

Senior Bullying

It Doesn't End on the Playground

Bullying is defined as an intentional and repetitive behavior involving an imbalance of power or strength (Hazeldon Foundation, 2008). It has been recognized for years as a problem among school children but recently bullying among residents has been occurring in senior facilities and daycares. Research indicates that between 10%-20% of residents have experienced some form of bullying from their peers (Bonifas 2011). It looks surprisingly similar to the bullying among children. Not surprising, is that it causes considerable emotional distress for not only the targets, but for the other residents and staff. It needs to be addressed because everyone has the right to feel safe and secure where they live, especially in their golden years.

In this seminar the participant will learn:

1. The Definition Bullying
2. The Types of Bullying Behavior
3. The Impact on the Target
4. Other Problematic Behaviors
5. The Impact on the other Residents and Staff
6. The Individuals who Bully
7. The Individuals who are Bullied/Passive/Provocative
8. What happens if the Bullying is not addressed
9. Possible Solutions
10. Organizational Component
11. Potential Individual Level Interventions for Bully
12. Potential Individual Level Interventions for Target
13. Impact on Organizations

During this seminar there will be interactive activities among participants in problem solving for various types of bullying behaviors. A packet of activities will be provided for participants to implement with seniors to promote a pro-social and caring environment among residents. A pre-questionnaire will also be included to be given to residents to determine the types of bullying behavior they have witnessed and experienced and a post-questionnaire to see if these issues have improved following suggestions and activities offered in this seminar.

Whether it be on the playground with children, in the workplace for employees, or senior facilities, we need to address bullying behavior and end it. The golden years should be polished with respect and dignity not tarnished with fear and sadness.