In an emergency, call 911 or the local police.

Meanwhile, each state has a lead agency responsible for investigating reports of elder abuse and various sub agencies that take on different types of cases.

Adult protective services (APS) is the lead agency in most states. Many APS agencies have toll-free numbers that are available so individuals both in state and out of state can report suspected abuse. APS typically contacts other relevant agencies, such as law enforcement.

State long-term care ombudsman investigate reports of abuse in nursing homes and other residential care facilities and in most states, state attorneys general (AG) investigate and prosecute patient abuse or neglect. Most AG offices do this through their Medicaid Fraud Control Units, investigating reports of fraud and patient abuse that occur in Medicaid-funded health care facilities.

AARP Bulletin Online provides a convenient interactive resource that can help individuals find appropriate elder abuse resources in each state. Other resources include the national Eldercare Locator (800-677-1116), a publicly funded resource that matches seniors with appropriate community resources; the National Committee for the Prevention of Elder Abuse; and the National Center on Elder Abuse.

References

Adult Protective Services: call the 24-hour toll-free End Harm hotline at (866) 363-4276

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Long-Term Care Ombudsman: call toll-free (800) 562-6078 about abuse in nursing homes, adult family homes or boarding homes; call toll-free (800) 562-6028 for the Washington State Ombudsman; call (206) 623-0816 for the King County Ombudsman.

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Attorney General: Call toll-free (866) 363-4276

Duvall-Carnation Police Department

Report Elder Abuse: CALL 911

Duvall - Carnation Police Department
26225 NE Stephens Street
Duvall, WA 98019

Police Business Number (425) 788-1519

DUVALL-CARNATION POLICE

http://www.duvallwa.gov/departments/police.html

ELDER ABUSE

Did you know?

Elder abuse is a serious and common reality for too many older adults, and reports of such crimes are on the rise. According to the best available estimates, between 1 and 2 million Americans age 65 or older have been injured, exploited or otherwise mistreated by someone on whom they depended for care or protection.. Elder abuse can take many forms of mistreatment including physical, sexual, psychological and financial abuse, as well as neglect.

What is Elder Abuse?

The physical, sexual, financial or emotional abuse of an elderly person, usually one who is disabled or frail.

Elder abuse is an umbrella term used to describe one or more of the following:

- Physical abuse is the willful infliction of physical pain or injury, such as slapping, bruising, sexually molesting, or restraining.
- Sexual abuse is the infliction of non-consensual sexual contact of any kind.
- Emotional or psychological abuse is the infliction of mental or emotional anguish, such as humiliating, intimidating, or threatening.
- Financial or material exploitation is the improper act or process of an individual, using the resources of an older person, without his/her consent, for someone else's benefit.
- Neglect is the failure of a caretaker to provide goods or services necessary to avoid physical harm, mental anguish or mental illness, such as abandonment, denial of food or health related services.

Elder Abuse Statistics

- American's over the age of 50 years represent 30% of our population, 12% of our murder victims and 7% of other serious and violent crime victims.
- 90% of elder abuse and neglect incidents are by known perpetrators, usually family members.
- The eldest of our seniors, 80 years and older, are abused and neglected at 2 - 3 times the proportion of all other senior citizens.
- It is estimated that for every one case of elder abuse, neglect, exploitation, or self neglect reported to authorities, about five more go unreported.
- 21.6% of all domestic elder abuse reports came from physicians or health care professionals, 9.4% from service providers, 14.9% are family members. Types of abuse and percentage of frequency are below.

Neglect 58.5% Physical abuse 15.7%
Financial exploitation 12.3% Emotional abuse 7.3%
Sexual abuse .04% All other types 5.1% Unknown .06%

What Safety Plans can I make to Help Protect Myself?

If you're living with a family member who is hurtful, it is important to make plans to protect yourself even if you do not think you will need to use them. Safety plans may include:

- Ask a neighbor to call the police if they hear a disturbance coming from your home.
- Devise a code word or phrase with your neighbors, for example: *Calling your neighbor and saying "I need sugar" could be a signal that you are in trouble. Upon hearing this, the neighbor will know to call the police.*
- Plan where you will go and what you will need to take with you if you have to leave your house or apartment in an emergency. Think about where you will stay and how you will get there. Also, think about how you will have your mail and phone forwarded to a new address.
- Be ready to leave in a hurry if something dangerous happens. Visualize how you would get out of your house quickly and safely, and practice that escape route. Identify the best doors, windows, elevators or stairwell and familiarize yourself with this route. If something dangerous happens, you will be ready.
- Have a packed bag ready with any important essentials. (See checklist) Keep the bag hidden and in a handy place so that you will be able to leave quickly. Consider leaving the bag at a neighbor or friends if the person abusing you routinely searches your home.

If you <u>are not</u> living with a Family member who is hurtful it is also important to make plans to protect yourself even if you don't think you will need to use them.

- Call your local police and request that a community patrol officer come to your home to do a free home security survey.
- If at all possible change the locks on doors that hurtful family members or caretakers may have access to. Buy additional locks and safety devices to secure your windows.
- Consider installing or increasing your outside lighting.
- Inform your neighbors and/or your landlord that the person abusing you does not live with you and that they should call the police if they see the abusive family member / caretaker near your home.

If you are a victim of elder abuse or know of someone who has been or is being victimized, it's important to report such crimes. Help is available, and laws protect those reporting suspected cases of abuse.

How Can You Plan for Your Safety When the Danger Level Escalates?

- If you sense that you may become embroiled in an argument with the abusive person, try to remain calm and if you can, try to get to a room or area that has access to an exit, but not in a bathroom (which has mostly hard surfaces) and not a kitchen (which has knifes), or anywhere near objects that can be used as weapons. Try to stay in a room with a phone, cell phone, or a lifeline button so you can call for help including 911, a friend, or a neighbor.
- If you sense a situation is escalating to a dangerous level, try to get to a phone and call 911 before the crisis occurs. If you have a restraining Order/Protection Order, be sure to tell the police that you have one. If you don't have a Protection / Restraining Order, talk to a domestic violence counselor about obtaining one.
- If weapons are in the home, when you call for help make sure to inform law enforcement about these weapons including the kind of weapons) and how many weapons are in the home.

The following are some of the items you should think about bringing with you, should you have to leave your home:

Address Book	Eyeglasses
ATM Card	Green Card/Work Card
Birth Certificate	Hearing Aid
Car Keys	Insurance Papers
Cash (a little)	Medical History Info
Check Book	Medications
Credit Cards	Personal Hygiene Needs
Driver's License	Social Security Card
Emergency Contacts	Will or Other Legal Documents