



# You Can!

## Take Steps to Stay Safe



It is estimated that millions of Older Americans, from all walks of life, face abuse, neglect and exploitation every year. Anyone can be victimized. However, there are things you can do to help protect yourself.



World Elder Abuse Awareness Day  
is June 15

**BE CAUTIOUS!** - Unscrupulous people target seniors and take advantage of them. Consider doing the following:

- Learn about the types of elder abuse and neglect and associated warning signs (see National Center on Elder Abuse website to learn more: <https://ncea.acl.gov/FAQ.aspx>)
- Get on the National Do Not Call Registry to reduce telemarketing calls. Visit [www.donotcall.gov](http://www.donotcall.gov) or call **888-382-1222** to register your phone number.
- If you are offered a “prize”, “loan”, “investment”, etc. that sounds too good to be true, it probably is too good to be true.
- Consult with someone you trust before making a large purchase or investment. Don’t be pressured or intimidated into immediate decisions.
- Don’t sign any documents that you don’t completely understand without first consulting an attorney or family member you trust.
- Do not provide personal information (e.g. social security number, credit card) over the phone unless you placed the call and know with whom you are speaking.
- Tear up or shred credit card receipts, bank statements, and financial records before disposing of them in the trash.
- If you hire someone for personal assistance or other in-home services, make sure that they have been properly screened with criminal background checks completed.

Source: <https://ncea.acl.gov/NCEA/media/Publication/Protect-Yourself-From-Abuse-Neglect-and-Exploitation-English.pdf>

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