Addressing Fraud and Scams in APS Service Plans

INSTRUCTOR LED TRAINING

PARTICIPANT MANUAL





Funding Sources









This training was developed by the Academy for Professional Excellence, with funding from the California Department of Social Services, Adult Programs Division.

Curriculum Developers, 2025

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Introduction

We are pleased to welcome you to **Addressing Fraud and Scams in APS Service Plans, Participant Manual**, developed by Adult Protective Services Workforce Innovations (APSWI), a program of the Academy for Professional Excellence under a grant from the California Department of Social Services, Adult Programs Division.

The Academy for Professional Excellence, a project of San Diego State University School of Social Work, was established in 1996 with the goal of revolutionizing the way people work to ensure the world is a healthier place. Our services integrate culturally responsive and recovery-oriented practices into our daily work to promote healing and healthy relationships. Providing around 70,000 learning experiences to health and human service professionals annually, the Academy provides a variety of workforce development solutions in Southern California and beyond. With five programs, three divisions and over 100 staff, the Academy's mission is to provide exceptional learning and development experiences for the transformation of individuals, organizations and communities.

APSWI is a program of the Academy for Professional Excellence. APSWI is designed to provide competency-based, multidisciplinary training to Adult Protective Services professionals and their partners. APSWI's overarching goal is the professionalization of Adult Protective Services professionals to ensure that abused and vulnerable older adults and adults with disabilities receive high quality, effective interventions and services.

APSWI partners with state and national organizations and experts in the older adult and adults with disabilities professions to empower APS professionals and those they serve to live safely, peacefully and in a world that is free from abuse and neglect.

APSWI's partners include:

- National Adult Protective Services Association (NAPSA) Education Committee
- California Department of Social Services (CDSS), Adult Programs
 Division
- County Welfare Directors Association of California (CWDA),
 Protective Services Operations Committee (PSOC)
- California's Curriculum Advisory Committee (CAC)



Partner Organizations

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Academy for Professional Excellence

https://theacademy.sdsu.edu/programs/apswi/

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California Department of Public Social Services

https://www.cdss.ca.gov/adult-protective-services

Jason Kemp Van Ee and Emily Nicholl, Co-Chairs, Protective Services Operations Committee of the County Welfare Director's Association (PSOC)

https://www.cwda.org/about-cwda



Acknowledgements

This training is the result of a collaborative effort between Adult Protective Services administrators, supervisors, staff development officers and workers across the state and the nation; professional educators; and the Academy for Professional Excellence staff members. APSWI would like to thank the following individuals and agencies:

Agencies

California Department of Social Services, Adult Programs Division

National Adult Programs Services Training Center

National Adult Protective Services Association

Committees:

California's Curriculum Advisory Committee with input provided by:

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Southern California's Training Planning Committee

National Adult Protective Services Association (NAPSA) Education & Development Committee

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Executive Summary

Fraud and scams targeting older and dependent adults are growing in complexity and impact, often leaving those who have been scammed or defrauded with emotional, financial, and social harm that can be difficult to recover from. Scammers exploit unique vulnerabilities that older adults and adults with cognitive disabilities face such as changes in cognition, emotional processing, and social isolation. This training offers Adult Protective Services professionals a practical understanding of how these schemes operate, why they are so effective, and how to respond with empathy and skill.

Throughout this course, participants will explore the psychological, neurological, and social dynamics that increase scam susceptibility, will examine a wide range of fraud types, and explore how technology and social engineering play a central role in these schemes. The training also highlights the emotional toll of fraud, including shame, grief, and fear, and emphasizes the importance of traumainformed care and person-directed service planning.

Participants will leave the course equipped with strategies to support clients through recovery and prevention. By integrating case studies, interactive discussions, and evidence-based practices, this training empowers APS professionals to respond to fraud with compassion, clarity, and confidence, ensuring that those they serve are protected, supported, and respected.

Instructor Led Training

This course is an Instructor Led Training, designed to be facilitated virtually. The curriculum and activities can be adapted to an in-person environment with the appropriate materials.

Intended Audience

This training is intended for new and experienced APS professionals who interview clients and collaterals, provide risk assessments, and develop service plans.

