



Elder & Vulnerable Adults



Warning Signs:

- I don't trust most of the people in my family or those coming into my home.
- Things that belong to me have been taken without my permission.
- Someone tells me I'm a burden or that I cause them too much trouble.
- I'm helping to support someone physically or financially and it feels like a struggle.
- I have trouble getting around, taking my medication, or doing things on my own—and I don't have help.



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Warning Signs:

- I feel afraid of or uncomfortable with someone in my family or a caregiver.
- I have been forced to do things I didn't want to or kept in bed when I wasn't sick.
- I feel sad, lonely, or unwanted.
- I don't feel like I have enough privacy or control over decisions about my life.
- Someone close to me has tried to hurt or injure me with their words or actions.

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Personal Safety in the Home

- Keep a phone in reach with emergency contacts on speed dial, or use a medical alert system or wearable emergency call button.
- Install a lock on your bedroom to create a secure area.
- Leave a spare key with a trusted friend or neighbor, not just family members.
- Maintain a hidden list of medications and health conditions.

Financial Safety

- Name a trusted financial advisor who is separate from a day-to-day caregiver.
- Use direct deposit to avoid lost or stolen checks.
- Lock up important papers and documents.

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- Review bank accounts and credit reports monthly.
- Don't share bank cards or accounts unless necessary.

Medical and Health Safety

- Keep a list of medications, appointments, & providers.
- Go to the doctor alone or with someone you trust.
- Create an advance directive or living will and give a copy to a third party.
- Report missed or denied meds or overmedication.

Other Emergency Planning

- Pre-plan transportation options, such as public transit, ride-share accounts, or a neighbor's help.
- Memorize or carry a list of emergency numbers, including Adult Protective Services (1-888-APS-TENN)