

Catholic Social Services of
Washtenaw County Senior Services
734-712-7774

Area Agency on Aging 1-B
800-852-7795

ELDER ABUSE IS A CRIME

Legal Services of
South Central Michigan
734-665-6181

211 United Way
800-552-1183

HOME REPAIR SCAMS

- Unless you call them to come to your home, do not let sales people into your house.
- Check the ID of any service or repair person or contractor.
- If anyone, including those claiming to be contractors, comes to your home and is suspicious, call local law enforcement.
- Always refuse to pay up-front for the entire cost of home repairs.
- Don't go with anyone wanting you to immediately withdraw funds from the bank to pay for repairs.
- Major repairs—get at least 3 estimates, check with the Better Business Bureau or State License Bureau, and get a signed contract. Do not pay in cash.
- Ask for current workmen's compensation and liability insurance proof.

GUARD YOUR FINANCES

- Make sure your financial and legal affairs are in order.
- Don't give a card/account number over the phone unless you have made the call to what you know is a reputable company.
- Be careful about adding someone to your banking accounts or a deed—especially new people in your life.
- Keep a close watch on your bank account statements and credit card bills.

ELDER ABUSE CAN HAPPEN TO ANYONE

Elder Abuse is an intended or careless act that causes harm or serious risk of harm to an older person.

- **Physical abuse:** The use of force to threaten or physically injure a vulnerable elder
- **Emotional abuse:** Verbal attacks, threats, rejections, isolation, or belittling acts that cause or could cause mental anguish, pain, or distress to an elder
- **Sexual abuse:** Sexual contact that is forced, threatened, or otherwise coerced upon another, including anyone who is unable to grant consent
- **Neglect:** Failure or refusal to provide for a vulnerable elder's safety or physical/emotional needs by any person who has a responsibility to that elder
- **Self-Neglect:** An older adult neglecting his/her own care, leading to illness or injury, is also a kind of abuse. See "Take Care of Yourself" for tips.

If you suspect abuse, call **Adult Protective Services**
toll-free 24-hour hotline: **855-444-3911**.

Mandated Reporter

Doctors, social workers, childcare workers, and other professionals are **required by law** to report any abuse.



CSSW Senior Services is funded in part by the Federal Older Americans Act (OAA) and the Aging and Adult Services Agency (AASA) through the Area Agency on Aging 1B. Funding is also received from Community Mental Health Partnership of Southeast Michigan (CMHPSM) Washtenaw United Way and various private and corporate sponsors. CSSW Senior Services complies with the terms and regulations of the Title V of the Civil Rights Act of 1964 as amended in Section 504 of the Social Rehabilitation Act of 1973. Equal opportunity employer program. Reasonable accommodation will be provided upon notification or request.

TAKE CARE OF YOURSELF

- Stay physically active and eat healthy foods.
- Get regular checkups, screenings, and medication reviews.
- Talk to healthcare professionals about any substance abuse concerns.
- Reach out to support groups (caregiver, grief).
- Stay connected (family, friends, social activities).
- Learn the signs of elder abuse and neglect.
- Volunteer to be a friendly visitor for a homebound senior.
- If you believe you are experiencing a problem or feel unsafe, talk with someone you trust.

WHEN USING CAREGIVERS

- Use a reputable agency and ask about background checks.
- Check references.
- Keep your checks, cash, and credit cards locked up.
- Have a written agreement, signed by both the caregiver and you, specifying duties and pay.
- Keep a log of workers, hours, and payments.
- Never lend employees/aids money or personal property.
- Never promise money or assets to someone when you die in exchange for care provided now.