

Common Types of EAN

Physical Abuse

- Bruises, burns, cuts, unexplained injuries and/or welts

Verbal or Emotional Abuse

- Self-blame, anxious or withdrawn behavior

Financial Abuse and Exploitation

- Missing money or belongings
- Changes of legal documents

Sexual Abuse

- STIs, bruising on genitals, breasts or inner thighs

Neglect

- Bad hygiene
- Long or dirty fingernails

What information do I need to make a report?

- The **person's name, phone number, and address.**
- The **name of the person you suspect of abusing the person,** and whether that person lives with the person you suspect is being abused.
- Why the person is unable to protect themselves from harm: **Physical or mental disability or advanced illness.**
- Does the location where the person you suspect of being abused pose any potential hazard for an investigator?

How do I make a Report in Maine?

Call **A Helping Voice** when you have a questions about whether a report is appropriate, Monday - Friday
9am-5pm
207-805-555

Call **Maine Adult Protective Services** 24/7
1-800-624-8404

For Guidance on reporting suspected abuse in a long-term care setting, **The Maine Long-Term Care Ombudsman Program**
(800) 499-0229 or
(207) 621-1079



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Elder Abuse Quick Tips for Age-Friendly Volunteers

We can prevent elder abuse by building stronger communities. When we know what leads to elder abuse, we can work together to stop it before it starts.

Elder abuse occurs when older adults face neglect, physical, emotional, or financial mistreatment—damaging the safety and respect everyone deserves.

Think of our community like a house. A solid foundation and strong support beams keep everyone feeling safe and secure. But if those supports are weak or missing, people become vulnerable.

Age-Friendly Community "support beams" that prevent elder abuse include:

- *Community conversations and awareness-raising campaigns.*
- *Education and meet-and-greets with municipal officials.*
- *Making sure older adults stay connected to neighbors and friends.*
- *Having systems in place to notice when someone needs help.*
- *Taking action quickly when problems arise.*

When we work together as neighbors to strengthen our communities, we create a place where everyone can age safely and with dignity, where every older person feels safe, valued, and protected.

What is the role of age-friendly communities to prevent Elder Abuse and Neglect (EAN)?

When builders construct a house, they add strong beams to keep it standing during storms or earthquakes. We need to think about protecting our older neighbors the same way.

Just like buildings need support beams, older adults need what we could call "social support beams" – things like check-ins and visits from friends and neighbors and easy ways to get around town. These supports help prevent elder abuse and neglect before they happen.

We can all help build these supports in our communities. The key is learning what puts older adults at risk and stepping in early when we notice problems. By working together, we can make sure our older neighbors stay safe and connected, just like those support beams keep buildings strong during tough times.

When we look out for each other this way, everyone in our community benefits. It's about being good neighbors and making sure no one faces challenges alone.

Indicators of Elder Abuse and Neglect (EAN)

- The person's home is in poor condition.
- The person does not have the support of family or friends.
- The person's medicines are not re-filled or expired.
- The person is not getting the health care they need.
- The behavior of the person you suspect of being abusive suggest abuse or neglect.
- The person shows signs of abuse or neglect.
- You have a gut feeling that something is wrong.

Questions to Ask if You Suspect EAN

- Is there anything going on at home that you would like us to talk about?
- Has anyone hit you, hurt you, or handled you roughly?
- Has anyone touched you without your permission?
- Has anyone taken your money or belongings without your permission?
- Has anyone forced you to sign papers you don't understand?
- Has anyone yelled at you, sworn at you, or made fun of you?
- Do you feel uneasy, unsafe or anxious about your current situation?

Are Age-Friendly Volunteers Mandatory Reporters?

Yes and No. Maine statute specifically lists volunteer drivers as mandated reporters. However, as an age-friendly volunteer, it is a good idea to think of yourself as "mandated" or "good neighbor" reporters if you:

- *Help friends or neighbors with disabilities*
- *Check in on older community members*
- *Assist people who need support with home chores or daily tasks*
- *Drive friends or neighbors to appointments or help with shopping*
- *Volunteer to offer programming for older community members*

The good news: You don't need special training to be a caring neighbor. Whether you help every day, once a week, or just when needed, your kindness matters.

Your responsibility: As someone who cares for vulnerable adults, you have an important role in keeping them safe. If you notice signs of abuse or neglect, the law requires you to speak up and report it.

Remember, being a mandated reporter isn't a burden—it's part of being a good neighbor who looks out for those who need extra support.