You Must Report Elder Abuse.
(Calls are confidential.)
If you suspect or believe in good faith that an elderly person who may be incapacitated is being abused, neglected, exploited or is self-neglecting, you must report it to the NH Department of Health and Human Services, Bureau of Elderly and Adult Services.

For information on Elder Abuse, call 1-800-949-0470

To report Elder Abuse, call the District Office nearest you.

Berlin
1-800-972-6111 or (603) 752-7800

Littleton
1-800-552-8959 or (603) 444-6786

Claremont
1-800-982-1001 or (603) 542-9544

Manchester
1-800-852-7493 or (603) 668-2330

Concord
1-800-322-9191 or (603) 271-6201

Nashua
1-800-852-0632 or (603) 883-7726

Conway
1-800-552-4628 or (603) 447-3841

Portsmouth
1-800-821-0326 or (603) 433-8300

Keene
1-800-624-9700 or (603) 357-3510

Rochester
1-800-862-5300 or (603) 332-9120

Laconia
1-800-322-2121 or (603) 524-4485

Salem
1-800-852-7492 or (603) 893-9763
Preventing Elder Abuse

What is Elder Abuse?

In New Hampshire, Elder Abuse is defined by law (RSA 161-F) as any action or omission that results (or could result) in harm to a vulnerable adult. The law identifies six types of abuse:

- Physical Abuse
- Sexual Abuse
- Emotional Abuse
- Neglect
- Self-Neglect
- Exploitation

Is Elder Abuse a Problem in New Hampshire?

Yes, and it continues to be a growing problem in New Hampshire. In 1980, there were 239 reports of Elder Abuse in the State. In fiscal year 2005 (from July 1, 2004 to June 30, 2005), there were 1,460 reported cases of abuse and neglect involving victims 60 years of age and older.

Elder Abuse remains a silent problem. Victims are often too frightened, ill, or ashamed to tell someone about the abuse/neglect. Friends and neighbors of the victim often don’t recognize the problem, don’t know what to do, or whom to tell about it.

What are the Signs and Symptoms of Elder Abuse and Neglect?

Some of the signs and symptoms of Elder Abuse are:

- Unexplained bruises, welts, burns;
- Fear/anxiety or agitation around certain household members or caregivers;
- Changes in appetite or unusual/dramatic weight gain or loss;
- Unexplained changes in health status;
- Increasing withdrawal/isolation;
- Lack of knowledge about personal finances or conflicting stories;
- Sudden inability to pay bills or buy food;
- Dependency of adult child/caregiver on the older individual for income and/or shelter;
- Poor personal hygiene; and
- Wearing of inadequate or inappropriate clothing.

What Can Family and Friends Do to Prevent/Stop Elder Abuse?

- Visit an elderly person often and talk with them in private;
- Be observant and listen carefully;
- Find sources and resources of help for the elderly person;
- Speak up when something looks or sounds wrong; and
- Report any suspected abuse, neglect or self-neglect.

As an Older Adult, What Can You Do to Protect Yourself?

- Tell someone (e.g., a clergyman, family member, or friend) if you are being abused or neglected;
- Don’t give away money you need to live on;
- Seek medical help when you need it and don’t be afraid to confide in your doctor if someone is harming you;
- Don’t give away your social security number, credit card numbers or financial information to people you don’t know;
- Don’t let anyone keep details of your financial status from you;
- Don’t sign a document until someone you trust reads it; and
- Don’t live with someone who has a history of violent behavior.