Course Requirements

Participants should have some practice with interviewing and service planning.

Learning Objectives:

Upon completion of this training, participants will be able to:

- Recognize prevalent types of scams impacting the APS client population and the role of technology and social engineering used.
- Describe the psychological, cognitive, and social factors that increase scam susceptibility and barriers to reporting.
- Identify effective interventions to support person-directed service planning.



Course Outline

CONTENT	MATERIALS	TIME
Welcome, Introductions, Overview	Slides 1-9	Total: 25 minutes
Welcome and Introductions		
About the Academy and APSWI		
Land Acknowledgement		
Technology & Housekeeping		
Learning Objectives & Course Overview		
Introducing "Scams" and "Fraud"		
Activity: "Water Cooler" Breakout Groups		5-10 minutes
Types and Impacts of Fraud	Slide 10-27	Total: 75 minutes
Fraud and Manipulation Activity: Everyday Assumptions, Everyday Risks		5-10 minutes
Common Characteristics of Fraud Victimization		
Warning Signs of Fraud/Scam Victimization		
Fraud Types: Phone Scams – How They Work		
Fraud Types: Phone Scams – Red Flags		



CONTENT	MATERIALS	TIME
Fraud Types: Emergency Scams – How They Work		
Fraud Types: Emergency Scams - Red Flags		
Fraud Types: Phishing/Smishing - How They Work		
Fraud Types: Phishing/Smishing - Red Flags		
Fraud Types: Romance Scams – How They Work		
Fraud Types: Romance Scams – Red Flags		
Fraud Types: Investment Fraud - How They Work		
Fraud Types: Investment Fraud – Red Flags		
Activity: Consequences of Fraud: Word Cloud		5 minutes
Consequences of Fraud Victimization: Financial Harm		
Consequences of Fraud Victimization: Emotional Harm		5 minutes
Activity: Emotional Impact Reflection		
Consequences of Fraud Victimization: Health and Social		
Resource Mapping	Handout: Fraud Recovery Resource	15 minutes



CONTENT	MATERIALS	TIME
Activity: Identifying Public and Private Supports for Fraud Recovery	Mapping Worksheet	
Neurocognitive Ability and Susceptibility Factors	Slides 28-35	Total: 45 minutes
Correlation Between Fraud and the Brain		
Changes in Neurocognition and Decision-Making		
How Brain Changes Impact Scam Susceptibility		
Activity: Brain Region Match-Up		5-7 minutes
Additional Cognitive Vulnerabilities		
Loneliness and Fraud Susceptibility		
Activity: Technology, Connection, and Risk – Exploring the Digital Landscape of Older Adults		10 minutes
Barriers to Reporting		
Person-Directed Service Planning	Slides 36-46	Total: 80 minutes
Effective Communication Strategies		
Motivational Interviewing- Inspired Approaches		
Introduction to Service Planning		



CONTENT	MATERIALS	TIME
Fraud Recovery Service Planning	Handout: Fraud Recovery Service Planning	
The Scams Inverted Intervention Triangle		
Harm Reduction		10-15 minutes
Activity: Interventions Brainstorm – Least to Most Restrictive		
Cognitive and Behavioral Strategies		
Interventions for Clients with Decision-Making Ability		
Interventions for Clients Without Decision-Making Ability		
Activity: Without Decision- Making Ability		5 minutes
Activity: Applying Skills to Fraud Cases	Handout: Case Scenarios	20-30 minutes
Wrap-Up	Slides: 47-49	Total: 15 minutes
Review and Summary		
P.I.E.		5 minutes
Evaluations & Thank You		
TOTAL (Excluding Breaks)		4 hours



