



# Elder and Dependent Adult Abuse

## Recognizing the warning signs

### Signs of self-neglect or abuse

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 to get the help they need.

#### Physical Signs:

- Uncombed or matted hair
- Poor skin condition or hygiene
- Refusal of necessary medical care
- Dressing inappropriately for the weather
- Disheveled personal appearance
- Lack of clean clothing
- Having a strong odor of feces or urine
- Appearing malnourished or dehydrated

#### Behavior Warning Signs:

- Withdrawn
- Confused or forgetful
- Helpless or frightened
- Angry
- Secretive
- Hesitant to talk freely
- Refusing to allow visitors inside the residence

#### External Signs:

- Inadequate or disconnected heating, plumbing, or electrical service
- Very dirty residence
- Extremely cluttered home; pathways or entrances blocked by objects
- Animal droppings in the home
- Lacking fresh food; eating spoiled food or going hungry
- Living in an unsafe situation

**Any person who suspects that elder abuse has occurred or sees that someone may be in need of services, please report it. Call Adult Protective Services at (916) 874-9377. Or 911 if you notice a life-threatening situation.**

# Important Resources

## Community Resources

### **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](http://www.dhhs.saccounty.net/sas)**

### **Sacramento Regional Family Justice Center**

Provides trauma-informed individual counseling as well as referrals to group counseling for both adults and children.

**916.875.4673**                      **[www.hopethriveshere.org](http://www.hopethriveshere.org)**

### **McGeorge School of Law Elder and Health Law Clinic**

Free legal assistance to low income seniors.

**916.340.60806**                      **[www.mcgeorge.edu](http://www.mcgeorge.edu)**

### **Sacramento Co. In-Home Supportive Services**

Helps aged, blind, or disabled persons to remain in their homes with paid caregivers with paid caregivers.

**916.874.9471**                      **[www.dhhs.saccounty.net/sas](http://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](http://www.dhhs.saccounty.net/sas)**

### **Sutter Health - SeniorCare PACE**

Offers a broad range of comprehensive, coordinated services.

**916.446.3100**  
**[checksutterfirst/seniorservices/seniorcare.html](http://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](http://www.1800victims.org)**

## Law Enforcement Resources

### **Sacramento County District Attorney's Office**

#### **Victim Witness Assistance Program**

**[www.sacda.org/helpingvictims/victim-witness](http://www.sacda.org/helpingvictims/victim-witness)**

**916.874.5701**

### **Citrus Heights Police Department**

**[www.citrusheights.net/222/Police](http://www.citrusheights.net/222/Police)**

**916.727.5500**

### **Elk Grove Police Department**

**[www.elkgrovepd.org](http://www.elkgrovepd.org)**

**916.714.5115**

### **Folsom Police Department**

**[www.folsom.ca.us/city\\_hall/depts/police](http://www.folsom.ca.us/city_hall/depts/police)**

**916.355.7234**

### **Galt Police Department**

**[ci.galt.ca.us/city-departments/police-department](http://ci.galt.ca.us/city-departments/police-department)**

**916.366.7000**

### **Rancho Cordova Police Department**

**[www.ranhocordovapd.com](http://www.ranhocordovapd.com)**

**916.875.9600**

### **Sacramento City Police Department**

**[www.cityofsaramento.org/Police](http://www.cityofsaramento.org/Police)**

**916.264.5471**

### **Sacramento County Sheriff's Department**

**[www.sacsheriff.com](http://www.sacsheriff.com)**

**916.874.5115**

**To request a District Attorney Speaker on Elder and Dependent Adult Abuse,  
please visit [www.sacda.org](http://www.sacda.org) or email [speakers@sacda.org](mailto:speakers@sacda.org).**