

## **Asking For Help**

If someone is hurting you, neglecting you, taking advantage of you, or trying to take advantage of you, you need to tell someone.

Asking for help is not an easy thing to do, but it's important. If you don't ask for help, it will be hard to get yourself in a better situation. Reach out to a trusted family member or friend. Or, tell your doctor or your spiritual advisor.

There are also many agencies you can turn to. The people who work at these agencies are professionals. Everything you say to them will be confidential. **You get to stay in control.** They will tell you what your options are, and you choose what to do. Your decision will be respected. No one will force you to do anything you don't want to do.

### **If you are not getting the care that you need from your caregiver:**

- Call your local Area Agency on Aging at [1-877-353-3771](tel:1-877-353-3771) to find out what supports and services are available to help; or,
- Call the Maine Long Term Care Ombudsman Program at [1-800-499-0229](tel:1-800-499-0229).

### **If someone is physically hurting you:**

- Call **911** if you feel like you are in danger.
- Call the Legal Services for the Elderly Helpline at [1-800-750-5353](tel:1-800-750-5353) to speak to an attorney for free; or,
- Call the Domestic Violence Statewide Helpline at [1-866-834-4357](tel:1-866-834-4357); or,
- Call the Sexual Violence Statewide Crisis and Support Line at [1-800-871-7741](tel:1-800-871-7741).

### **If someone is saying things to make you feel bad, ashamed, or worthless:**

- Call the Legal Services for the Elderly Helpline at [1-800-750-5353](tel:1-800-750-5353) to speak to an attorney for free; or,
- Call the Domestic Violence Statewide Helpline at [1-866-834-4357](tel:1-866-834-4357).

### **If someone is stealing your money or taking advantage of you:**

Call the Legal Services for the Elderly Helpline at [1-800-750-5353](tel:1-800-750-5353) to speak to an attorney for free.

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