



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.**



UNITED AGAINST ELDER ABUSE

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

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Become a Volunteer Ombudsman

What a Volunteer Ombudsman Does:

- Visit residents in nursing homes and other long-term care facilities on a regular basis.
- Investigate and resolve residents' concerns and problems.
- Report observations.
- Support residents' rights, privacy and confidentiality.
- Refer urgent concerns to local LTC Ombudsman Program.
- Provide clerical support.
- Choose your availability between the hours of 9am - 4pm.



Training is Provided

Who Can Volunteer?

If you are 21 years or older, have available transportation and possess a genuine concern for nursing home residents and person's with disabilities, you can become a Volunteer Ombudsman.

Call:

Baltimore City Long Term Care

Ombudsman Program

Baltimore City Health Department

Division of Aging & CARE Services

417 E. Fayette Street, 6th Floor

Baltimore, MD 21202

410-396-3144