The silent graying age, how can the forensic nurse give the elderly victim a voice?

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Disclosure

• “I do not have any relevant financial relationships with any commercial interests.”

• “There are some graphic pictures shown in this presentation”
Educational Objectives

1. Understand the aging process in relationship to elderly abuse
2. Describe the five senses and how knowledge of their deterioration can hinder an investigation
3. Understand how to conduct a forensic elder abuse exam
4. Define the needs to introduce elder abuse examinations into a forensic program
Population Trends in the U.S.

- U.S. Census is conducted every 10 years
- First U.S. Census was in 1790
Population Trends in the U.S.

1790

Population: 3.9 million

Naturalization Act of 1790 restricted citizenship to "any alien, being a free white person" who had been in the U.S. for two years. In effect, it left out indentured servants, slaves, and most women.

1870

Population: 38.5 million

Klu Klux Klan Act passed – allowed military force in terrorist acts
Population Trends in the U.S.

**1940**

Population: 132.2 million

Census included sample questions for the first time

**1970**

Population: 205.1 million

Average income: $49,445

Gas: $2.73/gallon

Refrigerator: $350

Average income: $1725

Gas: 11 cents/gallon

Refrigerator: $239
1940 – 2010 what trends impact today's numbers

• Cost 67.5 versus 12.4 billion
• 5.1 million farmers versus 613 thousand
• 65 questions versus 10 questions
• One in six persons who were counted in the 1940 survey was counted in the 2010 survey.
• BABY Boomers
Population Trends in the U.S.

2010
Population: 308.7 million
Average income: $49.445
Gas: $2.73/gallon
Refrigerator: $350

2016
Population: 323.17 million
Average income: $55.570
Gas: $2.55/gallon
Refrigerator: $600
Who are the baby boomers?

• Nine months after World War II ended, “the cry of the baby was heard across the land,” as historian Landon Jones later described the trend.
• More babies were born in 1946 than ever before: 3.4 million, 20 percent more than in 1945.
• In 1947, another 3.8 million babies were born
• 1952 3.9 million were born
• 1954 – 1964 more than 4 million were born every year from 1954 until 1964
• By then, there were 76.4 million “baby boomers” in the United States.
• 40 percent of the nation’s population.
What helped create the Baby Boomer generation?
V-J Day in Times Square, a photograph by Alfred Eisenstaedt, was published in Life in 1945 with the caption, "In New York's Times Square a white-clad girl clutches her purse and skirt as an uninhibited sailor plants his lips squarely on hers."

U.S. Navy photo journalist captured another view of the same scene, which was published in the New York Times the following day. Jorgensen titled his photograph Kissing the War Goodbye.
Edith Shain's claim as the nurse

- Edith Shain wrote to Eisenstaedt in the late 1970s claiming to be the woman in the picture.

- In August 1945, Shain was working at Doctor's Hospital in Manhattan, New York City as a nurse when she and a friend heard on the radio that World War II had ended.

- They went to Times Square where all the celebrating was.

- She arrived on the street from the subway, the sailor grabbed her in an embrace and kissed her. She related that at the time she thought she might as well let him kiss her since he fought for her in the war.

- 2010 she died at 91 of liver cancer

- Many claimed to be the sailor but it was never confirmed
Baby Boomers – other factors

- Decrease in maternal mortality rate

Reference - Achievements in Public Health, 1900-1999: Healthier Mothers and babies 1999 CDC
Baby Boomers – other factors

- Decrease in infant mortality rate

Reference - Achievements in Public Health, 1900-1999: Healthier Mothers and babies 1999 CDC
Baby Boomers – other factors

- Advances in the treatment of disease
- Healthier lifestyle
- When did the first heart transplant occur?

Moments in History

In December, 1967, a young woman, Denise Darvall, was walking across a street in Woodstock to buy a cake when a car struck her. She died in Groote Schuur Hospital and in doing so achieved immorality by becoming the world’s first heart donor when Christiana Neethling Barnard transferred her heart into the chest of Louis Washkansky.

Cape Town has been witness to many historic moments since the day Van Riebeeck anchored in Table Bay. Few, if any, brought more limelight to the city than the heart transplant. For the surgeon, Dr. Barnard, soon to be a household name throughout the world, “the heart is merely a pump”. But for those who equated the heart with love and death, the transplant seemed close to a miracle.

