

LAW ENFORCEMENT CONTACTS

Citrus Heights Police Department 916.727.5500

Elk Grove Police Department 916.714.5115

Folsom Police Department 916.355.7234

Galt Police Department 209.366.7000

Rancho Cordova Police Dept. 916.875.9600

Sacramento Police Department 916.264.5471

Sacramento Sheriff's Department 916.874.5115

IMPORTANT RESOURCES

FOR LEGAL HELP, NUTRITION ASSISTANCE, AND MEDICAL CARE, CONTACT THESE SERVICE PROVIDERS:

AREA 4 AGENCY ON AGING

ADVOCATES FOR SENIORS AND FUNDS LOCAL ORGANIZATIONS THAT PROVIDE SERVICES TO SENIORS AND FAMILY CAREGIVERS
916.486.1876 WWW.A4AA.COM

CA DEPT OF BUSINESS OVERSIGHT

OVERSEES AND REGULATES FINANCIAL INSTITUTIONS; GOOD RESOURCE FOR FINANCIAL FRAUD REPORTING AND EDUCATION
916.327.7585 OR 866.275.2677 WWW.DBO.CA.GOV

CA HEALTH COLLABORATIVE—MULTIPURPOSE SENIOR SERVICES PROGRAM

CASE MANAGEMENT SERVICES TO FRAIL AND LOW-INCOME SENIORS
916.374.7739 WWW.HEALTHCOLLABORATIVE.ORG

DEL ORO CAREGIVER RESOURCES

IMPROVES WELLBEING AND SUPPORT OF FAMILY CAREGIVERS
916.728.9333 WWW.DELORO.ORG

LEGAL SERVICES OF NORTHERN CALIFORNIA—SENIOR LEGAL HOTLINE

LEGAL AID TO PROTECT THE SAFETY AND INDEPENDENCE OF SENIOR AND DEPENDENT ADULTS
916.551.2140 WWW.SLH.LSNC.NET

McGEORGE SCHOOL OF LAW ELDER AND HEALTH LAW CLINIC

FREE LEGAL ASSISTANCE TO LOW INCOME SENIORS
916.340.6080

MEALS ON WHEELS

PROVIDES NUTRITIOUS MEALS, SAFETY NET SERVICES, AND COMMUNITY RESOURCES
916.444.9533 WWW.MOWSAC.ORG

OMBUDSMAN SERVICES OF N. CALIFORNIA

PROMOTES AND PROTECTS THE RIGHTS AND QUALITY OF LIFE FOR OLDER AND DEPENDENT ADULTS
916.376.8910 WWW.OSNC.NET

SACRAMENTO CO. ADULT PROTECTIVE SERVICES

INVESTIGATES ALLEGATIONS OF ABUSE AND NEGLECT FOR SENIORS AND DEPENDENT ADULTS, AND PROVIDES REFERRALS TO LOCAL SOCIAL SERVICE PROGRAMS
916.874.9377 WWW.DHHS.SACCOUNTY.NET/SAS

SACRAMENTO CO. IN-HOME SUPPORTIVE SERVICES

HELPS AGED, BLIND, OR DISABLED PERSONS TO REMAIN IN THEIR HOMES WITH PAID CAREGIVERS
916.874.9471 WWW.DHHS.SACCOUNTY.NET/SAS

SACRAMENTO CO. SENIOR VOLUNTEER SERVICES

OFFERS VOLUNTEER OPPORTUNITIES FOR ADULTS OVER AGE 55 TO STAY ACTIVE AND MAKE A DIFFERENCE IN THE LIVES OF OTHERS
916.875.3631 WWW.DHHS.SACCOUNTY.NET/SAS

SUTTER HEALTH—SENIORCARE PACE

OFFERS A BROAD RANGE OF COMPREHENSIVE, COORDINATED SERVICES
916.446.3100 WWW.CHECKSUTTERFIRST/SENIORSERVICES/SENIORCARE.HTML

VICTIMS OF CRIME RESOURCES CENTER

RESOURCES AND REFERRALS TO VICTIMS, FAMILIES, SERVICE PROVIDERS, AND ADVOCATES
800.842.8467 WWW.1800VICTIMS.ORG

TO REQUEST A DISTRICT ATTORNEY SPEAKER ON ELDER ABUSE, PLEASE VISIT WWW.SACDA.ORG OR EMAIL SPEAKERS@SACDA.ORG.



