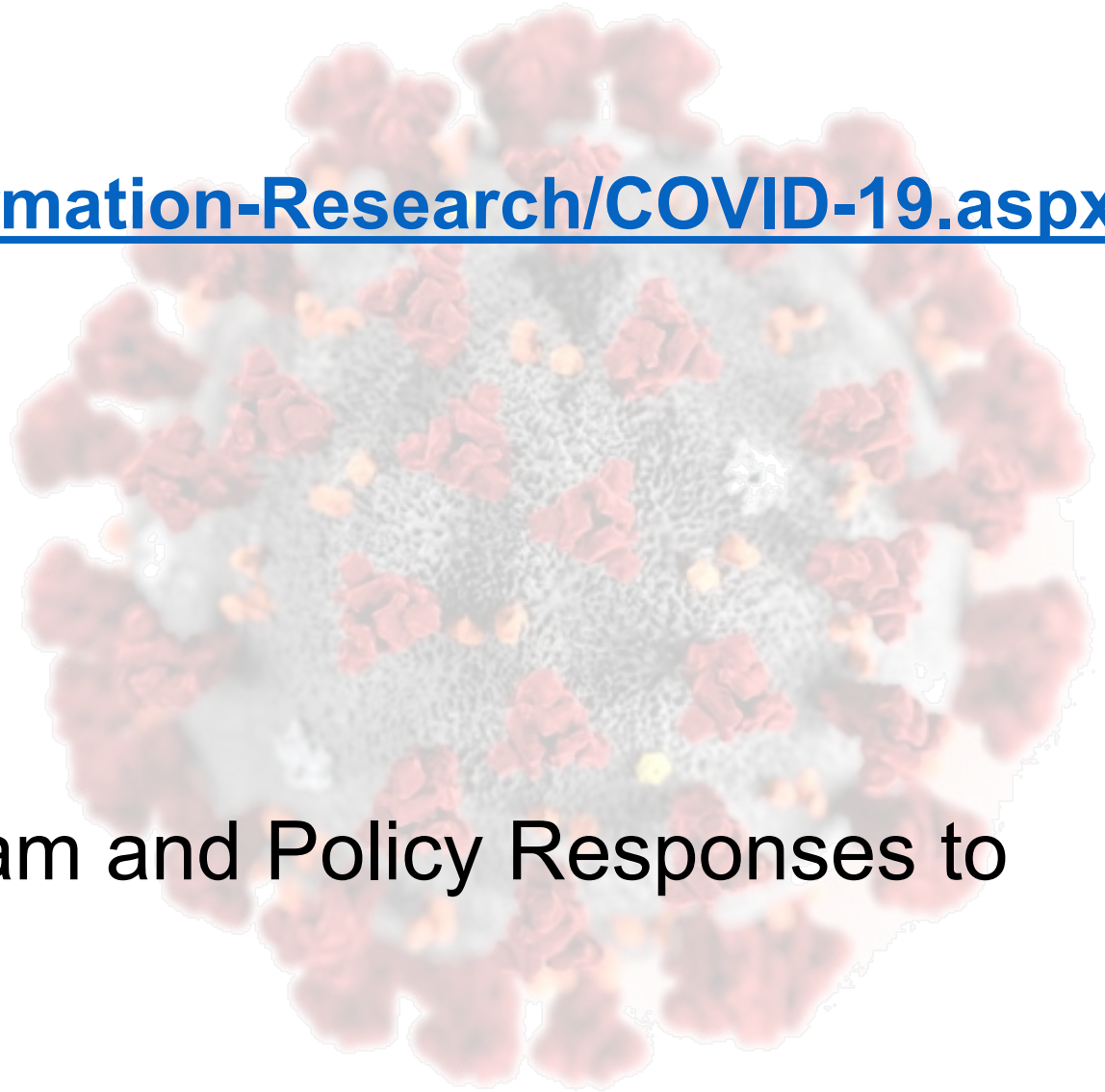
- **Workers' Call:** The 2nd Wednesday of each month
- **Supervisors' Call:** The 3rd Wednesday of each month
- **Administrators'/Managers' Call:** The 4th Wednesday of each month

Register via the link sent out at the end of each month by the APS TARC or email us in order to receive the registration link!