“Mr. Louis Washkansky, the 55-year-old Cape Town man whose life is being sustained today by the heart of a dead 25-year-old woman after the world’s first successful heart transplant yesterday, is conscious in Groote Schuur Hospital and in a satisfactory condition.” Monday, 4th December 1967
The age shift

• Until July 1983, teenagers outnumbered people 65+ in the US.

• It is reasonable to predict that from this time forward the number of those 65+ will continue to rise

― Eleanor Roosevelt

Beautiful young people are accidents of nature, but beautiful old people are works of art.
We are Baby Boomers!
"Baby Boomers were born to be wild and their retirement promises to be even wilder" (Reuters)
The Elderly Debate

When is a person considered to be elderly?
ELDER JUSTICE ACT of 2010

- Signed into law by President Obama on March 23, 2010, as part of the Patient Protection and Affordable Care Act.

- Provides federal resources to “prevent, detect, treat, understand, intervene in and, where appropriate, prosecute elder abuse, neglect and exploitation.” Stiegel, Lori A., March-April 2010. Vol. 31, No. 4.

- ‘Elder’ means an individual age 60 or older.


- 2013 Protecting Alabama’s Elders Act

- Mandatory reporting laws of abuse through Adult Protective Services

- Check you own states act’s: lawshttps://www.justice.gov/elderjustice/elder-justice-statutes-0#SL3
“Wrinkles merely mark where smiles have been” – Mark Twain
Which States Are the Grayest?
Percentage of the population that is aged 65 years and over, by State: 1993

14.0% or greater
13.0% to 13.9%
12.0% to 12.9%
12.0% to 12.9%
Under 12.0%
California has the highest number but Florida has the highest percentage.
People are not migrating as much.
Life expectancy in the 1900’s in the United States?

46.3 years
Stephen Crane (1871-1900) American writer poet: Red Badge Of Courage’, Died at the age of 29

48.4 years
Anne Brontë (1820-1849) British writer: Agnes Grey, Died at the age of 29
1900 Life Expectancy

• If a mother had four children, there was a 55% chance that one would die before the age of 5. Half of all young people lost a parent before they reached the age of 21.
Life expectancy in the 1946 in the United States?

64.4 years

69.4 years
Life expectancy in the 1964 in the United States?

66.9 years

73.7 years
Life expectancy in the 2000 in the United States?

76.4 years

80 years
Why do women live longer than men?

The evidence is clear....
The oldest old

• Aged 85 and over -- are the most rapidly growing elderly age group.
• Between 1960 and 1994, their numbers rose 274 %
• In contrast, the elderly population in general rose 100 % while the entire U.S. population grew only 45%.
• 1994 - The oldest old numbered 3 million, 10% of the elderly and 1% of the total population.
• 2050 expectation 19 million
• Therefore 24% of elderly Americans and 5% of all Americans.
Over 100 years of age – a centenarian


Cambodian former Prime Minister Chau Sen Cocsal Chhum lived to be 103.

- less than 100 globally
- Supercentenarian is a person who has lived to the age of 110 or more, about 1 in 1,000.
- Even rarer is a person who has lived to age 115—there are only 42 people in recorded history
- There has only been one known case of a person of 120 years
- 1/3 of babies born in 2013 in the UK are expected to live to 100.
- 53,364 Centenarian’s - 2010 US Census

Births rates slow, P&G Turns to Adult Diapers

Diverging Trend
Percentage change in U.S. sales from 2009 to 2013

- Adult incontinence products: +20% ($1.4B)
- Baby diapers: -8% ($4.8B)

Source: IRI
The Wall Street Journal
What is the life expectancy by 2030

**Women**
- **Top countries**
  - South Korea: 90.82
  - Spain: 88.07
  - Portugal: 87.52
  - Slovenia: 87.42
  - Switzerland: 87.70
- **Bottom countries**
  - Hungary: 81.74
  - Bulgaria: 78.87
  - Macedonia: 77.83
  - Mexico: 76.47
  - Serbia: 78.27

**Men**
- **Top countries**
  - Switzerland: 83.95
  - Netherlands: 83.69
  - South Korea: 84.07
  - Australia: 84.00
  - Denmark: 82.53
- **Bottom countries**
  - Mexico: 76.15
  - Macedonia: 74.65
  - Romania: 74.21
  - Bulgaria: 74.07
  - Serbia: 73.37

Source: The Lancet, 2017
In Europe, French women and Swiss women are predicted to have the highest life expectancy, averages of 88.6 and 84 years respectively. 

