

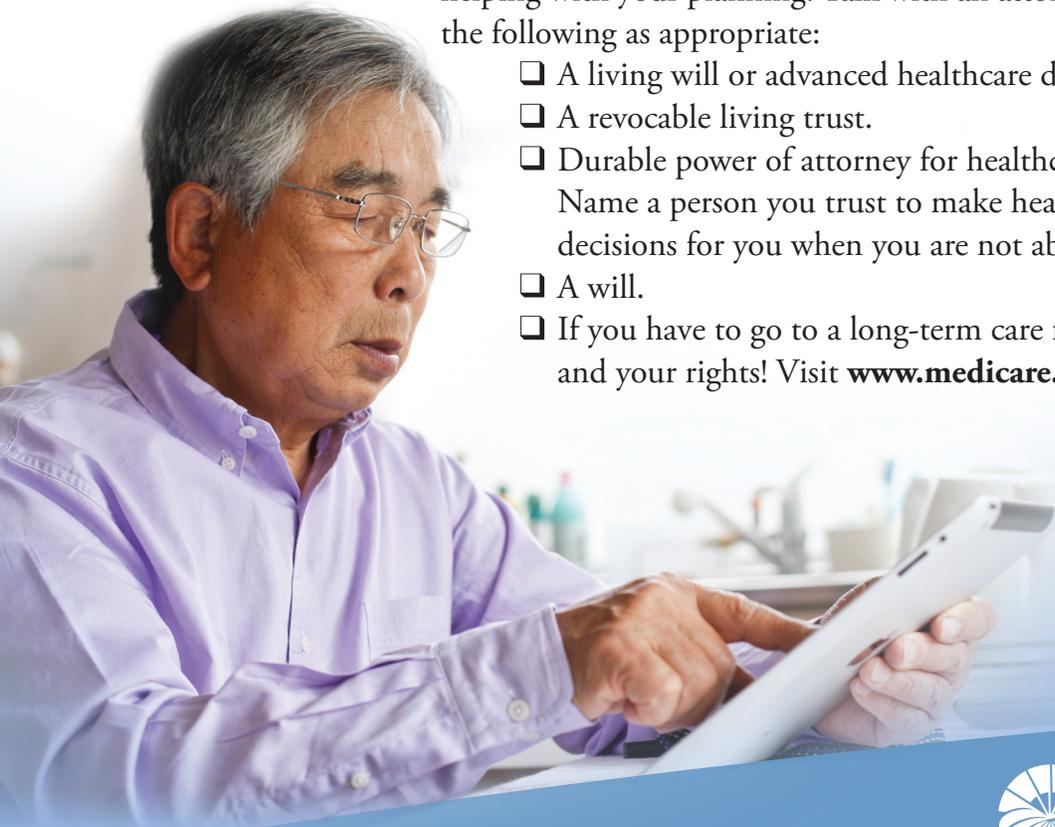
Planning to Protect Yourself from Financial Exploitation!

Financial exploitation, also known as financial abuse, is when someone illegally or improperly uses your money or belongings for themselves. This can be done by someone you know, like a friend or relative, or a complete stranger. However, there are things you can do to help protect yourself.



PLAN! Consider doing the following:

- Sign up for direct deposit of your income (e.g. pensions and social security can go right into your secured account). Contact your bank for help.
- For help managing your social security payments, contact the Social Security Administration.
- Only allow someone you trust to help you manage your money.
- Get your estate plan in place. Be careful about people you select to trust in helping with your planning. Talk with an attorney about helping you create the following as appropriate:
 - A living will or advanced healthcare directive.
 - A revocable living trust.
 - Durable power of attorney for healthcare and/or asset management. Name a person you trust to make healthcare and asset management decisions for you when you are not able.
 - A will.
 - If you have to go to a long-term care facility, learn about your options and your rights! Visit www.medicare.gov/quality-care-finder



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STAY CONNECTED!

Keep in touch regularly with others, isolation can make you vulnerable to abuse. Talk with family members, friends, and professionals that you trust to help you plan for your future.

ALSO, CONSIDER DOING THE FOLLOWING:

- Build a network of family, friends, neighbors, and groups that you can interact with.
- Keep active, stay busy! Get involved with your senior center or other groups.
- Create a buddy system with other elders, call each other daily for reassurance and friendship and visit each other if possible.



MAKING A REPORT IN INSTANCES SUSPECTED OF ABUSE OR NEGLECT IS THE RIGHT THING TO DO, AND IT'S EASY.

Programs, such as Adult Protective Services (APS) and The Long-Term Care Ombudsman Program are there to help.

Talk with a professional you trust to help you make a report or access more information.



Connecting You to Community Services

NAPCA acknowledges the Eldercare Locator for their help in the development of this resource.



To learn more, visit the National Center on Elder Abuse website at: <https://ncea.acl.gov/faq/index.html>

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