



## **Are You at Risk of Becoming a Victim of Elder Abuse?**

Anyone can become a victim of abuse, but some people are at a greater risk than others. This quiz will help you identify whether you are at an increased risk of being mistreated.

**Read through and answer the following list of “yes” or “no” questions.**

- Has anyone tried to force you to sign papers or to use your money against your will?
- Do you feel like someone is trying to take advantage of you?
- Is someone telling you that you can't do something because they have Power of Attorney “over you?”
- Are you afraid of anyone in your household or your family?
- Has anyone made you afraid or tried to hurt you or harm you recently?
- Has anyone prevented you from getting food, clothes, or medicine?
- Has anyone prevented you from being with people you wanted to be with?
- Has anyone forced you to do things you did not want to do?
- Has anyone taken things that belong to you without your OK?
- Have you been upset because someone talked to you in a way that made you feel shamed or threatened?

If you answered “yes” to any of these questions, you should talk to someone. If you are a Maine resident who is 60 or older, you can call the Legal Services for the Elderly Helpline at 1-800-750-5353 to speak to an attorney for free. Or visit the Legal Services for the Elderly website ([www.mainelse.org](http://www.mainelse.org)) to learn where you can go to get help in Maine.