Lowest life expectancy at birth is likely to be in the US, with an average of 83.3 years for women and 79 years. 

Similar to Croatia and Mexico 

First time dropped in US in 22 years 

High you and middle age mortality (40-50) 

South Korea ranked highest, due to diet and health care
Who’s the safer driver the teenager or the elderly individual?

- The Pew Research Center says that 10,000 baby boomers will turn 65 every day for the next 18 years.
- 2030, they’ll represent almost one in five drivers.
- Some experts call that trend the silver tsunami.
Dangerous curves: Plotting the problem

The youngest and oldest drivers have much higher rates of highway crashes and deaths than any other age group, according to 2008 government mileage data, the latest available. Drivers ages 16 and 17 are involved in more crashes, and fatality rates rise steeply for those older than 65, with drivers older than 80 being most vulnerable.

Graying of America

20th century first since recorded history in which a generation can anticipate ‘old age.’

When the Japanese mend Broken Objects, they fill them in with gold. They believe that when something’s suffered damage and has a history, it becomes more beautiful. It’s time we rethink our philosophy on aging.

Zen to Zany
Ageism

- Prejudice or discrimination on the basis of a person's age
- Commercial advertisements depict seniors as out of date, and lacking knowledge about modern culture and new technologies.
  - Robs seniors of:
    - Choice
    - Independence
    - Dignity
  - Negatively impacts their quality of life.
Perception of The Elderly

• Health
• Financial
• Social interaction
• Cognitive status
• Living situation
• Physical abilities
• Physical relationships
93 year old nurse retires

- 93-year-old Alice Graber recently retired after serving as a nurse for over 70 years.

- Not only was Graber the oldest nurse at the nursing home where she worked, but she was also the oldest nurse in South Dakota.

- After celebrating her retirement from Salem Mennonite Home where she worked for 20 years, Graber began using her free time volunteering at the nursing home.
Elder Abuse
Elder Abuse

- Delayed reporting of abusive staff from facilities
- Low prosecution rates
- Only 11% of patients reporting assault received a medical evaluation
Know how the elderly senses work in order to provide the best care to an elderly abuse victim
Hearing

- Hearing loss can begin naturally as early as 20 years of age
- The ability to hear high frequencies is lost first
- 70% of seniors go without treatment – 2015 Medicare Hearing Aid Act
- Affects of 2 million over 70
- If unsure hearing loss is present, ASK FIRST, do they have hearing aides in/batteries
- REMEMBER - All older adults are not hard of hearing.
- Elders may be more sensitive to very loud speech
- Inability to hear speech at normal volume
  - Increase volume slightly, but not pitch
  - Speak slowly and distinctly
- Inability to track the source of sound may exist
Hearing

- Eliminate background noise, radio/TV
- Face the person, to allow lip reading
- Check for wax build up in ear or device
- Use the written word if necessary
- May not know where the offender came from as did not hear or what threats were made to them
- Neural Activity decreases with hearing loss, which reduces grey matter volume
- Document last hearing test
The ear and balance

- Difficulty maintaining balance
  - Fluid changes within Eustachian tubes
  - Neurological changes
  - Muscle weakness and slower response
- Is this common or abuse?
Vision

• Can begin around age 40 years of age - Presbyopia
• Lenses begin to cloud
• Depth and perception of distance diminishes
• Peripheral vision decreases around age 45 and worsens around 65.
• Some lenses yellow in color
• Vision deficiencies
  • 75% of elder women
  • 50% of elder men
Cues to observe for related to vision changes

- Squinting
- Shielding eyes
- Misreading documents or signs
- Turning away from light sources
- Hesitation when crossing the street
- Moving reading materials different distances from eyes
- Hesitance when entering a low light environment
- Constant turning of head to view objects at edge of visual field
- Difficulty distinguishing colors
Illness/Disorders that can impair vision in the elderly

• Hypertension
• Stroke
• Diabetes
Cataracts – opaque lens causing blurred vision
Retinopathy – damage to the retina due to Diabetes
Glaucoma – damage to the optic nerve from pressure build up

- 2nd leading cause of blindness
- Initially loose peripheral vision
- No cure
Age Related Macular Degeneration

- Affects people over 50
- 45 million WHO
- Twice as high in men
- Smoking
Effects of Aging on Vision

Reduced pupil size.
• As we age, muscles that control our pupil size and reaction to light lose some strength. This causes the pupil to become smaller and less responsive to changes in ambient lighting.
• Because of these changes, people in their 60s need three times more ambient light for comfortable reading than those in their 20s.
• Seniors are more likely to be dazzled by bright sunlight and glare when emerging from a dimly lit building such as a movie theater.