www.facebook.com/SacCountyDA



[@SacCountyDA](https://twitter.com/SacCountyDA)

SACRAMENTO COUNTY DISTRICT ATTORNEY ANNE MARIE SCHUBERT



ELDER ABUSE



901 G Street
Sacramento, CA 95814

916.874.6218

(California Relay Service 800.735.2929 TDD or 711)

www.sacda.org

*Seek Justice, Serve Justice,
Do Justice*

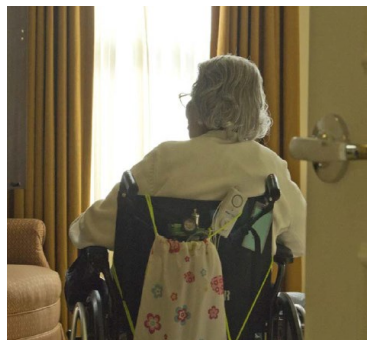
Elder abuse takes many forms, from physical to mental abuse and neglect to financial abuse. Abusers take advantage of some seniors reduced physical and mental capacity. Oftentimes, these abusers are the very people the elders rely upon for their care.

PHYSICAL ABUSE, FINANCIAL ABUSE, AND/OR NEGLECT

While elders are sometimes targeted and physically assaulted by strangers, trusted family members, friends and caregivers are often responsible for causing physical harm by intentional abuse or neglect.

A request for an Elder Abuse Restraining Order can be filed by contacting your local law enforcement agency.

Nationwide, roughly \$39 billion is stolen from seniors each year. Financial abuse is also a rampant issue in our community.



While elders are sometimes targeted and victimized by strangers, financial abuse is often carried out by family or friends. These

cases are under reported because of the complexities of their relationships.

If you think you may be a victim, call the Sacramento County Adult Protective Services Financial Abuse Unit at 916.874.9377.

COMMON ELDER SCAMS

- **IRS or Fraud Dept. Scam:** Victims are told they, or a family member, owes money to the IRS or “Fraud Department.” The caller says they need identity information, like a social security number, or asks for payment through a wire transfer or by credit card over the phone.
- **Grandparent Scam:** Caller claims to be the victim’s grandchild traveling in a foreign country, who has been arrested and needs money.
- **Sweepstakes/Lottery Scams:** Caller says the victim is a winner and needs to make a payment to unlock the supposed prize, or must “act now” to get the special offer.
- **Health Care or Insurance Fraud:** Insurance companies are charged for equipment, medication, and tests that are not received or performed.
- **Donation Scam:** Scammer claims to need help transferring money in order to donate to a charity or church.

Call your local law enforcement agency or the Sacramento County APS Hotline at 916.874.9377 if you think yourself or a loved one has been the victim of a scam.

SIGNS OF SELF-NEGLECT

Some seniors are unable to maintain a healthy standard of living due to physical or cognitive impairments. Identifying the signs will help seniors who are not able to care for themselves get the help they need.

- Inadequate or disconnected heating, plumbing, or electrical service
- Very dirty residence
- Refusal of necessary medical care

- Extremely cluttered home; pathways or entrances blocked by objects
- Animal droppings in the home
- Lacking fresh food; eating spoiled food or going hungry
- Refusing to allow visitors inside the residence
- Dressing inappropriately for the weather
- Disheveled personal appearance
- Lack of clean clothing
- Having a strong odor of feces or urine
- Appearing malnourished or dehydrated
- Living in an unsafe situation

If you notice these signs, call APS at 916.874.9377. If you notice a life-threatening situation, call 911.

UNDERSTANDING COGNITIVE IMPAIRMENT

Our ability to reason and understanding of the world around us can reduce as we age. Watch for these warning signs in yourself and your loved ones, and seek medical attention if you see these signs.

- Progressive problems with driving
- Pattern of difficulty managing or making informed decisions about medications and finances
- Inability to live alone safely and effectively
- Memory loss
- Frequently repeating the same story or questions
- Trouble recognizing familiar people or places
- Changes in mood or behavior
- Difficulty in planning and carrying out tasks, like paying bills or following recipes