



Abstract Example (Paper/Poster)

Intimate partner violence of mid-life and older women in rural areas

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Mistreatment of mid-life and older adults - physical abuse, psychological, emotional, or mental abuse, material or financial exploitation, active neglect, passive neglect, violation of civil rights - is of growing national and international concern. This study examines intimate partner violence (IPV) from the perspectives of those who provide service and of Appalachian women over 50 years of age. Three focus groups (N=34) were conducted in three rural areas of Eastern Kentucky with Adult Protective Services (APS) staff, local law-enforcement, Area Agency on Aging personnel, domestic violence staff, shelter representatives, and health care workers. Participants were asked questions regarding their training to handle cases, patterns of violence for victims and perpetrators, rural/urban differences, case outcomes, service provided and service gaps. In-depth interviews were also conducted with six mid-life and older women who experienced violence were conducted and included questions concerning patterns of violence, case outcomes, and services provided. After the study, researchers returned to the focus group sites to present and discuss the findings, which included a lack of resources available to mid-life and older women, a lack of training for professional staff on unique issues of this age group, and a lack of community support for the women. Implications for service provision and sensitivity training development will be discussed. In this presentation we are highlighting the voice of the older women and challenging the aging services community to find ways to better serve older women at risk for IPV.

Abstracts must also include specific learning objectives. These will be entered after submitting the title of the abstract and abstract itself.

Learning Objectives (examples):

- Attendees will be able to describe the national and state-level rates of intimate partner violence.
- Attendees will be able to identify risk factors for intimate partner violence among older women.
- Attendees will be able to find resources appropriate for older woman

Abstract Example (Mini-Workshop)

Laugh Your Way to Wellness and Engagement with LaughActive

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Despite health benefits of physical activity and risks of physical inactivity, many older adults do not accumulate sufficient levels of physical activity to achieve associated health benefits. If your organization facilitates exercise programming for older adults, you know what a challenge it can be to engage this demographic in exercise programming. Can you imagine what it would look, sound, and feel like if more elders in your community were actually eager to exercise? Imagine seeing older adults genuinely smiling while exercising; hear their joyful cheers as they clap, laugh and play their way to better health and deeper connections. If you want to put the fun in functional fitness for older adults and unlock lasting engagement in exercise programming, laughter is the key. Laughter enhances exercise enjoyment and social connection beyond a typical exercise class. Plus, it's loaded with health benefits! LaughActive is a moderate-intensity strength, endurance, balance and flexibility program that also incorporates playful laughter exercises. The LaughActive program is easily adaptable for varying levels of physical and cognitive functioning and does not require a sense of humor. LaughActive was found to improve mental health (SF-36v2[®]), aerobic endurance (SFT), and self-efficacy for exercise (OEE) in a study of assisted living residents. In this interactive workshop you will experience simple, effective and scientifically validated strategies for improving older adult's health, happiness, and self-efficacy for exercise. Come ready to play and leave feeling joyful, energized and inspired with practical tools that you can begin using immediately.

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Learning Objectives (examples)

- Attendees will examine the impact of engaging wellness programming on organizational effectiveness and success.
- Attendees will gain an understanding of national physical activity guidelines and recognize the importance of implementing comprehensive exercise programming that includes strength, balance, endurance, and flexibility.
- Attendees will learn strategies to overcome barriers to physical activity participation among older adults.
- Attendees will experience an innovative exercise program for older adults that purposefully intersperses laughter exercises within a dedicated strength, balance, flexibility, and endurance program.