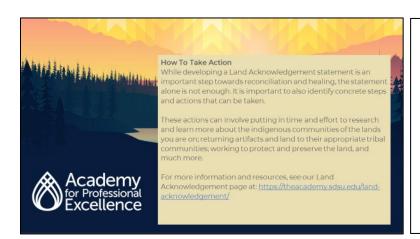


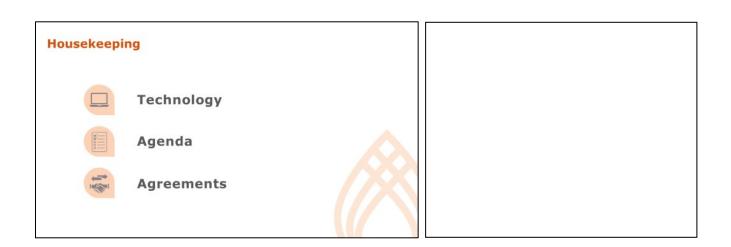














Learning Objectives

- Recognize prevalent types of scams impacting the APS client population and the role of technology and social engineering used.
- Describe the psychological, cognitive, and social factors that increase scam susceptibility and barriers to reporting.
- Identify effective interventions to support person-directed service planning.

Introduction to "Fraud" and "Scams"



Legal term for deception used to gain money or resources



Informal term for deceptive schemes



Language shapes how clients understand and respond to fraud

At the Watercooler Chat



Think of a recent scam or fraud you have witnessed or heard about from clients.

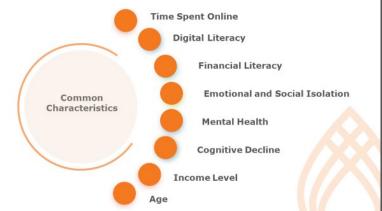


Fraud and Manipulation

SOCIAL ENGINEERING

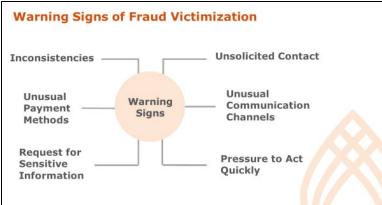
Manipulating people into giving up information or access

- If you see someone in a brown uniform carrying a box, what do you assume?
- If your boss usually emails you during work hours, how would you react to a midnight message?
- When you get a friend or an email from your bank, how closely do you check the sender's details?











Fraud Type: Phone Scams – How They Work Unsolicited calls Personal info used Fabricated emergencies Government impersonation Charity appeals Tech support ruse Landline reliance Trust in authority Cognitive/social vulnerability





Fraud Type: Emergency Scams - How They Work



- · "Grandchild in trouble" calls
- Fake arrests or medical emergencies
- Scammer poses as relative or official
- · AI-generated voices or videos
- · Courier pickup or wire transfers
- Personal info pulled from social media

Fraud Type: Emergency Scams – Red Flags



- · Urgency and secrecy
- · Emotional manipulation
- Gift cards or wire transfer requests
- · AI-generated voice or video
- · "Don't tell anyone"

Fraud Type: Phishing/Smishing - How They Work



- Phishing = fake emails
- Smishing = fake texts
- Impersonate banks or agencies
- Urgent messages trigger fear
- · Fake links steal info
- Realistic websites mimic legit ones
- May include partial personal info
- Targets email & smartphone users



Fraud Type: Phishing/Smishing - Red Flags



- Unexpected messages from banks or agencies
- · Spelling or grammar errors
- · Requests for personal or financial info
- · Links that don't match official URLs
- · Pressure to act immediately
- Mention of compromised accounts or packages

Fraud Type: Romance Scams - How They Work



- Start on social media or dating apps
- Scammer poses as military officer or businessperson
- · Use stolen photos & fake profiles
- Gradual emotional grooming
- Shared stories & flattery
- · Crisis introduced (money needed)
- Escalating financial requests
- · Threats or emotional blackmail if victim hesitates

Fraud Type: Romance Scams - Red Flags



- · Rapid emotional bonding
- Requests for money tied to emergencies
- Avoidance of video calls or meetings
- Payment via cards or crypto
- · Emotional blackmail or threats



Fraud Type: Investment Fraud - How They Work



- · Start with unsolicited contact
- · Often linked to romance scams
- "Insider" crypto or trading tips
- · Fake dashboards show growth
- · Victim encouraged to invest more
- · Withdrawal blocked by fake fees
- Payment via crypto, wire, or gift cards
- · Exploit hope, trust, and fear

Fraud Type: Investment Fraud - Red Flags



- · Unsolicited investment advice
- · Guaranteed high returns
- Fake dashboards showing growth
- Request for crypto, wire, or gift cards
- "Pay fees/taxes to withdraw"
- Emotional manipulation or secrecy

Consequences of Fraud: Word Cloud



When you hear the phrase, "financial harm from fraud," what words or images come to mind?



