

# What can you do?

Preventing elder abuse requires we do three things:

- **Listen** to seniors and their caregivers
- **Intervene** when you suspect elder abuse
- **Educate** others about how to recognize and report elder abuse

## Caregivers

If you are overwhelmed by the demands of caring for an elder, request help from friends,



family, or local agencies. Sometimes a break for just a few hours can make all the difference. Also, make sure you're getting the emotional and physical support you need to stay mentally and physically healthy.

## Friends and Family

Watch for warning signs, ask questions, and visit the ones you love as much as possible to ensure they're getting the attention they deserve. If you suspect abuse, **report it**.

## Elders

**Speak up** to help protect yourself. Stay in touch with family and friends to keep from being isolated. Tell someone you trust if you think you're being abused or neglected or not receiving the care you deserve.



# Contact Us

For more information on this and other department services, contact:

Pima County Sheriff's Department  
Community Resources Unit  
(520) 351-4615

or



Visit our website for...

- Online crime reporting
- Local crime mapping
- Crime prevention tips
- and more....

Together we can make a difference.



Pima County Board of Supervisors: Ramon Valadez, Chair District 2 Ann Day, District 1;

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Pima County  
**Sheriff's Department**

*Keeping the Peace and Serving the  
Community Since 1865*

# ELDER ABUSE

## KEEP OUR SENIORS SAFE



**Clarence W. Dupnik, Sheriff**

1750 E. Benson Highway  
Tucson, Arizona 85714

[www.pimasheriff.org](http://www.pimasheriff.org)



# What is Elder Abuse?

Elder abuse is defined as any knowing, intentional, or negligent act by a caregiver that causes harm or serious risk of harm to an older person, whether it be physically, mentally, emotionally, or financially. It affects seniors across all socio-economic groups, cultures and races.



Abuse most often occurs with those who are closest to the elder, be it a family member, spouse or caretaker. Institutional facilities, especially long-term care facilities, can also be a source of elder abuse.

Far too frequently, victims of elder abuse don't seek help until it's too late. They are too trusting, too proud or too embarrassed to simply call for help.

Tens of thousands of seniors across the U.S. are being abused, yet only 1 in 5 are reported. One thing is for certain: elder abuse can happen to anyone, even you.

## Types of Elder Abuse

There are many kinds of elder abuse.

**Physical Abuse:** Non-accidental use of force against an elderly person that results in physical pain, injury or impairment.

- Signs: slap marks, unexplained injuries or bruises, broken bones, missing/broken glasses, pressure/restraint marks, inconsistent explanation of injuries.



**Emotional Abuse:** Speaking to or treating elderly persons in a way that causes emotional pain or distress.

- Signs: withdrawal from normal activities, unexplained changes in alertness, threatening or belittling behavior by caregiver.

**Sexual Abuse:** Non-consensual sexual contact of any kind with an elderly person.

- Signs: bruises around the breast or genital area; unexplained sexually transmitted diseases; torn, stained, or bloody underclothing.



**Neglect:** Failure to fulfill a caretaking obligation can be active (intentional) or passive (unintentional).

Signs: untreated bedsores, need for medical or dental care, unclean clothing, poor hygiene, unusual weight loss, malnutrition or dehydration, unsanitary living conditions.

## Elder Fraud Schemes

**Financial Exploitation:** Unauthorized use of an elderly person's funds or property, either by a caregiver or an outside scam artist.



- Signs: sudden change in finances and accounts; altered wills and trusts; unusual bank withdrawals; checks written as "loans" or "gifts"; lost or missing items or cash; unpaid bills; unnecessary services, goods or subscriptions.

**Healthcare Fraud and Abuse:** A myriad of actions by unethical doctors, nurses, hospital personnel and other professional care providers.

- Signs: duplicate billings for the same service or device, evidence of overmedication or undermedication, evidence of inadequate care when bills are paid in full, problems with the care facility.



### Report it!

- Call 9-1-1 if you believe elder abuse is occurring.
- Get additional information from Adult Protective Services: (877) 767-2385.
- Get support from the Pima Council on Aging: 790-7262