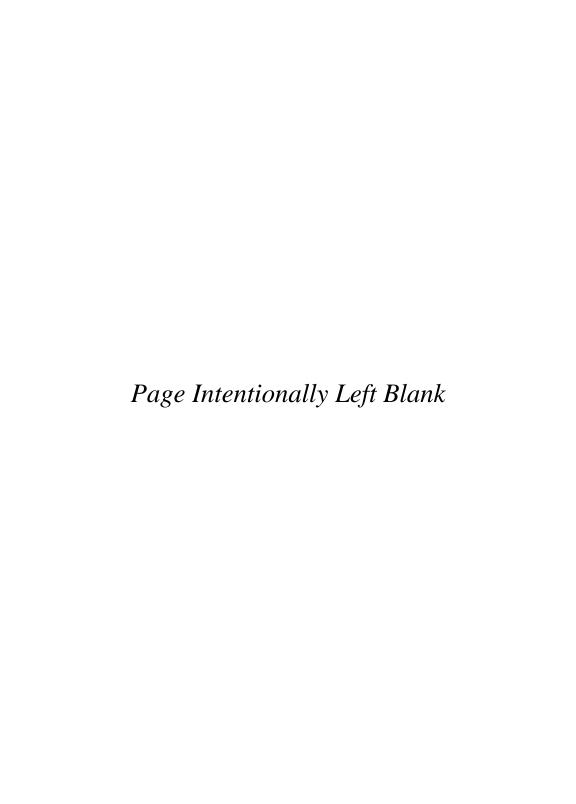
# DOMESTIC ABUSE **ACROSS** the LIFESPAN

The Role of Occupational Therapy

Christine A. Helfrich, PhD, OTR/L

# Domestic Abuse Across the Lifespan: The Role of Occupational Therapy

Domestic Abuse Across the Lifespan: The Role of Occupational Therapy has been co-published simultaneously as Occupational Therapy in Mental Health, Volume 16, Numbers 3/4 2001.



## Domestic Abuse Across the Lifespan: The Role of Occupational Therapy

Christine A. Helfrich, PhD, OTR/L Editor

Domestic Abuse Across the Lifespan: The Role of Occupational Therapy has been co-published simultaneously as Occupational Therapy in Mental Health, Volume 16, Numbers 3/4 2001.



## Domestic Abuse Across the Lifespan: The Role of Occupational Therapy has been co-published simultaneously as Occupational Therapy in Mental Health $^{\text{TM}}$ , Volume 16, Numbers 3/4 2001.

© 2001 by The Haworth Press, Inc. All rights reserved. No part of this work may be reproduced or utilized in any form or by any means, electronic or mechanical, including photocopying, microfilm and recording, or by any information storage and retrieval system, without permission in writing from the publisher.

The development, preparation, and publication of this work has been undertaken with great care. However, the publisher, employees, editors, and agents of The Haworth Press and all imprints of The Haworth Press, Inc., including The Haworth Medical Press® and Pharmaceutical Products Press®, are not responsible for any errors contained herein or for consequences that may ensue from use of materials or information contained in this work. Opinions expressed by the author(s) are not necessarily those of The Haworth Press, Inc.

#### First published by:

The Haworth Press, Inc., 10 Alice Street, Binghamton, NY 13904-1580 USA

This edition published 2012 by Routledge:

Routledge Routledge

Taylor & Francis Group
711 Third Avenue
New York, NY 10017
Taylor & Francis Group
2 Park Square, Milton Park
Abingdon, Oxon OX14 4RN

Cover design by Thomas J. Mayshock Jr.

#### Library of Congress Cataloging-in-Publication Data

Domestic abuse across the lifespan: the role of occupational therapy / Christine A. Helfrich, editor.

p. cm.

"--co-published simultaneously as Occupational therapy in mental health, volume 16, numbers 3/4 2001".

Includes bibliographical references and index.

