

Financial Abuse Prevention

Elder abuse can happen to anyone—a loved one, a neighbor, and when we are old enough, it can even happen to us. Elder abuse affects seniors across all socio-economic groups, cultures, and races. Financial exploitation is the most common type of elder abuse and will be the topic at our June S.A.L.T. meetings. Attorney Chris Babich will be talking about the signs of financial abuse and exploitation and what you can do to protect yourself.

West S.A.L.T. Meeting

June 15, 2015 11:00 a.m.
40 and 8 Community Rm.
7607 NE 26th Ave.
Vancouver, WA 98665

*S.A.L.T. meetings are free
and open to all seniors.
Please join us!*

East S.A.L.T. Meeting

June 22, 2015 11:00 a.m.
Camas Police
2100 NE 3rd Ave.
Camas, WA 98607

To receive the free monthly S.A.L.T. Times Newsletter, call 397-2211 ext. 3380 or send an e-mail to: sheriffcommunityoutreach@clark.wa.gov. **For other formats:** Clark County ADA Office, **Voice** (360) 397-2000, **Relay** (800) 833-6384, **E-mail** ADA@clark.wa.gov



Seniors and Law Enforcement Together
Clark County Sheriff's Office
P.O. Box 410
Vancouver, WA 98666



Seniors And Law Enforcement Together

S.A.L.T. TIMES

June 2015

Multigenerational Travel: Tips for Hitting the Road with Kids and Seniors

According to NPR, the Memorial Day weekend and summer are estimated to see the highest amount of travelers since the recession. We are also seeing big trends in multi-generational road trips. Families are craving time away from the usual pace to reconnect and take a break from the usual rush of work and activities. For those in the sandwich generation who have children and aging parents, this can be a great time to create a space that will bridge the generations. Whether you are setting out to visit old stomping grounds or exploring a new place, here are a few tips for family caregivers to make sure they are prepared for their multigenerational adventure:

Before you Go

- Planning is everything. While you may normally have a free flowing trip, an aging adult can really depend on a routine. Try to generally plan sleeping, activities, meals, and rest periods around the same time each day.
- Be sure that you have more than enough medication for the entire trip. You may need to order extra in advance.
- Prepare an emergency list just to make sure you have pertinent information in one place. Include all medications and dosages, allergies, any diagnosis, date of birth, social security number, insurance card, and contact information for a parent's primary physicians and care manager.
- Make sure you are aware of any food allergies or

dietary needs around medications so you can prepare supplies that you'll need to take with you.

- Be sure to pack any necessary devices and equipment such as a gait belt, compression socks, a cane or walker, etc. Even if your loved one only uses them part of the time, unusual activity such as increased walking may trigger the need for assistance equipment.

On the Road

- While you may be tempted to push it through to the next town it is important to take frequent breaks on a long road trips to allow aging adults to use the facilities. Make sure your aging loved one is not avoiding staying hydrated to reduce trips to the bathroom. Dehydration is a major risk among older adults.

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Sweepstakes Con Gets a Real Life Twist

Scammers have given a classic lottery scam a cunning new twist by drawing on the real life story of a Mega Millions winner. Watch out for emails claiming that a recent lottery winner is giving you part of his fortune. It's really just a con.

How the Scam Works:

You get an email that appears to come from a man named Harold Diamond. Mr. Diamond is a retired principal who won the largest Mega Millions jackpot in New York lottery history this winter.

The email says Mr. Diamond is giving away part of his new fortune to five randomly selected people. You are so lucky! You've been chosen to receive a million dollars.

To collect the fortune, email Diamond's lawyer and mention a verification code number. The code will prove that you are official, and the lawyer will have further instructions.

Don't do it! This scam may draw on current events, but it's a classic con. If you contact the "lawyer," he will ask for money under the guise of paying taxes or other fees. No matter how much you send, it won't be enough!

Lottery and sweepstakes scams are common. Here are tips to avoid them:

- Don't pay up to claim your prize: You should never have to pay money or buy products in order to receive a prize. Be especially wary of wiring money or using a prepaid

debit card.

