



Are You Worried About Elder Abuse? Here are some Maine agencies that can 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.

This is a list of Maine agencies you can turn to for help. The people who work at these agencies are professional. 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.

Legal Services for the Elderly

If you are a Maine resident who is 60 or older and you would like help protecting or recovering your money or property, or would like to do something to make your life safer, call the Legal Services for the Elderly Helpline at **1-800-750-5353** to talk to an attorney for free.

Sexual Violence Statewide Crisis and Support Line

Immediately following a sexual assault, take whatever steps you can to ensure safety.

You may want to call the statewide sexual assault crisis and support line: **1-800-871-7741** or TTY 1-888-458-5599. When you call, you will be connected to someone nearby who can listen, offer support and information, and help you decide what you want to do next.



Domestic Violence Statewide Helpline

If you need help with a domestic violence situation, call the Helpline at **1-866-843-4357**.

When you call, you will be connected to someone who can listen, offer emotional support and information, help you with safety planning and help you decide what you want to do next.

Area Agency on Aging

For more information about services that are available in your area, call your local Area Agency on Aging at **1-877-353-3771**. Services include: long term care options counseling; identifying possible housing; assisting in receiving benefits; and, providing family support and meals.

Maine Long Term Care Ombudsman

If you are not getting the care that you need from your caregiver, call the Maine Long Term Care Ombudsman at **1-800-499-0229**. To learn more about the Ombudsman, visit the Maine Long Term Care Ombudsman website at: <https://www.maineombudsman.org>

Maine Council for Elder Abuse Prevention

For more information about elder abuse, ways to prevent it, and agencies in Maine that provide services to people dealing with abuse, visit the Maine Council for Elder Abuse Prevention's website at: www.elderabuseprevention.info



State of Maine Department of Health and Human Services

Adult Protective Services (APS) – Office of Aging and Disability Services

If you are worried about a senior, you can call and report your concerns to APS. APS provides and arranges for services to protect incapacitated and dependent adults (age 18 and over) in danger of abuse, neglect, or exploitation.

1-800-624-8404 (Nationwide, 24/7, toll free)

Maine Relay 711 (TTY, 24/7)