Consequences of Fraud: Financial Harm



- · Financial loss
- Ongoing financial harm through identify theft
- · Cost of recovery
- Impact on financial stability and service planning

Consequences of Fraud: Emotional Harm



- Waterfall Chat
- Shame, embarrassment shaped by others' reactions
- · Ageism can worsen emotional harm
- · Fear of losing financial control
- Worry about being judged or deemed incapable
- Social withdrawal, isolation, increased vulnerability
- Anxiety, depression, PTSD symptoms

Consequences of Fraud: Health and Social



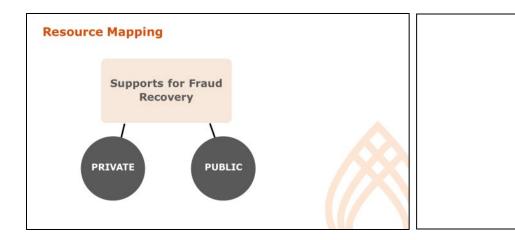
- Stress harms the body
- Mental health toll
- · Isolation deepens risk
- · Fear of losing autonomy
- Daily life disrupted



Handout: Fraud Recovery Resource Mapping Worksheet

Resource Name and Contact Information	Type of Resource	Public or Private	Notes



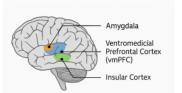


Correlation Between Fraud and the Brain



- Age-related changes affect risk detection and decisionmaking
- Emotional scams bypass logic targeting reward and attachment systems

Changes in Neurocognition and Decision-Making



Amygdala:

- Processes emotional salience
- **↓** negative cues & **↑** positive cues

vmPFC:

- Integrates emotional signals into decision-making

 Ability to stop when something
- feels wrong

Insular Cortex:

- Interrupts bodily signals
- ♣ intuitive awareness of danger



How Brain Changes Impact Scam Susceptibility



- Frontal lobe aging → reduced executive function
- Difficulty weighing long-term vs. shortterm outcomes
- Avoidance/delegation of financial or healthcare decisions
- Neurochemical shifts → altered risk perception and impulse control

Brain Region Match-Up Activity



Additional Cognitive Vulnerabilities



- Loneliness linked to cognitive decline
- Isolation → elevated stress hormones (e.g., cortisol)
- Cortisol may damage frontal cortex (decision-making)
- Early signs: missed bills, poor judgment, unusual purchases
- Financial missteps may precede cognitive diagnosis



Loneliness and Fraud Susceptibility



- Loneliness activates the brain's threat response system
- Reduces judgment, increases emotional reactivity
- Linked to cognitive decline and scam susceptibility
- Scammers target emotional needs

APS role: assess isolation, explore online behavior, normalize experience

Discussion: Exploring the Digital Landscape



- What types of technology are your clients using to stay connected?
- How might these platforms increase exposure to scams like romance fraud, phishing, or emergency scams?
- What are some red flags you've seen in your casework that were linked to technology use?
- How can APS professionals support safe digital engagement while respecting autonomy?

Barriers to Reporting

- · Shame & fear may prevent disclosure
- Denial is common, especially in emotionally charged scams
- Systems are complex
- · Access issues: tech, language, rural areas
- · Early cognitive signs may warrant evaluation

APS role: support, validate, assist with reporting



Effective Communication with Clients

- Create a safe, nonjudgmental space
- Use reflective listening and affirm emotions
- Normalize the experience
- ✓ Focus on scammer behavior, not client choices
- ✓ Use plain language and avoid jargon
- Allow time to process and reflect
- Highlight client strengths and resilience
- ✓ Be culturally responsive and inclusive
- Adapt to language and sensory needs



