

Scams: Spot them. Stop them.

World Elder Abuse Awareness Day reminds us how important it is to learn how to spot and stop scams. You can learn how to prevent yourself from becoming a victim of a scam or help someone else. Since the COVID-19 pandemic, many people have spent less time with family and friends and normal routines changed. This created more opportunities for scammers.



Here are some simple ways you can spot scams:



Protect your personal information

Scammers often pose as bank staff, health care providers, government officials or a person from a trusted organization. They then ask for personal or financial information.

- Anytime you get asked for private information, be careful. Be especially cautious if you didn't expect the request.
- Only communicate with people you know on the phone, by email, on social media or a text message.
- Be sure you know who you are talking to, before sharing information.



Take your time

Don't let anyone pressure you to act fast. Scammers often claim if you don't respond right away, you'll get in trouble or you'll lose out on something.

- People and organizations you can trust won't pressure you.



Be cautious about special offers

If a person offers you a cure or treatment, prize, loan, deal or an investment that sounds too good to be true, it probably is.

- Don't sign documents that you don't understand. A person may ask you to wire money or buy pre-paid debit cards or gift cards. This is the easiest way for scammers to get their hands on your money. Don't do it!



Be suspicious if you're asked to keep a secret

Scammers often pose as a relative, neighbor or friend. They will tell you not to tell anyone they asked for help. They also sometimes claim a special opportunity needs to be secret.

- By asking you to keep this secret, scammers are trying to avoid being caught.

Seek help if you think you're a scam victim

Anyone can become a victim of a scam. If you think you've been scammed, ask for help from a trusted family member or friend.

It is important to act quickly to protect yourself.

Don't be embarrassed. You didn't do anything wrong. Scammers are always looking for new ways to trick people. Millions of people become victims each year.

Anyone can be a victim, and everyone can prevent a scam.

- To find out more about how to spot common scams that have occurred during the COVID-19 pandemic, go to:
<https://go.usa.gov/xJ5ka>
- To join the Scam Alert Network, go to:
<https://go.usa.gov/xJXrV>
- To learn more about consumer protection resources in Oregon, go to:
<https://go.usa.gov/xJXYc>

Scams: If you spot them, you can stop them!

- To learn more about how Oregon's Adult Protective Services can help, go to:
<https://go.usa.gov/xJnFu>



You can get this document in other languages, large print, braille or a format you prefer free of charge. Contact Aging and People with Disabilities at 503-503-945-5811 (voice). We accept all relay calls.