

Resident to Resident Aggression (RRA)

Have you seen any of your residents threaten or fight with other residents, or say or do something that upsets other residents?



These negative, often aggressive, interactions are a common problem in long-term care facilities, and it is called “Resident to Resident Aggression,” also known as RRA.

Even though this is a very serious issue, there are things you can do to help make it a safer and more peaceful home for everyone.

This month’s newsletter explores Resident to Resident Aggression, including examples, common risk factors, and what you can do to help prevent and reduce it from happening.

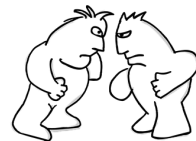
Impact on Residents

- Loneliness
- Depression
- Anxiety
- Decline in abilities
- Injuries (fractures, cuts, falls, etc.)
- Decreased quality of life

Examples

1. Yelling at, arguing with, or accusing other residents of doing something unpleasant
2. Going into another resident’s personal space without an invitation or not respecting another resident’s privacy
3. Destroying someone else’s property
4. Verbal threats or harassment
5. Unwanted sexual attention, intentional nudity in front of others

Risk Factors



These risk factors may increase the chances a resident will act aggressively towards others...

Resident traits:

- ⇒ Mental health or cognitive issues
- ⇒ Acting in ways that upset others

Note: Even when residents have cognitive impairments or mental health issues that affect the choices they make and the way they act, all residents have the right to live peacefully and be protected from harm.

Facility traits:

- ⇒ Not enough staff
- ⇒ Lack of staff training
- ⇒ High number of residents with dementia
- ⇒ Crowded common areas
- ⇒ Too much noise
- ⇒ Lack of meaningful activities/engagement

How to Prevent and Reduce Resident to Resident Aggression (RRA)

Certain factors may have an impact on how residents act. The following tips can help reduce conflicts between residents within your facility:

Nursing home environment:

- ⇒ Reduce noise and clutter
- ⇒ Decrease areas that are overcrowded
- ⇒ Allow space for residents to move about safely
- ⇒ Make lighting and room temperatures comfortable for residents

Caring for residents:

- ⇒ Make sure residents are being properly supervised
- ⇒ Request staff training to learn more about RRA
- ⇒ Learn which of your residents are at risk for RRA
- ⇒ Reduce resident pain, boredom, loneliness, etc.
- ⇒ Keep residents engaged in meaningful activities

Helpful Resources

The National Center on Elder Abuse (NCEA) Resident-to-Resident Aggression in Long-Term Care Settings—for more information, visit:

<https://ncea.acl.gov/NCEA/media/Publication/RR-Aggression-Research-Brief.pdf>



The National Long-Term Care Ombudsman Resource Center—for more information on resident-to-resident aggression, visit:

https://ltcombudsman.org/uploads/files/issues/TA_Brief-LTCO_and_RRA-FINAL.pdf



To Report Abuse, Neglect, or Exploitation

Of a nursing home resident by a staff member:
Call State of Michigan LARA: (800) 882-6006

Of an older adult living at home, in assisted living, adult foster care, home for the aged, or a nursing home, by anyone who is *not* a staff member:

Call **Adult Protective Services: (855) 444-3911**

If you think a crime has occurred: Call your local police/sheriff department (and LARA)—If the danger is immediate, call 911

Thanks for all you do!!



For More Information

Long Term Care Ombudsman: (517) 394-3027

Tri-County Office on Aging: (800) 405-9141

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