



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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**CENTER OF EXCELLENCE
ON ELDER ABUSE AND NEGLECT**
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For more information: **www.ncea.aoa.gov**

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