UNSCRUPULOUS people target seniors and will abuse or take advantage of them. Consider doing the following:

• Learn about the types of elder abuse and neglect and associated warning signs (see National Center on Elder Abuse website to learn more: www.ncea.aoa.gov/ncearoot/Main_Site/pdf/publication/NCEA_WhatsAbuse-2010.pdf)
• Get on the National Do Not Call Registry to reduce telemarketing calls. Visit www.donotcall.gov or call 888-382-1222 to register your phone number.
• If you are offered a “prize”, “loan”, “investment”, etc. that sounds too good to be true, it probably is too good to be true.
• Consult with someone you trust before making a large purchase or investment. Don’t be pressured or intimidated into immediate decisions.
• Don’t sign any documents that you don’t completely understand without first consulting an attorney or family member you trust.
• Do not provide personal information (e.g. social security number, credit card) over the phone unless you placed the call and know with whom you are speaking.
• Tear up or shred credit card receipts, bank statements, and financial records before disposing of them in the trash.
• If you hire someone for personal assistance services, in home care services, etc. ensure that they have been properly screened with criminal background checks completed.
STAY CONNECTED!

Keep in touch regularly with others, isolation can make you vulnerable to abuse. Consider doing the following:

• Build a network of family, friends, neighbors, and groups that you can interact with
• Keep active, stay busy! Get involved with your senior center or other groups
• Create a buddy system with other elders, call each other daily for reassurance and friendship and visit each other if possible.

REPORT! Making a report in instances of abuse or neglect is the right thing to do, and it’s easy. Don’t be afraid! Elders have a right to be safe!

» In cases of immediate danger, call 911.

» If you or others experience abuse or neglect in a community setting:
   Adult Protective Services (APS) is there to help. The APS mission is to ensure the safety and well-being of elders and dependent adults. To learn more about APS visit: www.apsnetwork.org/Abuse/index.html

» If you or others experience abuse or neglect in a long term care facility (e.g. nursing home, assisted living facility):
   The Long Term Care Ombudsman Program is there to help. The program’s mission is to advocate for residents in long term care facilities to help ensure safe, appropriate care. To learn more about the ombudsman program visit: www.ltcombudsman.org

LEARN MORE!

» Call Eldercare Locator at 1-800-677-1116 or visit the website at www.eldercare.gov/eldercare.NET/Public/index.aspx for your local reporting phone numbers.

» You may also visit the National Center on Elder Abuse website at: www.ncea.aoa.gov/NCEARoot/Main_Site/Find_Help/State_Resources.aspx to get state by state reporting information.

PREPARED FOR NCEA BY:

For more information: www.ncea.aoa.gov

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