



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- Withdrawn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.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**

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.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
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/Police

916.727.5500

Elk Grove Police Department

www.elkgrovepd.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.cityofsaramento.org/Police

916.264.5471

Sacramento County Sheriff's Department

www.sacsheriff.com

916.874.5115

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