



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) to learn where you can go to get help in Maine.