



STOP. LISTEN. CARE.

CURRENT DATE OF KICK OFF

Dear Neighbor,

Are the newspapers of your elderly neighbor piling up? Are her drapes always closed? Is the yard not kept up as it used to be? Maybe you just haven't seen him out and about as often as usual.

All of these may be signs of social isolation, which is not at all uncommon among senior citizens and dependent adults. Friends and family may have moved away or died. Or, as the elderly find it harder and harder to get to their churches, synagogues, hair appointments or social gatherings, their isolation grows.

Not your problem, you say? None of your business? Maybe. But the fact is, you can make a profound difference in less than ten minutes. Here's how:

"How are you? I haven't seen you lately. Have you been getting out and seeing friends? What have you been doing for fun? How's your family?"

It's that simple. Just ask the questions. Show you care. Give your neighbor a minute or two of your attention. If everyone in the neighborhood did the same, her sense of isolation might lift considerably.

But what if the answers to your questions cause you even more concern? What if your neighbor appears to need more help than you can comfortably offer? What if you suspect physical or financial abuse?

All you need to do is pick up the phone. There are several services you can choose from to get the help you need, quickly and easily.

- **211 Sacramento (211 or 916.498.1000)**, the county's information and referral service. An InfoLine referral specialist will take your call and choose from over 2,400 nonprofit and public programs to recommend the ones that can best help you. Your call is confidential.
- **Caring Neighborhoods (916.808.1594)** helps organize neighbors' efforts to reach out to seniors. This group has lots of great ideas for you. Just call.
- **Sacramento County Adult Protective Services (916.874.9377)** is specially prepared to aid seniors and dependent adults over the age of 18 who are neglected — and to rescue those who have become victims of abuse. Your call is confidential.

The "Stop. Listen. Care." project was developed by the Sacramento Community System of Protection for Seniors and Dependent Adults to help foster a sense of caring and personal connection within our communities. When we provide a safety net for each other, and when we reach out to the most vulnerable among us, we create the kind of community we'd all like to be a part of.

Show you care. We'll all feel better for it.

Sincerely,

Peggy Forseth-Andrews, Chair

Community Awareness Subcommittee
Senior and Dependent Adult System of Protection

P.S. The enclosed brochure contains more information about how to spot isolation and neglect and how you can help. Read it now and save it for future reference.