

CONSUMER RESOURCES

BEST RESOURCE FOR SCAMS: WWW.FTC.GOV

REPORTING AGENCIES FOR FRAUD, SCAMS, FINANCIAL ELDER ABUSE

Report All Scam Complaints: www.ftc.gov/complaint

Report Identity Theft: www.ftc.gov/IdentityTheft

Report Non-internet scams: www.fbi.gov/tips

Report Local Scams: www.azag.gov

Report to your local Law Enforcement Agency

Report Internet Crime: www.IC3.gov

Report Social Security Fraud www.ssa.gov (type “fraud” in the search box):

Report Mail Theft or Fraud Involving US Mail: www.uspis.gov/report/

Report a Lost or Stolen

Passport: travel.state.gov/content/travel/en/passports.html

National Elder Fraud Hotline: 1-833-372-8311

Report Elder Financial Abuse or Abuse of a Vulnerable Adult: 877-SOS-ADULT

- <https://des.az.gov/services/aging-and-adult/arizona-adult-protective-services-aps>

FREEZE YOUR CREDIT Freezing your credit is permanent until you lift the freeze. This helps prevent con artists from getting your credit report and applying for credit in your name without your knowledge. It does not affect your credit rating. If you need to apply for credit, you will have to lift the freeze first, apply, then re-freeze. You must freeze at all of the agencies below.

- equifax.com/personal/credit-report-services
- experian.com/freeze/center.html
- transunion.com/credit-freeze

- www.nctue.com/Consumers NCTUE is a consumer reporting agency used by many telecom companies and utilities to check credit history before opening new accounts.

OPT-OUT OF MAIL/EMAIL AND CURB CREDIT CARD OFFERS

- www.optoutprescreen.com
- www.dmachoice.thedma.org

CURB UNWANTED CALLS www.DoNotCall.gov

TAXPAYER GUIDE TO IDENTITY

THEFT: <https://www.irs.gov/newsroom/taxpayer-guide-to-identity-theft>

CONSUMER EDUCATION AND RESEARCH

Top Scams in Your

Area: https://www.azag.gov/sites/default/files/publications/2018-06/Top_Consumer_Scams.pdf

Consumer Education: www.consumerfinance.gov

Consumer Tips: www.consumer.ftc.gov

Verify Medical Insurance Licenses: www.insurance.az.gov

Watch Scam Prevention Videos from the

FTC: www.consumer.ftc.gov/media

Latest Scams and Fraud Education: www.ftc.gov

Money Management

Resources: <https://www.consumerfinance.gov/practitioner-resources/adult-financial-education/tools-and-resources/#money-management>

GET A LIFECARE PACKET azag.gov/seniors/life-care-planning

You can now register your life care packet at the Arizona State Attorney General's Office.

ADDITIONAL RESOURCES

SEAGO South East Arizona Governments Organization Area Agency on Aging

- **Address** 300 Collins Rd. Bisbee, AZ 85603
- **Website** <https://www.seago.org/area-agency-on-aging>
- **Email** aging@seago.org

DES SERVICES INCLUDE Home Care program, In Home services, Home Delivered and Congregated Meals, SHIP, Transportation, Wellness program, Caregiver program, Case management, and more.

- **Division of Aging and Adult Services**
- **Website** <https://www.azdes.gov/daas/>
- **Email** contactDAAS@azdes.gov

SHIP – State Health Insurance Assistance Program

- **Address** 1789 West Jefferson, #950A Phoenix, AZ 85007
- **Website** <https://des.az.gov/services/aging-and-adult/state-health-insurance-assistance-program-ship>
- **Email** askdesaaa@azdes.gov

Southern Arizona Legal Aid, Inc.: <https://www.sazlegalaid.org>

SIERRA VISTA COMMUNITY ACTIVITY RESOURCES

- <http://www.arizonabingo.com/city/sierra-vista/>
- <https://www.cochise.edu/> Go to “Community” tab, scroll down to Center for Lifelong Learning
- <https://sierravistasymphony.org/>
- <http://www.sierravistaaz.gov/events>
- <https://www.nature.org/en-us/get-involved/how-to-help/volunteer-and-attend-events/>
- <https://www.huachuca-art.com/>
- <https://www.sierravistaaz.gov/i-want-to/volunteer/> The list is extensive. Library, community clean up, teaching, nature/conservation, the visitor’s center.

- <https://www.sierravistaaz.gov/senior-exercise-health-class-1/> Also check out local fitness clubs and see what they have for seniors.
- <https://www.sierravistaaz.gov/city-departments/leisure/active-adults/> General list of activities. Trips, excursions, dining, games, hobbies, concerts, socials, health

RELATED ARTICLES

Protecting the Aging and Infirm from Financial Abuse

- <https://www.forbes.com/sites/martinshenkman/2019/03/31/protecting-aging-and-infirm-from-financial-abuse-practical-steps-to-take-now/>