



# 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**.

Find us on Facebook, YouTube and POPVOX!

PREPARED FOR **NCEA** BY:



CENTER OF EXCELLENCE  
ON ELDER ABUSE AND NEGLECT  
UNIVERSITY of CALIFORNIA, IRVINE

For more information: **www.ncea.aoa.gov**