

Caregiver Assistance News

“Caring for You - Caring for Others”

Area Agency on Aging District 7, Inc.

*Serving Adams, Brown, Gallia, Highland, Jackson, Lawrence, Pike,
Ross, Scioto and Vinton Counties in Ohio*

www.aaa7.org **Helping You Age Better!**



JUNE 2014

Elder Abuse/Neglect

Tricking a Senior Out of Money

Elder abuse can take many forms, but one of the most common is “scamming” or tricking an older adult out of money or property. Seniors are more likely to become victims of such crimes and, if cognitively impaired, they are far more vulnerable. Scammers make a special effort to lure trusting seniors with false lottery winnings, fake inheritances, illegitimate sweepstakes, or “special” opportunities to donate to charity.

Why do elders fall for such tricks? Very often, they dream of being able to help their family, leave something behind, or provide more security for themselves and their loved ones as they age.

Spotting Shady Deals

Each year, 30 million Americans are defrauded of more than \$50 billion. Scammers soliciting your money understand that most people do not know how investments are supposed to work, so they will miss the warning signs. The scammers take advantage of both your lack of knowledge and your desire to make money quickly.

Source: Financial Fraud Research Center

Top 10 Scams

- **Health Care/Medicare/Health Insurance Fraud** that asks for personal information and Social Security numbers.
- **Counterfeit Prescription Drugs** that may even be harmful.
- **Funeral and Cemetery** scams that don't disclose the full cost of funeral services.
- **Fraudulent Anti-Aging Products** that don't work as advertised.
- **Telemarketing** scams that take money, but don't send the product purchased.
- **Internet Fraud** that has the person supply personal information, passwords, credit card numbers, and even banking information.
- **Investment Schemes** that don't pay out as promised.
- **Homeowner/Reverse Mortgage** scams that offer money or a free house somewhere else in exchange for title to the person's property.
- **Sweepstakes and Lottery** scams that ask for a “fee” before winnings are sent.
- **The Grandparent Scam**, where criminals pose as grandchildren in trouble so that the person will send money.



Source: National Council on Aging; www.NCOA.org

Be Aware, Be Alert

It is important to make sure the privacy of the person in your care is always protected. All a determined scam artist needs is the name from a mailbox to figure out many details about that person's life.

- Never give out personal information, credit card numbers, or Social Security information over the phone.
- Don't reply to mail that offers free gifts or special opportunities.
- Use special care when shopping online; instead of a credit card, consider using a pre-paid debit card or PayPal to pay for online purchases.
- Don't let door-to-door salespeople into the home.
- Don't respond to "get-rich-quick" schemes or being pressured to "act fast" or pay with cash.
- Don't respond to someone you don't know using your first name to gain your trust.
- Don't respond to offers to "rescue" a person from mortgage difficulties or foreclosure.
- Keep bank statements, personal papers, and credit cards hidden. Thieves have been known to take pictures of credit cards while standing in the checkout line!

Do Not Blame the Victim



Most seniors never report abuse because they're too scared or too ashamed, especially when the bad guy is a family member or caregiver. The National Center on Elder Abuse estimates that only a small fraction of cases are reported. If abuse happens to someone in your care, contact your local law enforcement agency to make a report with the senior victim. They will decide what steps to take. A police report provides proof if the person was

a victim of theft. Reporting abuse protects others from being victimized. Prosecuting those who take advantage of the elderly is the only way to stop crimes against seniors.

For cases of fraud against the elderly or anyone else, contact your State's Attorney General Office or the local District Attorney Office, Division of Consumer Fraud. If someone in your care falls victim to a con artist, the Crime Victims' Rights Act gives victims the right to get their money back, if possible; have reasonable protections from the thief; confer with the attorney for the government; and not be excluded from information or proceedings about their case.

Don't Fall, Be Safe!

Slip-on shoes, sandals, and slippers make a person more likely to trip and fall. Choose lace-up or Velcro-fastened shoes to be more fall-safe. Women who can't find wide enough shoes should try men's shoes.



