



11 Things that Anyone Can Do to Prevent Elder Abuse

1 Learn the **signs of elder abuse and neglect**



2 **Call or visit an elderly loved one** and ask how he or she is doing

3 Provide a respite **break for a caregiver**



4 Ask your bank manager to train tellers on **how to detect elder financial abuse**

5 **Ask your doctor** to ask you and all other senior patients about possible family violence in their lives



6 **Contact your local Adult Protective Services or Long-Term Care Ombudsman** to learn how to support their work helping at-risk elders and adults with disabilities

7 Organize a **“Respect Your Elders” essay or poster contest** in your child’s school

8 Ask your religious congregation’s leader to **give a talk about elder abuse** at a service or to put a message about elder abuse in the bulletin

9 **Volunteer to be a friendly visitor** to a nursing home resident or to a homebound senior in your neighborhood

10 Send a letter to your local paper, radio or TV station suggesting that they cover **World Elder Abuse Awareness Day** (June 15) or **Grandparents Day** in September



11 Dedicate your **bikeathon/marathon/other event** to elder mistreatment awareness and prevention

Find local resources for Seniors, People with Disabilities, and Caregivers!
Call the **ElderCare Locator** at **1-800-677-1116** or visit **www.eldercare.gov**.

For more information on elder abuse prevention,
please visit **www.ncea.aoa.gov** or **www.centeronelderabuse.org**.

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