- You can't win a contest you didn't enter: You need to buy a ticket or complete an application to participate in a contest or lottery. Be very careful if you've been selected as a winner for a contest you never entered.

- Verify -- but not by using a source scammers give you. Check if an offer is real, but don't call the phone number in the email or website you suspect may be a scam. If it is a con, chances are the person on the other line will be involved, too.

- The only legal lotteries in the United States are the official state-run lotteries. Foreign lotteries are illegal.

Better Business Bureau Scam Alert

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- Make sure you are regularly moving on those pit stops. Sitting for long periods of time in closed quarters can increase the risk of blood clots forming in the legs. Regularly get the family out of the car to take a short walk.

- Pack layers of clothing as temperatures can vary widely during travel. Being able to add or remove layers will help regulate body temperature to prevent getting overheated or chilled.

- If you're headed somewhere sunny, protect skin with plenty of sunscreen and light long-sleeve clothing. Don't forget the sunglasses and a wide-brim hat. Our skin thins as we age and it is crucial to protect it well.

- Create a playlist that includes some favorite tunes from your aging loved one's past. Make sure their songs make it into the rotation of music too.

At Your Destination

- When you get to your lodging, take time to set up designated areas for medication and orient loved ones to the new space. Be sure to remove any small rugs or tripping hazards and bring your own nightlights to illuminate stairwells, hallways, or bathrooms.

- Create a designated area that is just for your aging loved one that is a safe and quiet space for them to retreat to and recharge. With all the stimulation of the sights and family, it is important to have a sanctuary that loved ones can enter at any time.

- Let the stories roll! Whether you gather around a campfire on the beach or around a good meal, encourage everyone to participate in a story night. Simply let each person tell a story around a particular

theme or storyteller's choice. This can be a source of rich multigenerational connection. It is amazing what we don't know about people we are close to simply because we've never asked. If you have a smartphone, recording these stories to preserve later can be incredibly meaningful.

- Take lots of pictures. This may be obvious, but multigenerational photos are a real treasure for families. Stage some family shots of the oldest and youngest together, all the men, and then all the women together. It's a great opportunity to capture being all together.

- Go with the Flow. It is important to be adaptable to aging loved ones. You may have a particular event planned, but remain attentive to your aging loved one's needs. They may be having a great day or a low energy day. It is important to make them feel like whatever kind of day they are having is okay and they are included in family time all the same.

- Take turns with your significant other. It can be important to switch off spending time with individual family members in a more intimate setting. Create a plan with your significant other to switch off time with children and aging adults to give each a chance to connect one-on-one.

Above all, it is important to stay safe and make memories together this summer. Happy Travels!

Sound Options, Inc.



June 15 is World Elder Abuse Awareness Day

Did you know that every day 10,000 people turn 65 in the US alone? That trend is going to continue for nearly the next 20 years. Our demographics are shifting, and we will soon have more elder people in the US than ever before. At the same time that the population is growing, we know that a startling number of elders face abusive conditions. Every year an estimated 5 million, or 1 in 10, older Americans are victims of elder abuse, neglect, or exploitation. And that's only part of the picture: Experts believe that for every case of elder abuse or neglect reported, as many as 23.5 cases go unreported. WEAAD serves as a call-to-action for individuals, organizations, and communities to raise awareness about abuse, neglect, and exploitation of elders. The International Network for the Prevention of Elder Abuse and the World Health Organization at the United Nations (UN) launched the first World Elder Abuse Awareness Day (WEAAD) on June 15, 2006 in an effort to unite



communities around the world in raising awareness about elder abuse. WEAAD is in support of the UN's International Plan of Action acknowledging the significance of elder abuse as a public health and human rights issue.

For More Information:

» NCEA- Go to www.ncea.aoa.gov

» ELDERCARE LOCATOR

Call 1-800-677-1116 or go to www.eldercare.gov

