12 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.

12. Join the Ageless Alliance. Ageless Alliance connects people of all ages, nationwide, who stand united for the dignity of older adults and for the elimination of elder abuse. You can join (it’s free) and get involved at agelessalliance.org.

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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