



10 Things that Anyone Can Do to Prevent Elder Abuse

1. Learn the signs of elder abuse and neglect and how to make a report
2. Call or visit an elderly loved one and ask how he/she is doing
3. Provide a respite break for a caregiver
4. Ask your bank manager to train tellers on how to detect financial abuse
5. Ask your doctor to ask you and all other senior patients about possible family violence in their lives
6. 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
7. Volunteer to be a friendly visitor to a nursing home resident or to a homebound person in your neighborhood (call 1-800-510-2020 for referrals)
8. Organize a "Respect Your Elders" essay or poster contest in your child's school
9. Send a letter to your local paper, radio or TV station suggesting that they cover World Elder Abuse Awareness Day commemorated every year on June 15th (see www.inpea.net for more info)
10. Call or write your Congressional representative and encourage them to fund the Elder Justice Act (learn more at www.elderjusticecoalition.com)

and Dedicate your bikeathon/marathon/other event to this cause. Visit *cankatdoit.com* and *cantomdoit.com* to learn about their Leadville 100 Trail Mountain Bike Race adventure supporting local abuse prevention efforts and cheer them on!

For more information on these and other ways you can take action against elder abuse, please visit:

www.centeronelderabuse.org
(714) 456-5530



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

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