Motivational Interviewing-Inspired Approaches

When	How
Unsure if scam is real or fraudulent	Open-ended questions
Continues to engage	Affirm strengths
Resist protective actions	Reflect
Expressing mixed feelings	Summarize



Person-Directed	Trauma- Informed	Culturally Responsive
Client-led goals	Emotional safety	Respect values and beliefs
Strengths-based	Avoid re- traumatization	Language access
Risk tolerance	Empowerment	Cultural Humility
Flexible planning	Normalize experience	Inclusive Communication





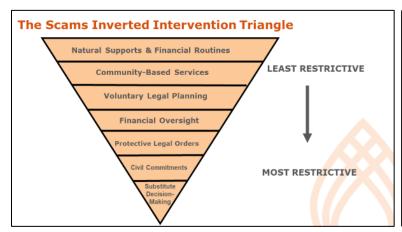
Handout: Fraud Recovery Service Planning

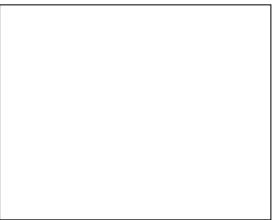
Service Plan Element	Strategies
Safety Planning	First address immediate risk and needs (e.g., stopping or reversing a pending transaction, ensuring basic needs are met)
	Address ongoing risks (e.g., continued contact with scammer, financial access).
	Include digital safety strategies (e.g., password changes, scam blocking tools, phone number change).
Emotional Support	Normalize feelings of shame, grief, or betrayal.
	Refer to counseling or peer support groups if appropriate.
Financial Recovery and Oversight	Connect with financial institutions, credit monitoring, or fiduciary services.
	Explore voluntary financial oversight options (e.g., trusted family member, POA).
	Use involuntary interventions only when all other alternatives have been explored and/or the person lacks decision-making ability and is at continued risk of harm.
Social Connection	Reduce isolation by connecting to community programs, community centers, or virtual groups.
Education and Empowerment	Provide scam prevention resources and digital literacy support.
	Encourage safe online behaviors and critical thinking.
Cognitive and Ability	Screen for decision-making ability.
Considerations	Involve healthcare providers or neuropsychological evaluation as needed.

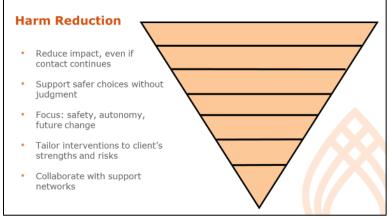






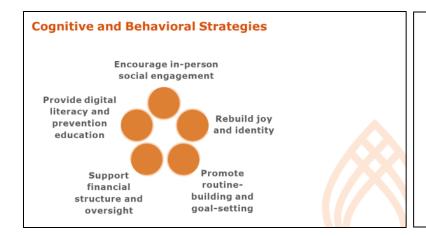












Interventions for Clients with Decision-Making Ability

- Auto bill pay to reduce missed payments and impulsive spending
- Monitoring accounts with a trusted support person
- Representative Payee for Social Security or SSI benefits
- · Financial guardian for veterans benefits
- Spending alerts or transaction limits through financial institutions
- Referral to financial counseling or fiduciary services
- ${\mbox{\footnote{in}}}$ Education on scam prevention and digital safety tools
- Coordination with community-based programs to reduce isolation and increase protective social contact

Additional Strategies to Consider

Clients without Decision-Making Ability

- Use least restrictive options first
- · Presume ability unless formally assessed
- · Include clients in decisions when possible
- Document thoroughly
- · Assess decision-making ability
- Consider POA, Representative Payee, or Conservatorship
- Apply financial safeguards
- Ensure digital safety
- Provide emotional support and connect to mental health services



Strategies

Activity: Without Decision-Making Ability	
Maria is an 84-year-old woman with moderate neurocognitive disorder who has sent over \$10,000 to a romance scammer. She believes she is engaged to the man and refuses to stop contact. Her son has Power of Attorney but is unsure how to intervene.	
Discuss What are the next steps? How would you coach the son?	
Applying these Skills to Fraud Cases	
Read and review the case scenario . What additional information would you want to gather? . What would a person-directed response look like? . What resources or referrals would you recommend? . How would you approach service planning and follow-up?	
review the case What additional information would you want to gather? and reflection response look like? What resources or referrals would you recommend? How would you approach	
review the case What additional information would you want to gather? and reflection response look like? What resources or referrals would you recommend? How would you approach	
review the case What additional information would you want to gather? and reflection response look like? What resources or referrals would you recommend? How would you approach	



