

5 Things Everyone Can Do to Prevent Elder Abuse

Here are 5 things everyone can do to build community supports and prevent elder abuse.

- 1) **Learn the signs** of elder abuse and how we can solve the issue together.
- 2) **Prevent isolation.** Call or visit our older loved ones and ask how they are doing on a regular basis.
- 3) **Talk to friends and family members** about how we can all age well and reduce abuse with programs and services like law enforcement, community centers, and public transportation.
- 4) **Sign up to be a friendly visitor** to an older person in our communities.
- 5) **Send a letter** to a local paper, radio or TV station suggesting that they cover World Elder Abuse Awareness Day (June 15) or Grandparents Day in September.



It is up to **all of us** to prevent and address elder abuse!

For more information on elder abuse prevention, please visit us online or call:

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