ISBN 0-7890-1384-3 (alk. paper)-ISBN 0-7890-1385-1 (alk. paper)

1. Family violence-Prevention. 2. Occupational therapy. 3. Wife abuse-Prevention. I. Helfrich, Christine A.

RC569.5.F3 .D647 2001

616.85'822'06515-dc21

2001039148

### Domestic Abuse Across the Lifespan: The Role of Occupational Therapy

#### **CONTENTS**

About the Contributors	xiii
Introduction: Domestic Abuse Across the Lifespan: The Role of Occupational Therapy Christine A. Helfrich, PhD, OTR/L	1
PART I	
Domestic Abuse Across the Lifespan: Definitions, Identification and Risk Factors for Occupational Therapists  Christine A. Helfrich, PhD, OTR/L  Mary Jean Lafata, MS, OTR/L  Shannon LaEace MacDonald, OTR/L  Ann Aviles, OTR/L  Lara Collins, OTR/L	5
Knowledge and Attitudes of Occupational Therapy Practitioners Regarding Wife Abuse Jennifer L. Johnston, MS, OTR/L Ralph Adams, MS, OTR/L Christine A. Helfrich, PhD, OTR/L	35
PART II	
Occupational Therapy's Role with Victims of Domestic Violence: Assessment and Intervention Christine A. Helfrich, PhD, OTR/L Ann Aviles, OTR/L	53

Assessing Needs and Developing Interventions with New Populations: A Community Process of Collaboration Deborah Walens, MHPE, OTR/L Christine A. Helfrich, PhD, OTR/L Ann Aviles, OTR/L Lisa Horita, OTR/L	71
Occupational Therapy and Victim Advocacy:  Making the Connection  Mark Koch, OTR/L	97
PART III	
Shaken Baby Syndrome: Assessment and Treatment in Occupational Therapy  Shannon LaEace MacDonald, OTR/L  Christine A. Helfrich, PhD, OTR/L	111
Child Witnesses of Domestic Violence: A Case Study Using the OT PAL  Jonathan Nave, OTS  Christine A. Helfrich, PhD, OTR/L  Ann Aviles, OTR/L	127
The Occupational Therapy Elder Abuse Checklist  Mary Jean Lafata, MS, OTR/L  Christine A. Helfrich, PhD, OTR/L	141
Index	163

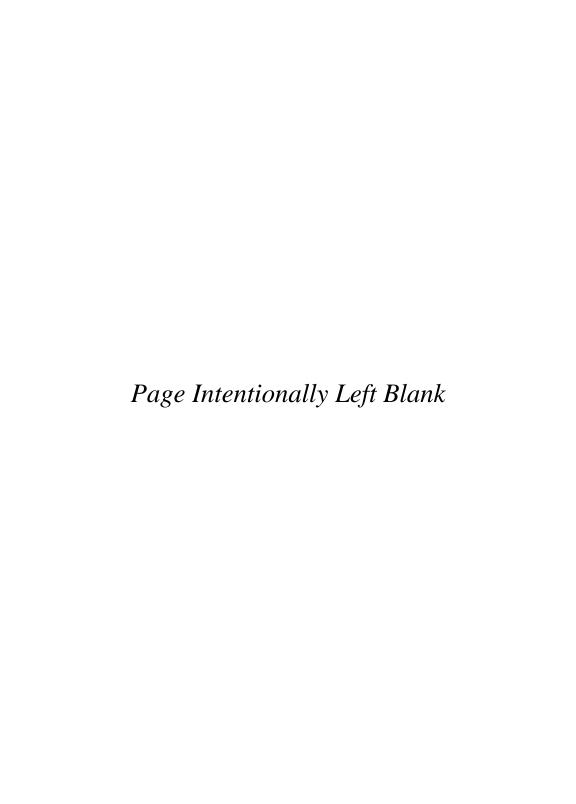
#### ABOUT THE EDITOR

**Dr. Christine A. Helfrich, PhD, OTR/L,** is currently Assistant Professor in the Department of Occupational Therapy at the University of Illinois at Chicago (UIC). Her scholarly interest is in psychosocial service provision, management, and consultation. She has taught in the areas of mental health, community practice, therapeutic use of self, culture and rehabilitation and disability in the urban environment.

Her current appointments include: Faculty Advisor in the Gender and Women's Studies Program at UIC; Editorial Board Member of the Occupational Therapy Journal of Research; member of the Faculty Advisory Committee for the Research Information Network on Women and Girls in Illinois; member of the Domestic Violence Coordinating Council of the Circuit Court of Cook County; Faculty Member, Collaborator and Advisory Board Member of the Mental Health Partnerships Project of the American Occupational Therapy Association; and Co-Chair of the Mental Health Special Interest Section of the Illinois Occupational Therapy Association.