Handout: Case Scenarios

Case Example 1:

Bill Z. is a 72-year-old man who was referred to APS following concerns about possible financial exploitation. He has been widowed for eight months and is recovering from a hip fracture that has left him with limited mobility. Due to ongoing post-surgical complications, he receives part-time support from a caregiver. His adult daughter lives nearby, but they have limited contact.

Recently, Bill shared with his caregiver that he has developed a close online relationship with a woman he met through Facebook. He describes her as being in her 40s, living in Ukraine, and hoping to come to the U.S. for safety. They communicate frequently via Facebook Messenger, and she encouraged him to download WhatsApp to stay in closer contact.

Bill's caregiver became concerned after he shared that he had transferred \$5,000 in cryptocurrency to an unfamiliar account. When asked, Bill explained that the money was to help his girlfriend purchase a plane ticket to the U.S. and that he planned to send more funds to "keep her safe." The caregiver, recognizing the signs of a potential romance scam, filed a report with APS.

Discussion Questions:

- What are the key concerns in this case?
- What additional information would you want to gather?
- What would a person-directed response look like?
- What resources or referrals would you recommend?
- How would you approach service planning and follow-up?



Case Example 2:

Eden L. is an 80-year-old woman who was referred to APS following concerns about possible financial exploitation. She has recently exhibited early signs of a neurocognitive disorder and reports feeling "not quite herself" since a recent change in her blood pressure medication. Eden also experiences agerelated hearing loss, which makes phone communication challenging.

During a home visit, Eden asks for help purchasing additional gift cards. She explains that her granddaughter has been arrested in Mexico City and needs money for bail. Eden says she received a phone call from someone claiming to be the police, and then spoke directly with her granddaughter, who begged her not to tell her parents. Eden has already mailed one set of gift cards and has purchased more.

A local drugstore manager, concerned by the unusual volume and urgency of Eden's purchases, contacted APS. When the manager gently explained that this situation matched a known scam pattern, Eden insisted it was real, saying, "My granddaughter needs me. I have to help her."

Discussion Questions:

- What is the role of the APS professional?
- What information do you still need?
- What are your first steps?
- How will you address the financial harm given the diagnosed neurocognitive disorder?
- How will you reduce the risk of recurrence?
- What if the client is initially resistant to this being a scam?



Case Example 3:

Mateo A. is a 68-year-old man who was referred to APS for concerns of possible financial exploitation and the need for protective interventions. He lives in a multigenerational household with his 66-year-old wife, Elena, who works part-time at a local community center. Mateo is retired and spends much of his time at home managing household tasks and staying connected online. He has chronic obstructive pulmonary disease (COPD), which has impacted his memory and cognitive processing, particularly when he is fatigued or experiencing shortness of breath.

Mateo is bilingual but more comfortable speaking Spanish. He can read and write in English but struggles with complex written materials, especially those involving financial or technical language. During your visit, Mateo appears friendly and cooperative but somewhat confused when discussing a recent phone call he received from someone claiming to be from a software's technical support. The caller told him that his computer was infected with a virus and offered to fix the issue remotely for a fee. Trusting the caller, Mateo paid \$200 using his debit card and allowed the individual to access his computer to install what he believed was antivirus software.

Mateo explains that his computer had been running slowly, so the call seemed legitimate. However, he now feels unsure about what was installed and why the caller contacted him in the first place. Elena, his wife, later noticed a suspicious withdrawal from their joint checking account and contacted the bank. When the bank representative advised her to close the account and open a new one, she hesitated, expressing uncertainty about making financial decisions without Mateo's input. She was also unsure how to explain the situation to him in a way that wouldn't cause distress.

