

HAVE A SAFETY PLAN

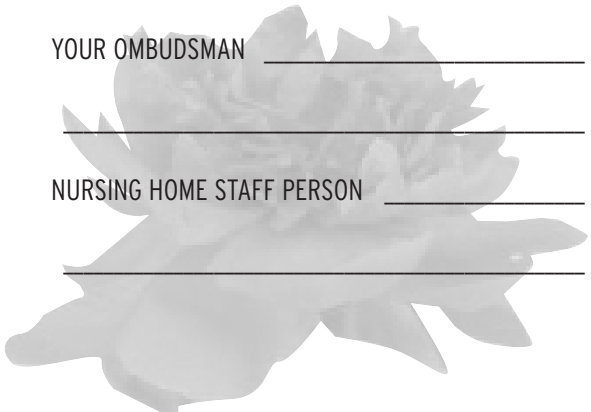
- ✿ Think about what you might say or do if someone tries to hurt you. Remember you have the right to live without fear and abuse.
- ✿ Trust your instincts. If you think something is wrong, then it probably is. If someone makes you uncomfortable, tell a trusted friend like your ombudsman.
- ✿ Look out for others as well as yourself. Talk with your roommate or another friend who lives in the nursing home, and make a plan for how to get each other help if needed.
- ✿ Insist that the management of your nursing home have adequate staff.
- ✿ Identify someone you can turn to if you feel unsafe or have been harmed. Keep their phone numbers handy.

FAMILY _____

FRIEND _____

YOUR OMBUDSMAN _____

NURSING HOME STAFF PERSON _____



Kentucky State Law requires you to report abuse including sexual assault. If you suspect that a resident is being sexually abused, you are **REQUIRED** to report it to the Department of Community Based Services. You can call your local office or the statewide toll-free number 1-800-752-6200.

Call your local law enforcement or 911 if you are in immediate danger

Call your ombudsman 1-877-787-0077

Call the Bluegrass Rape Crisis Center 1-800-656-4673

Don't worry if you are making a duplicate call or report. Reports from various sources **never hurt!** **Don't be embarrassed.** You will be believed.

Nursing home residents who are victims of sexual assault need to be believed and accepted. They need to regain control, avoid further trauma, get medical treatment regardless of injuries, make decisions, and talk with qualified counselors.



Nursing Home Ombudsman Agency
of the Bluegrass, Inc.

www.ombuddy.org



The Voice of Nursing Home Residents

Serving residents in the following counties for over 20 years.

Anderson, Bourbon, Boyle, Clark, Estill, Fayette, Franklin, Garrard, Harrison, Jessamine, Lincoln, Madison, Mercer, Nicholas, Powell, Scott, and Woodford.

The Nursing Home Ombudsman Agency of the Bluegrass
The Bluegrass Rape Crisis Center
The Junior League of Lexington

COMBATING SEXUAL ASSAULT IN NURSING HOMES



MY BODY MY RIGHTS

WHY TALK ABOUT SEXUAL ASSAULT?

BECAUSE IT HAPPENS

- ✿ The Nursing Home Ombudsman Agency of the Bluegrass investigated 4,200 complaints in one year. One in every 100 complaints involved sexual assault.
- ✿ Disabled persons are two to five times more likely to be sexually assaulted than persons of the general population.
- ✿ A national study of *Medicaid Fraud Reports* revealed that almost 10% of nursing home abuse cases involved sexual assault.
- ✿ Sexual predators know older people and people with disabilities are easy prey.
- ✿ More than half of nursing home residents have some type of dementia and are cognitively impaired making it nearly impossible for them to verbalize a report of abuse.



WHAT IS SEXUAL ASSAULT?

SEXUAL ASSAULT IS ABUSE

Sexual assault is sexual contact which occurs under the following conditions:

- ✿ A resident is threatened, manipulated or tricked into sexual contact.
- ✿ A resident is unable to consent to sexual activity.
- ✿ A nursing home worker or other service provider engages in sexual contact with a resident. This includes intrusive, and painful procedures in caring for genital or rectal area. Persons providing intimate care should not insert creams, ointments, thermometers, enemas, catheters, fingers, soap, washcloths, or objects when not medically prescribed and necessary for the health/well-being of the individual.
- ✿ A resident is physically forced into sexual contact. This includes kissing, touching, oral/genital/rectal penetration with penis, fingers or objects.

WHAT CAN YOU DO TO HELP?

RECOGNIZE THE SIGNS

- ✿ A resident tells you they have been raped, touched, molested, forced to watch "dirty" or "nasty" things. BELIEVE THE VICTIM. Fewer than 2% of all reports are false.
- ✿ Unexplained genital infections or sexually transmitted disease.
- ✿ Bleeding, bruising, injury, scarring, redness, pain and irritation of an individual's genitals, rectum, mouth, or breasts.
- ✿ A resident is fearful of a particular caregiver. The resident may seem very upset while receiving personal care.
- ✿ Physical abuse including bite marks or burns.

GET HELP

Get medical help immediately. Nursing Home residents may easily sustain soft tissue or skeletal damage. An untreated sexual assault may cause a chronic illness to worsen. A victim of sexual assault or rape can be examined for injury and disease at any hospital. Sexual Assault Nurse Examiners (SANE) serve victims at the University of Kentucky Hospital. Victims can also choose to have an evidentiary exam so that evidence can be collected for criminal prosecution of the perpetrator.

- ✿ Do not bathe, urinate, change your clothing, brush your teeth or gargle.
- ✿ Do not change bedding.
- ✿ Do not destroy any evidence at the scene of the crime. Physical evidence is useful in prosecution of the perpetrator.