APS & COVID-19

<https://apstarc.acl.gov/Information-Research/COVID-19.aspx>

- Resource Information
- Federal brief addressing:
 - Personal Safety
 - Continuity of Operations
- Summary of State Program and Policy Responses to COVID-19



Housekeeping

- Handouts/Slides are available for download in the "Handouts" section of your webinar control panel. You may download them at any time.
- Please use your computer speakers to access audio for this webinar. Please make sure the speaker volume is adjusted to your desired volume.
- If you experience audio problems due to internet connection speeds or hardware issues, we recommend exiting the webinar and re-entering.

Housekeeping

- You may ask questions of our presenter at any time by typing them in the "Questions" box. We will relay as many as we can to the speaker when we pause for questions.
- This webinar is being recorded and all registrants will receive an email when the recording is made available on the APS TARC website.
- All attendees will receive an automatically generated email approximately 24 hours after the webinar ends with a link to a certificate of attendance.

Quick Attendee Poll

Which of the following do you identify the most with?

- Adult Protective Services Professional
- Other Social Services Professional
- Medical Professional
- Legal Professional
- Other

Our Speaker



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What Is Self Care?

- Any purposeful effort made by an individual to increase or boost their mental, emotional and physical health
- Self Care is what rejuvenates us when stress and anxiety takes a toll on our well being

Why Self Care?

APS workers face many stressors in the job:

- Workload
- Burdensome policies
- Time constraints
- Lack of personal time
- Challenging clients
- Complicated computer systems
- Travel
- COVID Era...

Stressors of COVID Era

- Stress of working from home/family life/childcare
- Travel
- Fear of catching Covid
- Lack of face to face with vulnerable adults
- Clients pass away
- Face masks/PPE
- Social Isolation
- Media
- Lack of resources
- Self care struggles
- Economic Insecurities
- Health Problems
- Lack of reliable information

Signs of Stress

- Headaches
- Heartburn/stomach pain
- Panic attacks
- Disruption of sleep
- Difficulty concentrating
- Withdrawal or isolation
- Fatigue
- Weight gain/loss
- Feeling overwhelmed/overloaded

Becoming More Stress Resistant

- Recognize your capabilities and limitations
- Find your “Why”
- Healthy lifestyle choices
- Develop strong connections with others

Becoming More Stress Resistant

- Laugh
- Care for others
- Accept help
- Roll with the change

Taking Care Of Yourself

- Wellness efforts
- Physical activities
- Nutrition
- Relaxation strategies
 - Mindfulness
 - Meditation

Mindfulness

- This is achieved by focusing your awareness on the present moment, acknowledging and accepting your own feelings, thoughts, and sensations in a non-judgmental manner
- Be consistent
- Don't fear failure

Mindfulness

- Guided imagery can be a useful mindful technique
- Quickly relax and allow stress to fade away
- Lots of resources
- Less physical than yoga
- Can be done anywhere

Benefits of Meditation

- Slows the heart rate
- Lowers blood pressure
- Raises levels of helpful hormones
- Decreases harmful hormones
- Boosts the immune system
- Restructures the brain
- Improves insomnia and sleep disorders
- Improves emotional and psychological health conditions
- Helps you become a kinder person

Taking Care Of Yourself Off-Duty

- Make yourself a priority
- Realistic expectations
- Pursue interests
- Don't settle for excuses
- Separate work and home
- Commit
- Accountability
- Make it fun – not work

Self Care

- Above all else, practice self care because you are deserving of a happy healthy life!
- You spend so much time caring for the welfare of others... Don't forget that you are a person with a life of your own, you are separate from your work and You Matter Too!

Contact Information

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Questions?



Contact Us

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