



Things You Can Do to Make Your Life Safer

If you are being mistreated, there are some small steps you can take to make your life safer. This section will give you some information about those steps.

If you ever feel like you are in danger, call 911.

If someone is hurting you or scaring you

If someone is hurting you or scaring you, you might be able to go to court and get a protection order against that person. This is called a “Protection from Abuse” order (PFA) or a “Protection from Harassment” order (PFH). When you get the order, that person can no longer come near you. If they do, you can call the police.

The attorneys at Legal Services for Maine Elders can help. If you think you would like to try to get a PFA or PFH, call the Legal Services for Maine Elders Helpline at 1-800-750-5353 to speak to an attorney for free and confidential help.

If the Agent under your Power of Attorney is taking advantage of you

If you feel like the Agent under your Power of Attorney (POA) is taking advantage of you, the attorneys at Legal Services for Maine Elders can help. Your attorney can help you “revoke” your Power of Attorney. This means that you take away your Agent’s right to act or make decisions for you. Your attorney might also be able to help you name a new Agent under a POA.

If you are interested in revoking your current Power of Attorney and creating a new one, call the Legal Services for Maine Elders Helpline at 1-800-750-5353 to speak to an attorney for free and confidential help.

If someone has taken over your life, house, or money

If someone has taken over your life, house, or money, there are ways to regain control. Call the Legal Services for Maine Elders Helpline at 1-800-750-5353 to speak to an attorney for free and confidential help. Your attorney will help you make the changes that are needed to get your life back.

If you want help getting someone out of your home

If you are sharing your house with another person and you want that person to leave, you need to “evict” that person. This means that you go to court and go through the legal process which allows you to remove that person from your home. Once you get the court’s permission, you can make that person move out. This means that you get your home back.

If you would like to get someone out of your house, call the Legal Services for Maine Elders Helpline at 1-800-750-5353 to speak to an attorney for free and confidential help.

If someone has destroyed your credit

If someone has racked up debt in your name and you are being harassed by debt collectors, you have certain rights. You might be able to get some of the charges removed from your credit cards. You can tell debt collectors to stop contacting you. Some of your income and assets are protected from debt collectors.

Call the Legal Services for Maine Elders Helpline at 1-800-750-5353 to speak to an attorney for free. Your attorney can help you address your debt problems.

If you need help so you can stay in your home

If you want to stay in your home but you need help with things like getting dressed, cooking, or taking medication, there are agencies that can help. You might even be able to get help paying for these services. To find out what services are available in your area, or for help setting up services, call your local Area Agency on Aging at 1-877-353-3771.

Remember: Everyone needs help eventually. Don't be embarrassed about asking for help, is not a sign of defeat or failure. It's a smart thing to do to protect yourself and to stay in control. The trick is to find a trustworthy person to do the job. Your local Area Agency on Aging can help you find the right person.

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