

Watch for Signs of Nursing Home Abuse

Stephen M. Garcia

The Garcia Law Firm

www.lawgarcia.com

Elders or dependent adults living in a nursing home facility need you to be their advocate. This means monitoring their care.

Here are the frequent signs to look for:

Physical Signs:

- ◆ Bruises, scratches, abrasions, red marks, or any physical signs of being hit, pinched, choked, or restrained.
- ◆ Bed sores, particularly on heels, elbows, and shoulder blades.
- ◆ Unexplained falls or fractures.
- ◆ Unexplained loss of weight or dry and chapped lips.
- ◆ Haziness or confusion from over-medication.
- ◆ Bruises around the genital areas.

Signs of Neglect:

- ◆ Signs or sightings of rodents or insects.
- ◆ The facility is dirty or things are broken, such as emergency doors or restrooms.
- ◆ Your loved one is not kept clean and smells of urine or feces.
- ◆ Not enough staff and doing jobs they are not trained to do.
- ◆ Frequent turnover in management or staff.
- ◆ Cash, jewelry, or other personal items disappear.
- ◆ Visiting hours are regulated to specific days or times.

Signs from Your Loved One:

- ◆ Fear, especially if it is towards particular people.
- ◆ Unexplained mood changes.
- ◆ Telling outlandish stories.
- ◆ A staff person, not your loved one, answers all your questions.

There is no magic formula to tell you how many signs you should note before you should take action. Stay alert and you will get a good sense of the care your loved one is getting.