

Why Should I Care About Elder Abuse?

Elder abuse is an under recognized problem with devastating and even life threatening consequences.

Every day, headlines throughout the U.S. paint a grim picture of seniors who have been abused, neglected, and exploited, often by people they trust the most. Abusers may be spouses, family members, personal acquaintances, or professionals in positions of trust; or opportunistic strangers who prey on the vulnerable.

How big is the problem? No one really knows. Relatively few cases are identified, as elders often are reluctant to report the mistreatment. Experts estimate that **only one in five cases or fewer are reported**, which means that very few seniors who have been abused get the help they need.

One thing is for certain: elder abuse can happen to *any* older individual – your neighbor, your loved one - it can even happen to *you*.

What is Elder Abuse?

New Mexico law states that adult abuse involves knowingly, intentionally, or negligently inflicting pain, injury, or harm or depriving a vulnerable adult of essential services or supports, or improperly using an incapacitated adult's funds or property for another's profit. Adult maltreatment includes physical, sexual, and emotional abuse, financial exploitation, neglect by a caregiver, or self-neglect. (Section 2, 27-7-16 NMSA 1978)

Who is at Risk?

Elder abuse can occur *anywhere* – in the home, in nursing homes, or other institutions. It affects seniors across all socio-economic groups, cultures, and races. Based on available information, women and “older” elders are more likely to be victimized. Dementia is a significant risk factor. Mental health and substance abuse issues - of both abusers and victims - are risk factors. Isolation can also contribute to risk.

What Should I Do if I Suspect Elder Abuse?

Report Your Concerns.

Remember: Most cases of elder and adult abuse go undetected. Don't assume that someone has already reported a suspicious situation.

To report suspected abuse, neglect, or exploitation of an adult, age 18 or older, in the community, contact the APS Statewide Central Intake numbers: 866-654-3219 or 505-476-4912.

You also may visit the NCEA website at www.ncea.aoa.gov or call the *Eldercare Locator* at 800-677-1116.

If you or someone you know is in a life threatening situation or immediate danger, contact 911 or the local police or sheriff.

To report suspected abuse in a nursing home or long-term care facility, contact the NM Department of Health. 800-752-8649

Who Must Report?

The New Mexico Revised APS Act, Statue 27-7-15 NMSA, requires that anyone having reasonable cause to believe that an incapacitated adult has been abused neglected or exploited must immediately report that information to the department. Under Subsection A of the APS Act, failure or refusal to report may constitute a misdemeanor.

State Resources

New Mexico Aging & Long-Term Services Department
Adult Protective Services Division
866-654-3219 or 505-476-4912.

New Mexico Long Term Care Ombudsman
505-476-4790

NM Office of Attorney General
Medicaid Fraud & Elder Abuse
505-222-9079 or 800-525-6519

New Mexico Aging & Long-Term Services Department
Aging & Disability Resource Center
800-432-2080

New Mexico Department of Health
Reporting Hotline
800-752-8659

Remember: You do not need to prove that abuse is occurring; it is up to the professionals to investigate the suspicions.

Warning Signs

- **Physical Abuse** - Slap marks, unexplained bruises, most pressure marks, certain types of burns or blisters, such as cigarette burns
- **Neglect or Self Neglect** - Pressure ulcers, filth, lack of medical care, malnutrition or dehydration, poor hygiene
- **Emotional Abuse** - Withdrawal from normal activities, unexplained changes in alertness, or other unusual behavioral changes
- **Sexual Abuse** - Bruises around the breasts or genital area and unexplained sexually transmitted diseases
- **Financial Abuse/Exploitation** - Sudden change in finances and accounts, altered wills and trusts, unusual bank withdrawals, checks written as “loans” or “gifts,” and loss of property

What Can I Do to Prevent Elder Abuse?

- *Report suspected mistreatment* to your local adult protective services agency or law enforcement. Although a situation may have already been investigated, if you believe circumstances are getting worse, continue to speak out.
- *Keep in contact* – Talk with your older friends, neighbors, and relatives. Maintaining communication will help decrease isolation, a risk factor for mistreatment. It will also give them a chance to talk about any problems they may be experiencing.
- *Be aware of the possibility of abuse* – Look around and take note of what may be happening with your older neighbors and acquaintances. Do they seem lately to be withdrawn, nervous, fearful, sad, or anxious, especially around certain people, when they have not seemed so in the past?
- *Contact your local Area Agency on Aging* office to identify local programs and sources of support, such as *Meals on Wheels*. These programs help elders to maintain health, well-being, and independence – a good defense against abuse.
- *Volunteer* – There are many local opportunities to become involved in programs that provide assistance and support for seniors.
- *World Elder Abuse Awareness Day* - Elder abuse is a global issue. Contact your local aging services organizations to find out how your community will observe World Day. Help to raise awareness by talking about the issue.
- *Learn more about the issue* - Visit the *National Center on Elder Abuse* website at www.ncea.aoa.gov.



New Mexico Aging and Long-Term Services Department
2550 Cerrillos Road
Santa Fe, New Mexico 87505
505-476-4799
Website: www.nmaging.state.nm.us

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The NCEA is a national resource center that provides technical support and information to professionals and advocates working on behalf of older individuals. It also provides information and referral to the public. The NCEA is not an investigation, nor a reporting, agency, and cannot intervene in cases of suspected elder mistreatment.

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***Together, we have the
power to prevent
elder abuse***