Dr. Helfrich holds baccalaureate degrees in both Spanish and occupational therapy from Cleveland State University and a Master's of Science degree in occupational therapy from UIC. Her doctoral degree from UIC is in Public Health Community Health Science.

Dr. Helfrich has worked in mental health as both a clinician and as a consultant. Her interest in domestic violence as an issue for occupational therapy originated in her doctoral dissertation, and ethnographic study of homeless, abused women. She is currently the Principle Investigator on a field-initiated grant from the National Institute on Disability and Rehabilitation Research that seeks to explore the relationship between domestic violence and disability.



#### ABOUT THE CONTRIBUTORS

Ralph Adams, MS, OTR/L, is currently working in mental health practice at Portage Craigan Mental Health Center and is on the faculty at North Park College in Illinois. He has extensive experience in community mental health and academia.

Ann Aviles, OTR/L, received a Bachelor of Science in Occupational Therapy from the University of Illinois at Chicago, in 1998. She is currently a post-professional master's degree student in occupational therapy at UIC. She is working as a research assistant for Dr. Christine Helfrich. She is currently employed as a contingent staff therapist at Lutheran General Hospital working with the adult neurological rehabiliation population. She is also an adjunct faculty member at the University of Illinois at Chicago, Department of Occupational Therapy, teaching in the area of psychosocial occupational therapy intervention. Her interest in domestic violence centers on the family dynamics that result in adolescents becoming homeless and its effects on their ability to function.

Lara Collins, OTR/L, received a Bachelor of Science in Occupational Therapy from Wayne State University, College of Pharmacy and Allied Health, in 1993. She is currently a post-professional master's degree student in occupational therapy at the University of Illinois at Chicago. She is employed as a research assistant for Dr. Christine Helfrich at UIC. Prior to returning to graduate school, she was working full-time as a staff therapist in a pediatric outpatient setting. Her interest in domestic violence centers around its effects on children and family functioning.

Lisa Horita, OTR/L, received a Bachelor of Science in Occupational Therapy from the University of Illinois at Chicago, in 1998. She is currently working in adult rehabilitation. As a student, Lisa completed one of her fieldworks working with children who have witnessed domestic violence.

Jennifer L. Johnston, MS, OTR/L, received a Bachelor of Arts degree in Economics from DePauw University in Greencastle, Indiana and later earned a Master of Science in Occupational Therapy from Rush University in Chicago, Illinois. She is currently employed part-time as a pediatric occupational therapist at Therapeutic InterActions in LaGrange, Illinois, working with children with developmental delays due to problems such as sensory integrative disorder, cerebral palsy, autistic spectrum disorders, and Down Syndrome.

Mark Koch, OTR/L, received a Bachelor of Science in Occupational Therapy from the University of Missouri-Columbia in 1995. He is Program Director of the Coalition Against Rape and Domestic Violence (CARDV) in Fulton, Missouri, and a contract trainer for the Missouri Coalition Against Domestic Violence (MCADV). He has worked as an OT in forensic mental health, early childhood/school-based practice, and home health care. He is a member of the Network for Lesbian, Gay and Bisexual Concerns in Occupational Therapy and serves on the Board of Directors of the Missouri Victim Assistance Network (MoVA).

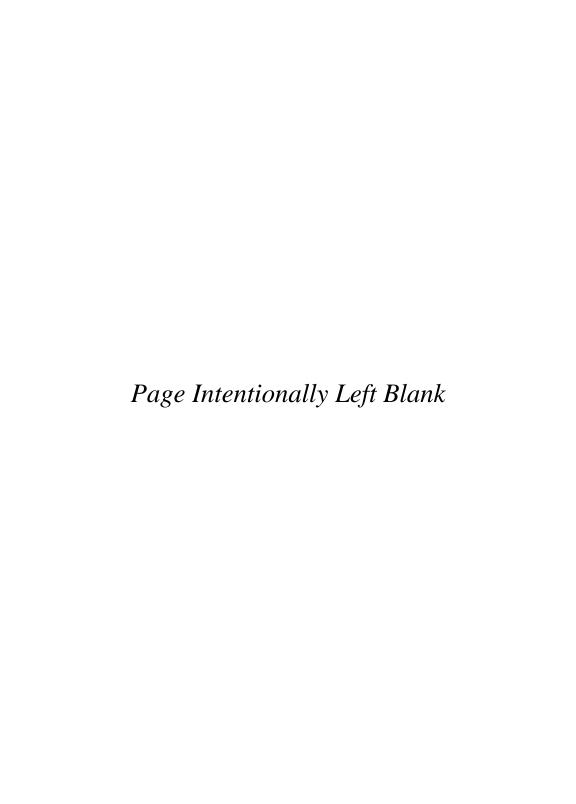
Shannon LaEace MacDonald, OTR/L, received a Bachelor of Science degree in Occupational Therapy at Xavier University in Cincinnati, Ohio. She is currently a graduate student at the University of Illinois at Chicago pursuing her master's degree in occupational therapy. She is employed at the Rehabilitation Institute of Chicago treating patients who have experienced neurological insults, burns, and cancer.