TAKING CARE OF YOURSELF

Think of Your Poor Feet

Our poor feet walk the equivalent of three times around the Earth! More than 50 percent of people say their feet hurt them so much that they have trouble getting through the day. Although most foot pain starts with people in their 60s, many younger people suffer, too. Foot pain is not a normal part of aging, even though arthritis, thinning of the foot's cushioning fat pads, bunions, poor circulation, fungal infections (like athlete's foot), and plantar fasciitis do increase with age.



Tips to help your aching feet:

- Lose weight if you are overweight.
- Closely control your blood sugar if you are diabetic.
- Quit smoking - smoking contributes to poor circulation in the feet.
- Wear good fitting shoes that feel comfortable. Foot size and shape changes with time; have your feet measured when you buy shoes.
- Keep your feet clean and dry; go barefoot once in a while to keep fungus from starting.
- Walk more! Walking helps to exercise the feet and keep them healthy.

A podiatrist (foot doctor) can help you choose the right arch supports, shoes and exercises to keep your feet healthy.

Source: Family Caregiver Alliance

Upcoming Alzheimer's Association Workshops Understanding and Dealing with Alzheimer's Disease or Another Dementia



This program will provide an opportunity for families and caregivers to learn and ask questions about Alzheimer's disease and dementia, while receiving support from others in similar situations. Program is free of charge. No registration required.

Gallia County: 1:00 pm - 2:30 pm at Selected Locations (noted below)

July 15th - Unspoken Grief: Losses of Alzheimer's Disease and Other Dementia (Holzer Senior Care)

August 26th - Safety Considerations (Abbyshire Place)

**Jackson County: 1:00 pm - 2:30 pm at Four Winds Nursing Facility in Jackson or
Jenkins Care Community in Wellston (noted below)**

July 17th - Safety Considerations (Jenkins) • August 21st - Open Discussion (Four Winds)

September 18th - Activities and Interaction (Jenkins) • October 16th - Advanced Stage Issues and Decisions (Four Winds)

November 20th - Dealing with Holidays (Jenkins) • December 18th - Open Discussion (Four Winds)

January 15, 2015 - Making the Transition from Home to a Care Facility (Jenkins)

Scioto County: 2:00 pm - 3:30 pm at Best Care Nursing and Rehab in Wheelersburg

August 12th - Making the Transition from Home to a Care Facility

October 14th - How to Make Visits More Meaningful (At Home and Nursing Facility)/Dealing with Holiday Issues

December 9th - Understanding Challenging Behaviors

For more information about these programs and other similar programs available in or near your community, or for assistance with registering, please call Melissa Dever, LSW, from the Alzheimer's Association, at (740) 710-1821.



Area Agency on Aging District 7, Inc.

F32-URG, PO Box 500 • 160 Dorsey Drive • Rio Grande, OH 45674-0500

Toll-Free Number: (800) 582-7277 • TTY: 711 (Relay Ohio)

Website: www.aaa7.org • E-Mail: info@aaa7.org • Facebook: www.facebook.com/AreaAgencyOnAgingDistrict7

Your local Area Agency on Aging District 7, Inc. serves the following counties in Ohio: Adams, Brown, Gallia, Highland, Jackson, Lawrence, Pike, Ross, Scioto and Vinton. Services are rendered on a non-discriminatory basis. Those interested in learning more about the services provided through the Area Agency on Aging District 7 can call toll-free at 1-800-582-7277. Here, individuals can talk directly with a nurse or social worker who will assist them with information surrounding the programs and services that are available to best serve their needs. The Agency can also be reached via e-mail at info@aaa7.org.

Safety Tips - *What is Elder Abuse?*

Although laws may vary from state to state, abuse of the elderly is usually defined as:

- Physical Abuse – that results in bodily injury, pain or impairment. It includes assault, battery, and inappropriate restraint.
- Psychological Abuse – that inflicts mental or emotional anguish by threat, humiliation, or other verbal or nonverbal conduct.
- Sexual Abuse – non-consensual sexual contact of any kind with an older person.
- Financial Abuse – the illegal or improper use of an older person’s funds, property or resources.
- Neglect – the failure to provide care to an elderly person who needs that care.
- Self-Neglect – the failure to provide for one’s own essential needs.

Source: Administration on Aging