



Protecting Our Seniors: Preventing Elder Abuse Through Caregiver Support

Caring for an aging loved one is one of the most meaningful—and challenging—roles a person can take on. While many caregivers provide compassionate and respectful care, it's important to recognize that the stress and pressure of caregiving can increase the risk of elder abuse.

But there's good news, elder abuse is preventable. With the right support, education, and community resources, we can protect older adults while also caring for the caregivers who support them every day. Call The Senior Hub if you have questions, we are here to help.

Education and training empower caregivers. Knowledge is a powerful tool. Caregivers who understand the medical, emotional, and behavioral needs of older adults are better equipped to provide safe, high-quality care. Training in stress management and self-care is equally important—when caregivers care for themselves, they're in a better place to care for others.

What helps:

- Training in dementia and elder care basics
- Access to mental health resources for caregivers
- Encouragement to speak up and ask for help when needed

Sharing the Responsibility: No one can pour from an empty cup. Caregivers need time to rest and recharge—and communities must step up to provide options for respite care, support groups, and social outlets for both caregivers and care recipients.

What helps:

- Respite services for short-term caregiver relief
- Peer-led caregiver support groups
- Senior centers and social clubs to keep older adults engaged and connected

Prevention and Early Intervention. Preventing abuse starts with recognizing it early. That means knowing the warning signs—such as unexplained injuries, sudden changes in mood or finances, or withdrawal from normal activities—and reporting concerns immediately. Legal protections like powers of attorney and clear financial planning can also reduce opportunities for exploitation.

What helps:

- Community education on the signs of abuse
- Promoting elder financial literacy and estate planning
- Encouraging open conversations about caregiving challenges

Together, we make a difference. Preventing elder abuse is not just a responsibility, it's a community commitment. By supporting caregivers, staying connected with older adults, and educating ourselves, we can build a safer, healthier environment for everyone. Contact the Senior Hub at 740-681-5050 or visit www.theseniorhubfc.org to learn more about caregiver resources and respite services. Let's continue caring—together.

Stay Vigilant

Protecting your credit requires ongoing effort. By monitoring your accounts, placing alerts or freezes when necessary, and reporting suspicious activity, you can safeguard your

The primary federal consumer protection agency in the United States is the Federal Trade Commission (FTC). The FTC's Bureau of Consumer Protection (BCP) focuses on stopping

unfair, deceptive, and fraudulent business practices. Additionally, the Consumer Financial Protection Bureau (CFPB) is responsible for regulating financial institutions and protecting consumers in the financial marketplace. For more information and resources, visit the Consumer Protection Bureau or contact the credit bureaus directly.

Consumer Financial Protection Bureau

(855) 411-2372

TTY/TTD: (855) 729-2372

8 a.m. to 8 p.m. ET, Monday through Friday (except federal holidays).

Alzheimer's Association Support

Central Ohio Chapter

Fairfield County Alzheimer's Caregiver Support Group

Held at The Senior Hub Library

1515 Cedar Hill Road, Lancaster

Wednesday, June 11, 2025 2:00 – 3:00 p.m.



Walk-In Hours at The Senior Hub

Wednesday, June 18, 2025

11:00 a.m. – 1:00 p.m.

Have your questions answered about caring for a loved one with Alzheimer's or dementia.

Lindsay Blackburn

Alzheimer's Association – Central OH Chapter Representative