Mary Jean Lafata, OTR/L, received her Bachelor and Masters of Science degrees in Occupational Therapy from the University of Illinois at Chicago, with a minor in Women's Studies. Mary Jean has over a decade of experience in geriatrics and home health. Currently she is the director of a rehabilitation department in a long-term care facility for older adults. Her work with older adults raised her awareness of the prevalence of elder abuse, prompting her to focus her graduate studies on the development of the Occupational Therapy Elder Abuse Checklist.

**Jonathan Nave, OTS,** received a Bachelor of Arts with a double major in Biology and Chemistry and a minor in Global Studies from Drury College in Springfield, Missouri. He is currently a student at the University of Illinois at Chicago, seeking a master's degree in occupa-

tional therapy. Upon graduation, Jonathan intends to practice in pediatrics and early intervention in a community setting. He has a strong interest in seeing domestic violence end. He is also interested in the long-term effects of witnessing domestic violence and how occupational therapy intervention influences their outcomes.

Deborah Walens, MHPE, OTR/L, received her Masters in Health Professions Education from the University of Illinois at Chicago. She is currently Clinical Assistant Professor and Academic Fieldwork Coordinator at the University of Illinois at Chicago. She also works in two community agencies supervising level I and II fieldwork students in the areas of psychosocial rehabilitation and older adults. She is a Fellow of the American Occupational Therapy Association and chaired the AOTA-SIS Mental Health Education Task Force from 1992-94. Her interest in domestic abuse centers on the abuse of older adults and the education of occupational therapy students to work in settings that provide services to victims of abuse.



# Introduction: Domestic Abuse Across the Lifespan: The Role of Occupational Therapy

This volume, *Domestic Abuse Across the Lifespan: The Role of Occupational Therapy*, was written to introduce a compilation of articles related to domestic violence. The profession of occupational therapy is poised to assume a position of leadership in working with victims of domestic abuse; however, many practitioners lack the skills and confidence needed to be effective with these emergent populations. This special publication provides a comprehensive overview of domestic abuse across the lifespan as well as theoretical and practical roles for occupational therapists.

The articles in this book cover a broad spectrum of domestic abuse including child abuse, intimate partner domestic violence and elder abuse. Most of the authors completed their work while graduate students in occupational therapy. All of the contributors provided feedback to each other during the development of this publication, which aided in consistency and comprehensiveness. Their articles overlap and the reader will find frequent references between individual articles. For educational purposes this document may be used in its entirety or each individual article may be used separately for specific populations. For that reason, the reader will notice occasional repetition of factual material between separate articles. Every attempt has been made to keep this repetition to a minimum.

Part I of this volume presents background knowledge necessary to

<sup>[</sup>Haworth co-indexing entry note]: "Introduction: Domestic Abuse Across the Lifespan: The Role of Occupational Therapy." Helfrich, Christine A. Co-published simultaneously in *Occupational Therapy in Mental Health* (The Haworth Press, Inc.) Vol. 16, No. 3/4, 2001, pp. 1-3; and: *Domestic Abuse Across the Lifespan: The Role of Occupational Therapy* (ed: Christine A. Helfrich) The Haworth Press, Inc., 2001, pp. 1-3. Single or multiple copies of this article are available for a fee from The Haworth Document Delivery Service [1-800-342-9678, 9:00 a.m. - 5:00 p.m. (EST). E-mail address: getinfo@haworthpressinc.com].

understand domestic abuse and the challenge of occupational therapists working with this population. The prevalence and demography of child abuse, partner violence and elder abuse are discussed in the first article. Discussion of the results of a research study, which surveyed occupational therapists to determine their knowledge and attitudes about domestic violence, follows.

