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- Withdrawn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 or dependent 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.saccount.org/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

**McGeorge School of Law Elder and Health Law Clinic**
Free legal assistance to low income seniors.
916.340.60806  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.sacaccount.org/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.saccount.org/sas

**Sutter Health - SeniorCare PACE**
Offers a broad range of comprehensive, coordinated services.
916.446.3100  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

**Law Enforcement Resources**

**Sacramento County District Attorney’s Office**
Victim Witness Assistance Program
www.sacda.org/helpingvictims/victim-witness
916.874.5701

**Citrus Heights Police Department**
www.citrusheights.net/222/Poilee
916.727.5500

**Elk Grove Police Department**
www.elkgrovempd.org
916.714.5115

**Folsom Police Department**
www.folsom.ca.us/city_hall/depts/police
916.355.7234

**Galt Police Department**
ci.galt.ca.us/city-departments/police-department
916.366.7000

**Rancho Cordova Police Department**
www.ranchocordovapd.com
916.875.9600

**Sacramento City Police Department**
www.cityofsacramento.org/Police
916.264.5471

**Sacramento County Sheriff’s Department**
www.sacsheriff.com
916.874.5115

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To request a District Attorney Speaker on Elder and Dependent Adult Abuse, please visit www.sacda.org or email speakers@sacda.org.