



courtesy of **Adult Protective Services**

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### What is self-neglect for these individuals?

Self-neglect involves older adults or adults with disabilities who cannot meet their own essential physical, psychological or social needs, which threatens their health, safety and well-being. This includes failure to provide adequate food, clothing, shelter, and health care for one's own needs.



### What are the signs of self-neglect?

- ✓ Isn't going to the doctor
- ✓ Isn't taking medication as needed
- ✓ Doesn't have food, inadequate nutrition
- ✓ Lives in unsafe housing conditions such as lack of heat, electricity or running water
- ✓ Has poor personal hygiene
- ✓ Lacks/won't allow needed care

### What are some risk factors of self-neglect?

- ✓ Recent widow or loss of loved one
- ✓ Worsening medical problems or a physical disability
- ✓ Lack of outside contact, isolated from friends and family
- ✓ Lack of a caregiver
- ✓ Cognitive impairment, dementia

### What if I'm not sure?

Do you just have a "feeling" about a situation but can't verify the details? APS professionals are trained to assess each situation. Based on your report, your local APS agency will determine how best to respond.



**CONTACT APS**

Reach out to your local APS agency if you notice signs of self-neglect:



National Adult Protective Services Association

Visit [napsa-now.org/help-in-your-area/](https://napsa-now.org/help-in-your-area/)  
to get connected with an APS agency in your area.