

courtesy of **Adult Protective Services**

### What is self-neglect?

Self-neglect involves older adults or adults with disabilities who cannot meet their own essential physical, psychological, or social needs, which threatens their health, safety, and well-being. This includes failure to provide adequate food, clothing, shelter and health care for one's own needs.

### What are the signs of self-neglect?

Isn't going to the doctor.  
Isn't taking medication as needed.  
Doesn't have food, inadequate nutrition.  
Lives in unsafe housing conditions such as lack of heat, electricity or running water.  
Has poor personal hygiene.  
Lacks/won't allow needed care.

### What are some risk factors of self-neglect?

Loss of loved one.  
Worsening medical problems or a physical disability.  
Lack of outside contact, isolated from friends and family.  
Lack of a caregiver or lives alone.  
Cognitive impairment, dementia.

### What if I'm not sure?

Do you just have a "feeling" about a situation but can't verify the details? APS professionals are trained to handle just such a situation. Based on your report, the agency will assess the situation and determine how best to respond. Your local APS agency can determine the best course of action in any given situation.

**CONTACT APS**

Reach out to Adult Protective Services if you notice signs of self-neglect:



MISSOURI DEPARTMENT OF  
**HEALTH &  
SENIOR SERVICES**

- Call 1-800-392-0210.
- Visit [Health.Mo.Gov/abuse](https://www.health.mo.gov/abuse) or make a report online.