

Elder Awareness Checklist

- Listen and be respectful**—give them your full attention, address any worries or concerns, and ask about their day
- Always offer to help**—Ask if they have food and water or ask if they need help cooking and cleaning
- Maintain a happy home**—the environment and the company you keep affects their health and well-being
- Make time for them**—make sure they are in good health, offer to take them to visit friends, family, or to attend ceremonies
- Ask if you need help**—you should not feel overwhelmed—you can seek elder care assistance

It is an honor to gain an elder's trust and confidence—be their advocate.

CONTACT US

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Elder Abuse Awareness

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BULLYING IS ABUSE



What is bullying?

- Planned and repeated displays of mean actions, that gives the bully unfair power or control

Behaviors and actions include, but are not limited to:

- **Verbal** name calling, teasing, taunts, threats, and sarcasm
- **Physical** pushing, hitting, destroying property, or stealing
- **Anti-social or relationship-centered** actions including excluding others, spreading rumors, gossiping, mimicking, offensive gestures, or being territorial

What is elder abuse?

- It is the **mistreatment** of any person (over 55 years old) **unable to protect themselves** from harm by others.
- It is estimated that only **1** of every **10** cases of elder abuse is **reported**.
- By 2025, it is estimated that over 25% of Arizona will be aged 60 and over.

Emotional Abuse

- ◇ Anxious, fearful, or withdrawn



Physical Abuse

- ◇ Bruises, burns, cuts, or fractures



Sexual Abuse

- ◇ Sexual assault, trauma, or rape
- ◇ Presence of a sexually transmitted disease



Spiritual Abuse

- ◇ Kept from attending ceremonies
- ◇ Ceremonial items taken or sold



Financial Abuse

- ◇ Missing papers, credit cards, or belongings
- ◇ Numerous unpaid bills or loans



Neglect or Self-neglect

- ◇ Unsafe living conditions
- ◇ Little or no food or water



Structural or Institutional

- ◇ Staff-patient conflict
- ◇ Lack of respect, unfair treatment, or discrimination



How can I help prevent elder abuse?

- If you suspect elder abuse, report it!
Arizona Adult Protective Services:
Call: 1-877-767-2385
- If on Tribal Lands, contact the local:
 - ⇒ Adult protective services
 - ⇒ Elder services program
 - ⇒ Tribal police department
 - ⇒ Area Agency on Aging
- To find local contacts:
Call: 1-800-667-1116
Website: www.eldercare.gov
- If someone is in immediate danger, contact the police.