

# 10 THINGS ANYONE CAN DO TO PROTECT SENIORS

Every year an estimated 2.1 million older Americans are victims of elder abuse, neglect, or exploitation. And that's only part of the picture: Experts believe that for every case of elder abuse or neglect reported, as many as five cases go unreported.

Elder abuse happens, but everyone can act to protect seniors. Here are 10 things you can do to help prevent elder abuse:

1. Learn the signs of elder abuse and neglect.
2. Call or visit elderly relatives, friends, and neighbors and ask how they are doing.
3. Provide a respite for a caregiver by filling in for a few hours or more.
4. Ask an older acquaintance to share his or her talents by teaching you or your children a new skill.
5. Ask your faith leaders to discuss with their congregations elder abuse prevention and the importance of respecting older adults.
6. Ask your bank manager to train tellers on how to detect financial exploitation of elders.
7. Suggest your doctor talk to his or her older patients individually about possible abuse.
8. Contact your local adult protective services or long-term care ombudsman to learn how to support their work helping at-risk elders.
9. Volunteer to be a friendly visitor to a nursing home resident or homebound elder in your community.
10. Send a letter to your local paper, radio, or TV station suggesting it cover World Elder Abuse Awareness Day or National Grandparents Day.

## Disclaimer:

This document was produced for the National Center on Elder Abuse by the University of Delaware and was supported in part by a grant from the Administration on Aging, U.S. Department of Health and Human Services (DHHS) (90-AM-3146-02). Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Therefore, points of view or opinions within this document do not necessarily represent official Administration on Aging or DHHS policy.



**PROTECT SENIORS**

Take a stand against **ELDER ABUSE.**

YEAR OF ELDER ABUSE PREVENTION

