Our communities are like buildings that support people’s wellbeing. Sturdy buildings ensure that people are safe and thriving at every age. We all have a part to play in this construction project.

Here are 12 things everyone can do to build community supports and prevent elder abuse.

> **Learn the signs** of elder abuse and neglect and how we can collectively solve the issue.

> **Talk to friends and family members** about how we can all age well and reduce abuse with programs and services like improved law enforcement, community centers, and public transportation.

> **Prevent isolation.** Call or visit our older loved ones and ask how they are doing regularly.

> **Send a letter** to a local paper, radio or TV station suggesting that they cover World Elder Abuse Awareness Day (June 15) or Grandparents Day in September.

> **Join Ageless Alliance**, an organization that connects people of all ages, nationwide, who stand united for the dignity of older people and for the elimination of elder abuse. Visit [agelessalliance.org](http://agelessalliance.org).

> **Provide respite breaks** for caregivers.

> **Encourage our bank managers** to train tellers on how to detect elder financial abuse.

> **Ask our doctors** to ask all older patients about possible family violence in their lives.

> **Contact a local Adult Protective Services or Long-Term Care Ombudsman** to learn how to support their work helping older people and adults with disabilities who may be more at-risk.

> **Organize an “Aging with Dignity” essay or poster contest** in a local school.

> **Ask religious congregation leaders** to give a talk about elder abuse at a service or to put a message about elder abuse in the bulletin.

> **Volunteer** to be a friendly visitor to a nursing home resident or to a homebound older person in our communities.

*It is up to all of us to prevent and address elder abuse!*

For more information on elder abuse prevention, please visit [ncea.acl.gov](http://ncea.acl.gov).