



## STOP. LISTEN. CARE.

### Be part of the solution. Show you care in five minutes or less.

- Emphasize the importance of staying connected to friends and family.
- Encourage your clients or patients to ask for help, whenever they need it.
- Give your clients or patients a copy of the enclosed information card. Empower them to connect with other resources.
- Program your computers to prompt wellness calls to senior patients every quarter.
- Invite a professional to talk to your staff about senior isolation and neglect. Call 916.447.7063 ext. 308.
- Ask very specific and probing questions to gauge whether your patient might be a victim of abuse: “Do you live alone? How did you get that cut or bruise? Are you kept isolated from friends or relatives?”

### Take advantage of our poster, information card, and other materials.

The “Stop. Listen. Care.” project has created these materials just for health care workers like you. Print out as many copies as you like by going to [www.stopliscare.org](http://www.stopliscare.org) and clicking on the item you desire. It’s a great way to spread the word about preventing abuse, neglect, and isolation.

### When in doubt, make the call.

It’s easy to second-guess your concerns about a patient or client. When in doubt, however, we ask that you err on the side of caution; don’t hesitate to call **211 Sacramento (211 or 916.498.1000)** for the resources you need to help a patient or client. If you suspect neglect, isolation or financial abuse, call **Sacramento County Adult Protective Services (916.874.9377)** right away. Your call is not only an act of kindness; it is completely confidential and is always welcome.



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