Dry eyes.
• As we age, our bodies produce fewer tears. This is particularly true for women after menopause
Can cause burning sensation, stinging, or other eye discomfort
Loss of peripheral vision.

- Aging also causes a normal loss of peripheral vision, with the size of our visual field decreasing by approximately one to three degrees per decade of life.
- By the 70s and 80s, you may have a peripheral visual field loss of 20 to 30 degrees.
- Loss of visual field increases the risk for automobile accidents.
Effects of Aging on Vision

Decreased color vision.
• Cells in the retina that are responsible for normal color vision decline in sensitivity as we age, causing colors to become less bright and the contrast between different colors to be less noticeable.
• Blue colors may appear faded or "washed out."

Vitreous detachment.
• As we age, the gel-like vitreous inside the eye begins to liquefy and pull away from the retina, causing spots and floaters and (sometimes) flashes of light.
• Harmless condition
• But floaters and flashes of light can also signal the beginning of a detached retina
Communicating and Interviewing with the Visual Impaired

- For written materials - **Use large letters**
- Use uncomplicated layouts
- Avoid colors from the blue end of the spectrum
- Allow time for light adjustment
- Increase light levels without glare
- When asking estimates of distance, use concrete examples such as car lengths rather than inches, feet, yards, etc.
Communicating and Interviewing with the Visual Impaired

• Ensure patient has their visual device
• Are they clean
• Document last eye test
• Maintain the same position throughout the course of the interview
• Move only when necessary
• Continue verbal communication as you move your location so you can be identified
• Have patient describe what they see with their eye conditions
• Position yourself in their direct line of vision when speaking to them
• Avoid pacing back and forth
• Ensure that seating is arranged to face the speaker
Taste

• Taste helps all of us recognize when food is good or bad.

• When an elderly person loses taste, it can cause a loss of appetite, weight loss, poor nutrition, weakened immunity, and even death.

• Normal taste occurs when molecules released by chewing or the digestion of food stimulate special sensory cells in the mouth and throat. These taste cells, or gustatory cells, send messages through three specialized taste nerves to the brain, where specific tastes are identified. Damage to these nerves following head injury can lead to taste loss.

• The taste cells are clustered within the taste buds of the tongue and roof of the mouth, and along the lining of the throat.

• At birth, we have about 10,000 taste buds scattered on the back, side, and tip of the tongue.

• After age 50, we may start to lose taste buds.

• We can experience five basic taste sensations: sweet, sour, bitter, salty, and umami, or savory.

• The five taste qualities combine with other oral sensations, such as texture, spiciness, temperature, and aroma to produce what is commonly referred to as Flavor

• Flavor lets us know whether we are eating an apple or a pear.
Taste

- Eating may no longer be a positive or pleasurable experience
- Denture Issues, document last dentist visit
- Decreased thirst
- Common cause of dehydration and mineral deficits
- Smaller portions and slower digestion
- Concerns for incontinence
Dehydration

• Signs of dehydration in elderly may include:
  • Confusion.
  • Difficulty walking.
  • Dizziness or headaches.
  • Dry mouth.
  • Sunken eyes.
  • Inability to sweat or produce tears.
  • Rapid heart rate.
  • Low blood pressure.

• Improper nutrition and hydration may cause a severe sensory decline

• Elderly are more readily susceptible to effects of dehydration - confusion
• 24.5% (15 million) of Americans 55 years old or older have a problem with their sense of smell.
• 30% Americans between the ages of 70 and 80 have a problem with their sense of smell.
• 1/3 of people over 80 have a problem with their sense of smell.
• Women of all ages are generally better at detecting odors than men.
• Smell that declines with age is called presbyosmia and is not preventable.
• Smell links to taste
• Noted changes in olfactory sense may provide subtle or significant indicators of ability to care for oneself
Smell

• Subtle Indicators:
  • Too much perfume
  • Strong aromas in home

• Significant Indicators:
  • Body odor
  • Urine smell
  • Household garbage/conditions
  • Self neglect
  • Abuse neglect
Touch

