

## 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

Inter Tribal Council of Arizona, Inc.  
Area Agency on Aging, Region 8  
2214 North Central Avenue  
Phoenix, AZ 85004

### Website

[www.itcaonline.com/aaa](http://www.itcaonline.com/aaa)

### Call

**(602) 258-4822**

### Fax

**(602) 258-4825**



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# Elder Abuse Awareness

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Area Agency on Aging, Region 8



Photo Credit: American Psychological Association: President's Column. March 2010, Vol 41, No. 3



# 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- ◇ Anxious, fearful, or withdrawn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](http://www.eldercare.gov)
- If someone is in immediate danger, contact the police.