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:

Visit napsa-now.org/help-in-your-area/ to get connected with an APS agency in your area.