



***At this stage of my life,
I'm lucky to have people
who look after me.***

you know me...

Unfortunately, some older Alaskans and people with severe disabilities do not have anyone to protect them. Harm comes in many forms: abandonment, abuse, financial exploitation, neglect, and self-neglect.

If you know someone who needs help, call Adult Protective Services at (907) 269-3666 or toll free (800) 478-9996 or visit www.hss.state.ak.us/dsds/aps.htm

The Alaska
Commission
on Aging

www.alaskaaging.org

The TRUST
The Alaska Mental Health
Trust Authority
www.mhtrust.org

Geneva Tryck Mortimer, age 93, and daughter Sabra Tryck (seated) with Helene Wood who helps care for Geneva. Helene is a Certified Nursing Assistant and volunteer for the Office of the Long Term Care Ombudsman.