• In later life, the sense of touch may become less sensitive.
• First, the outer skin (or epidermis) takes a beating. After all, it’s the first line of defense against disease, contaminants, harmful rays from the sun, wind, heat and cold.
• Elastin and collagen found in the dermis begin to deteriorate. These two substances give the skin its elasticity and softness.
• Skin becomes dryer, thinner, less elastic and less supple, sometimes reducing an older person’s sensitivity to certain pressure and vibrations.
• Change in temperature sensitivity
• A diminished sense of touch may put older individuals at an increased risk of sustaining serious injuries, such as pressure sores, skin ulcers, heat stroke, burns and hypothermia.
Touch

- A simple touch can convey caring and security.
- In some cultures, touch is considered intrusive.
- If helping a person into a chair, ask permission first.
  - Then use a light touch.
Brain & Central Nervous System

• Without illness, a person can expect high mental competence well past age 80
• Physical reactions are slowed due to increased “lag” time of neurons transmitting information
• Unfamiliar or high stress activities cause an older person to perform more slowly
• Older adults may experience some inability to remember, especially recent events
• Most adults experience some memory loss as they grow older
  • Only 10 – 15% of adults over 60 have severe memory problems
• Intellectual functioning defined as “stored memory” increases with age
• Problem solving skills improve with age
• Older people are able to learn very well
• How to help:
  • Allow time
  • Minimize distractions
  • Use it or lose it!
Changes in Language & Speech

• Normal aging process related to neurological changes can result in slowness in thinking for some

• May experience difficulty in finding the right word for things (expressive aphasia)

• May no longer be able to identify objects
Dementia

- a chronic or persistent disorder of the mental processes caused by brain disease or injury and marked by memory disorders, personality changes, and impaired reasoning
10 EARLY SIGNS & SYMPTOMS OF DEMENTIA

1. Subtle short-term memory loss
2. Difficulty communicating thoughts
3. Rapid agitation and mood swings
4. Disregard for grooming and personal hygiene
5. Difficulty identifying humor
6. Frequent falling and tripping
7. Lapse in judgment
8. Misplacing things
9. Lack of initiative or apathy
10. Getting confused often

Dementia is not a disease, rather it is a collection of many symptoms that suggest the presence of a brain disorder.

To explore more, visit Top10HomeRemedies.com
Alzheimer's

- Symptoms of Alzheimer's, including early-onset Alzheimer's, include problems with memory, judgment, and thinking. Memory loss and dementia will progress as the stages of Alzheimer's advance. Symptoms can be treated with medication, but there is no cure.
Woody Geist, 81
Rochester, Michigan
Diagnosed 14 years ago
Muscular Atrophy

- Muscles tend to lose their tone and strength
- Increases difficulty in performing daily functions
- Atrophy is compounded by sedentary lifestyle and poor dietary intake of protein
Bones, Tendons, & Ligaments

- 30 years - gradual loss of bone mass (bone resorption > bone formation) Decreased water content in cartilage
- faster in women than men
- Increases the likelihood of fracture when experiencing a fall
Arthritis

• The most common chronic condition that causes limited activity in those over 65

• Makes joints stiff and extremely painful when moved
Interview and professional visits

• Don’t talk past the senior patient to an adult child as if the senior wasn’t even in the room.

• Ask questions without caregiver in the room

• Observe interactions between the alleged victim and the caregiver.
  • Especially when you reunite them.
  • Do they answer for them

• Avoid generalizations

• Conduct individual evaluations or assessments

• Do not rely on age alone as most prominent determining factor of expectations
Interview and professional visits

- Elderly victims can sometimes take a very long time to tell their story.
  - Important to keep them focused and to answer the specific questions.
- Ask for clarification when needed.
- If you see signs of abuse the victim is not talking about, ask questions, such as “did someone do this to you?” and watch their eyes.
- Address the patient by name.
- Smile and relax.
  - Dementia patients are especially sensitive to feelings.
  - If the patient becomes agitated, distract them to move attention to something else.
- Acknowledge feelings
Interview and professional visits

• Elder abuse victim may be:
  • Traumatized by the abuse.
  • Ambivalent about acknowledging the abuse.
  • Confused about what has happened.

• Communicating with persons suffering from dementia
  • Give the person with dementia ample time to respond.
  • Repeat questions as needed, using simple and concrete words.
  • Remember that what has been asked may take longer to be understood.
  • Give simple directions, one step at a time.
  • Relax and be yourself. Your degree of calmness is quickly sensed, just as any anxiety will be sensed.
Case Studies
73 year old states she was raped in Department Store by the man that changes her
84 Year Old Female
60 Year old with mild MR
Cultural perception
Cultural perception
Questions....

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