The bank filed a report with APS, expressing concern that the couple may be at continued risk of financial exploitation. The representative noted that additional unauthorized withdrawals could occur if the fraudster retained access to their account or computer.

Discussion Questions:

- What is the role of the APS professional?
- What information is still needed?
- What are your first steps?
- How will you address the financial harm?
- What if the client is initially resistant to this being a scam?



Review and Summary

- Fraud schemes exploit trust, urgency, and emotion
- · Brain changes increase scam susceptibility
- Emotional harm leads to shame, fear, and isolation
- · Barriers to reporting include denial, tech access, and stigma
- · Trauma-informed communication builds trust
- · Service plans must reflect values, culture, and ability



P-I-E

- Priceless piece of information

 What has been the most important piece of information to you today?



- Item to implement
 - What is something you intend to implement from our time together today?
- Encouragement you received
 - What is something that you already are doing and were encouraged to keep doing?



Your feedback is valuable! Please complete evaluations. Thank you for taking time out to spend on your own professional development. Thank you for what you do for our communities!





Appendix: Resource Handout

AARP Scams & Fraud Network: https://www.aarp.org/money/scams-fraud/

The AARP operates an information portal for different forms of fraud and scams, including a fraud watch network that enables reporting for different forms of fraud and tailored resources for victims. This includes briefs on different forms of fraud and scams and ways to detect them among older populations.

California Department of Financial Protection and Innovation:

https://dfpi.ca.gov/news/insights/preventing-and-reporting-elder-financial-abuse/

The California Department of Financial Protection offers a resource portal for seniors who experience different forms of scams and abuse.

California State Attorney General Office, Cybercrime Section:

https://oag.ca.gov/cybercrime

The Cybercrime Section of the State AG's office deals with different forms of cybercrime and fraud, and can aid victims of identity theft through their online portal. They offer a detailed breakdown of strategies to protect your identity, and operate the California Identity Theft Registry for victims of identity theft to aid in reducing their risk of future victimization.

Coinbase Asset Recovery: https://help.coinbase.com/en/coinbase/trading-and-funding/sending-or-receiving-cryptocurrency/recover-unsupported-crypto

The cryptocurrency platform Coinbase can provide asset recovery services in limited circumstances to aid clients who have lost cryptocurrency.

FBI Elder Fraud Section: https://www.fbi.gov/how-we-can-help-you/scams-and-safety/common-frauds-and-scams/elder-fraud

This website provides various resources for the public to understand different scams and frauds targeting seniors.

FTC Identity Theft Reporting Portal: https://www.identitytheft.gov/

This platform is operated by the Federal Trade Commission and provides a reporting platform for identity theft. Victims can file a report here and get personalized information that can be used to recover from the event, including pre-populated form letters for creditors, banks, etc.

FTC Identity Theft Resource Center: https://www.idtheftcenter.org/



This platform is operated by the Federal Trade Commission and provides resources and information for victims of different forms of identity theft and fraud. They provide detailed, simple to understand reports on how to deal with different kinds of crime involving personal identity details, such as credit histories and bank accounts.

Internal Revenue Service (IRS) Identity Theft Central:

https://www.irs.gov/identity-theft-central

Provides resources and reporting for victims of tax fraud, when someone has used your identity information to commit tax fraud.

Internet Crime Complaint Center (IC3): https://www.ic3.gov

The IC3 is the premier online reporting platform for victims of economic cybercrimes, particularly frauds. Victims can file complaints through their online portal, which is managed by the Federal Bureau of Investigation, which may be triaged and sent to relevant law enforcement agencies for follow up. They also provide regular briefs and short-form articles on current threats and scams targeting different groups.

National Elder Fraud Hotline: https://ovc.ojp.gov/program/stop-elder-fraud/providing-help-restoring-hope

The Office for Victims of Crime provides a fraud hotline that can be used to support older people who have been victimized in different ways. The hotline and other resources can be found at this website.

The US Department of Justice Elder Justice Initiative:

https://www.justice.gov/elderjustice/senior-scam-alert

The federal US Department of Justice operates a resource and information portal for seniors who may experience different forms of fraud, scams, and abuse.



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