



# You Can!

## Break the Silence about Elder Abuse



### What is Elder Abuse and Neglect?

Mistreatment of elders can include physical, sexual and emotional abuse; neglect or financial exploitation by family members or others with an ongoing personal relationship. Most cases of elder abuse go undetected.

### Ask for help if your caregiver or a family member or someone else...

- is hurting you or threatening to hurt you
- won't let you see friends, family or your doctor
- is not providing food or medications
- is taking your money or things you value
- is signing your name without permission
- is asking you to sign papers you don't understand

### Protective Services at Minuteman Senior Services can:

- help you find ways to protect yourself
- help keep you safe at home
- find somewhere safe for you to live, if you choose
- counsel family members, if that is what you want
- meet with you confidentially at your home or other place you choose



### What You Can Do - If you or someone you know is being harmed

If you are a victim of abuse, you may feel embarrassed and ashamed, lonely and afraid, and that no one will believe you. Remember that everyone deserves dignity, respect and a safe place to live. That includes you.

- Tell a trusted family member, friend or religious advisor.
- Tell your doctor, nurse or social worker.

### Call the Elder Abuse Hotline at 800-922-2275

Available 24 hours a day, seven days a week. All calls are free and confidential.

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

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