



## *Safeguarding seniors from abuse*

The **ElderSAFE Center** works with our community partners – local agencies, area hospitals, and social service organizations – to build a strong and effective response to elder abuse.



### What is elder abuse?

#### **Elder abuse is the mistreatment of older adults**

in one or more of the following ways:

- **PHYSICAL:** Use of force (such as hitting or pushing) causing pain, harm, or physical injury; inappropriate use of medications or physical restraints.
- **SEXUAL:** Any type of non-consensual sexual contact.
- **PSYCHOLOGICAL:** Mistreatment that affects emotional or mental health, including: intimidation, threats, harassment, humiliation, belittlement, or isolation.
- **NEGLECT:** Willful deprivation of basic needs, including food, clothing, shelter, medicine, or personal hygiene.
- **FINANCIAL EXPLOITATION:** Misuse of the older adult's money, property, or resources.



### How can ElderSAFE help?

**Our commitment to caring** for older adults reaches beyond our campus. Charles E. Smith Life Communities established the ElderSAFE Center, the first program of its kind in the Washington, DC, area, to:

- Accept referrals from community agencies in MD, DC and Northern VA
- Provide safe, temporary shelter, including confidential counseling, medical, and therapy services
- Advocate on behalf of older adults
- Build awareness and knowledge of elder abuse through informative programs for the community, service providers, caregivers, and faith leaders

## Warning signs of elder abuse

Is the older adult...?

- Fearful of caregiver
- Not receiving necessary assistance from caregiver
- Prevented from interacting privately with family, friends, or other professionals
- Crying, agitated, trembling, confused, or in emotional distress
- Withdrawn, depressed, lacking emotion
- Showing signs of self-destructive behavior
- Socially or physically isolated
- Displaying poor hygiene, such as dirty clothing, body odor
- Lacking in basic necessities, or home is in disarray
- Suffering from unexplained bruises, burns, cuts, or welts
- Experiencing unauthorized withdrawal of funds or use of credit cards

## Who to call?

Keep this card as a resource. If elder abuse is suspected, call **911** or contact the Adult Protective Service (APS) office in your community:

- In Montgomery County, MD, **240.777.3000**
- In other Maryland counties, **1.800.332.6347**
- In Washington, DC, **202.541.3950**
- In Virginia, **1.888.832.3858**



ElderSAFE Helpline: **301.816.5099**  
[www.smithlifecommunities.org](http://www.smithlifecommunities.org)

The **ElderSAFE™ Center** is a program of Charles E. Smith Life Communities.