Part II presents three articles discussing the role of occupational therapy working with victims of domestic violence. First, a framework for assessment and intervention is presented with case illustrations. Next, a student program developed to provide services to children who have been raised in abusive families is described. Finally, the role of occupational therapy as advocate for victims is illustrated through a case example provided by the director of a rape and domestic violence coalition.

Part III consists of three case applications illustrating the role of occupational therapy. The first article discusses and illustrates the role of occupational therapy on an inpatient rehabilitation unit with the child victim of Shaken Baby Syndrome and his family. Next, a case is presented illustrating the Occupational Therapy Psychosocial Assessment of Learning (OTPAL) with a child witness of domestic violence seen during a fieldwork rotation in a Before and After School Program for homeless abused families. Finally, the Occupational Therapy Elder Abuse Checklist is introduced with a case study demonstrating how the checklist was used to uncover elder abuse in a home health setting.

Together, this collection of articles provides the reader with a primer on domestic abuse across the lifespan. It is my hope that these articles will challenge therapists to examine their own beliefs and attitudes towards victims of abuse. The material and cases should raise readers' awareness of their attitudes and biases related to violence in our society. Through this awareness, therapists can change their practice to encompass the vast numbers of individuals who have been victimized. This victimization impacts their ability to function and to participate in desired, necessary and valued roles. These are certainly the concerns of occupational therapy. Occupational therapists must embrace these concerns and develop the skills needed to effectively empower individuals to engage in restoring function and involvement in life roles. It is only through empowerment that survivors of domestic abuse will develop the skills needed to live independently and to teach their children to communicate through non-violent means.

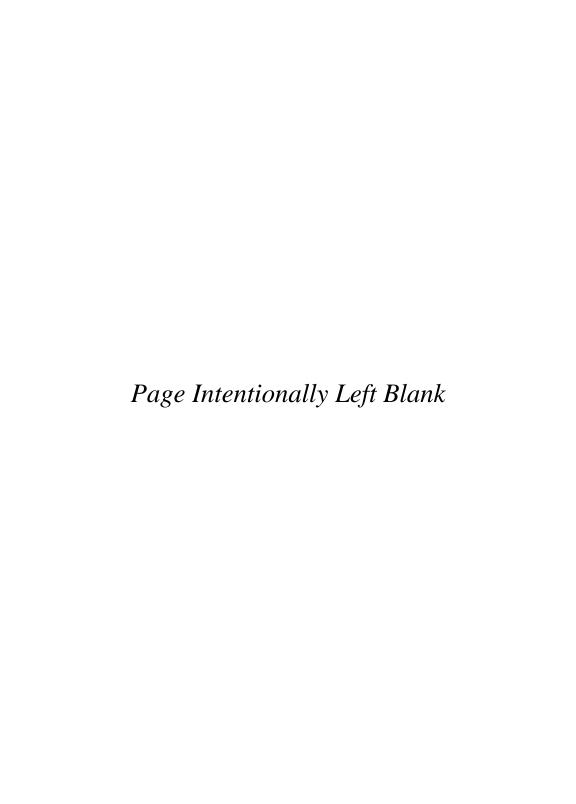
Introduction 3

#### **ACKNOWLEDGMENTS**

This volume on domestic violence is a demonstration of the collaborative work of many individuals. I would like to especially acknowledge all of the women and children survivors of domestic violence who have shared their lives with my students and myself to help us understand the effects of violence in their lives. Next, I wish to thank the staff that works with victims of abuse for indulging all of us by allowing us to observe and question their work while we were learning ourselves.

While I have advised students on projects and theses related to domestic violence I did not envision a work such as this being published. Gary Kielhofner provided the encouragement to approach The Haworth Press about the idea of publishing a special collection on domestic violence. Mary Donohue and Marie-Louise Blount were open to this proposal and have provided much support and guidance as the publication came to fruition. Mary Donohue's availability and constant encouragement were invaluable. Each individual contributor provided collaborative feedback to each other and myself throughout the months prior to completion. Ann Aviles, Mary Jean Lafata, Shannon LaEace MacDonald and Deborah Walens participated in a writing group with me over several months to support the development of many of the articles in this collection. Ann Aviles, Meagan Cade, Lara Collins, Mrugaya Gorde and Carrie Schlosser worked endless hours editing, typing and formatting manuscripts to assist the authors. Their hard work, support, patience and humor made this document possible. Finally, the support and encouragement of my colleagues, friends and family encouraged me to bring this work and these ideas to publication for others to implement and critique. It is my hope that this document will encourage therapists to explore, question, critique and develop the role of occupational therapy with victims of domestic abuse.

