

## ELDER OR DEPENDENT ADULT ABUSE

**Resources:** Adult Protective Services 1-877-839-4347  
Ombudsman of CCC 925-685-2070

- Elder is one 65 years or older. Dependent adult is 18 to 64, with a disability (i.e. physical, mental, or financial limitation of daily functioning)
- Physical Abuse: assault, battery, physical restraints, chemical restraints, deprivation of food/water, sexual assault
- Abandonment: willful withdrawal of care or support when care or support is needed
- Isolation: restricting from social contact by denying access to mail, phone, computer, friends
- Neglect: failure to provide adequate care, food, shelter, basic hygiene or protection from hazards. Neglect also includes self-neglect in which a dependent adult or an elder can't adequately provide for his or her own needs due to physical or mental limitations or substance abuse
- Financial abuse: Applies to any person who secretes or misappropriates money or property to any wrongful use or with the intent to defraud.
- Abduction: taking dependent adults or elders out of California or preventing them from returning to California without their consent or against their will.
- Emotional Abuse: Treatment that harms or endangers the emotional well-being of a dependent adult or an elder.
- **Important to honor the self-determination of an elder**

# Community Resources

## Social Service Programs

No fee for the following services

### Contra Costa Crisis Center

[www.211database.org](http://www.211database.org)

or call

211

Crisis counseling Hotline available 24/7 for grief, suicide, homeless, child abuse and elder abuse information

County Online Resource Database (CORD): up to date information on 2,500 health and social services.

### Aging and Adult Services

[www.cccounty.us/ehsd](http://www.cccounty.us/ehsd)

or call

Inside Contra Costa County

(800) 510-2020

Outside Contra Costa County

(925) 229-8434

#### Information and Assistance on the following:

Adult daycare

In-home assessments

Adult protective services

Legal assistance

Alzheimer's resources

Recreation

Caregiver assistance

Support Groups

Food programs

Tax counseling

Health resources

Transportation

Help in the home

Volunteering

Housing Alternatives

[www.johnmuirhealthservices.com/classes](http://www.johnmuirhealthservices.com/classes)

## John Muir Community Health Resources

or call

(925) 941-7900

### Information on:

Health classes

Health information

Support Groups

Behavioral resources

*Some of John Muir services may have a nominal fee.*

## Hospice of the East Bay

[www.hospiceeastbay.org](http://www.hospiceeastbay.org)

or call

(925) 887-5678

*No fee or sliding scale*

Please be advised that nothing found here has been reviewed with the expertise required to provide you with complete information. The information in this Resource Guide is merely to aid you in your search for local agencies. Review the materials carefully to determine if the agencies listed provide the assistance you are seeking. Contra Costa County cannot be held responsible for the information obtained from these agencies and recommends that you perform due diligence prior to releasing personal information regarding your circumstances.