Christine A. Helfrich, PhD, OTR/L



#### PART I

#### Domestic Abuse Across the Lifespan: Definitions, Identification and Risk Factors for Occupational Therapists

Christine A. Helfrich, PhD, OTR/L Mary Jean Lafata, MS, OTR/L Shannon LaEace MacDonald, OTR/L Ann Aviles, OTR/L Lara Collins, OTR/L

Christine A. Helfrich is Assistant Professor, Department of Occupational Therapy, University of Illinois at Chicago, 1919 W. Taylor Street (M/C 811), Chicago, IL 60612 (E-mail: Helfrich@uic.edu).

Mary Jean Lafata is an Occupational Therapist (E-mail: mlafatal@aol.com).

Shannon LaEace MacDonald is Staff Therapist, The Rehabilitation Institute of Chicago, 345 East Superior, Chicago, IL 60611 (E-mail: *SMACDONALD@rehabchicago.org*).

Ann Aviles is Research Assistant, Department of Occupational Therapy, University of Illinois at Chicago, Chicago, IL (E-mail: aavile1@uic.edu).

Lara Collins is Research Assistant, Department of Occupational Therapy, University of Illinois at Chicago, Chicago, IL (E-mail: lcolli8@uic.edu).

[Haworth co-indexing entry note]: "Domestic Abuse Across the Lifespan: Definitions, Identification and Risk Factors for Occupational Therapists." Helfrich, Christine A. et al. Co-published simultaneously in Occupational Therapy in Mental Health (The Haworth Press, Inc.) Vol. 16, No. 3/4, 2001, pp. 5-34; and: Domestic Abuse Across the Lifespan: The Role of Occupational Therapy (ed: Christine A. Helfrich) The Haworth Press, Inc., 2001, pp. 5-34. Single or multiple copies of this article are available for a fee from The Haworth Document Delivery Service [1-800-342-9678, 9:00 a.m. - 5:00 p.m. (EST). E-mail address: getinfo@haworthpressinc.com].

SUMMARY. Domestic abuse has reached epidemic proportions in the United States. Occupational therapists working in many different settings will encounter children, adults, elders and individuals with disabilities who have experienced intimate violence and abuse. This article presents common definitions and illustrative examples of each type of violence. Issues related to the difficulty inherent in identifying victims of abuse are discussed with an elaboration of indicators that are likely to be seen by an occupational therapist in the clinical setting. Risk factors for becoming a victim or an abuser for each population group and the effects of violence on victims are presented. A brief discussion of the legal and ethical implications of identifying and treating abuse victims concludes the article. [Article copies available for a fee from The Haworth Document Delivery Service: 1-800-342-9678. E-mail address: <getinfo@haworthpressinc.com> Website: <a href="http://www.HaworthPress.com">http://www.HaworthPress.com</a> © 2001 by The Haworth Press, Inc. All rights reserved.]

**KEYWORDS.** Domestic abuse, child abuse, domestic violence, elder abuse, occupational therapy and ethics

#### INTRODUCTION

Violence is a public health epidemic that impacts the field of occupational therapy. Of special concern within the larger problem of violence and injury are domestic violence against women and children, abuse of the elderly, and abuse and neglect of those with a disability. While no accurate estimate of the scale of domestic violence is available, imputations based on available evidence suggest a problem of considerable magnitude. For example, approximately half of all homicides involve individuals known to each other (Reiss & Roth, 1993) and abuse is the leading cause of death among infants and children (Peterson & Brown, 1994; Bethea, 1999). According to the National Crime Victimization Survey, approximately three-fourths of all violent events (e.g., rapes and assaults) involve an intimate or relative (U.S. Department of Justice, 1994). Injury is more likely to be sustained when assault involves an intimate, underscoring that domestic battery is a major vector for injury among women (Rosenberg & Mercy, 1991). Women, children, and the elderly appear to be at heightened risk for violent injury and a principal dynamic appears to be domestic abuse (U.S. Department of Justice, 1997). The Centers for Disease Control (CDC) estimated that 34% of American women are assaulted each year (CDC, 1993).