

Does Your Patient or Client Need Local Senior Care Options? **WE CAN HELP.**



FIND YOUR CLOSEST CAREPATROL

[How We Help](#) [Care Costs](#) [Care Options](#) [Care Resources](#) [About Us](#)

[> CarePatrol of East Long Island](#) [> Team Members](#) [> Services](#) [> **Blog**](#) [> Events](#) [> Testimonials](#)

Protect What Matters: Simple Ways to Outsmart Scammers and Stay Safe

by: Haley Gordon

Scammers are getting better at tricking people and older adults are often their biggest target. They sometimes prey on those who are socially isolated or feeling lonely, knowing it’s easier to gain trust when someone is looking for connection. Scammers often pressure you to act fast and tell you not to talk to anyone else. That’s a big red flag! Saying what’s happening out loud to someone you trust can help you realize something isn’t right. But you don’t have to be an expert to protect yourself. With just a little information and a few habits, you can stay one step ahead!



Scams Are Getting Smarter and So Can You

Scammers often target older adults but not because they aren’t smart. In fact, many older adults have built up savings, own homes, or manage retirement funds, which makes them appealing targets. Scam victims are not unintelligent or incapable; in most cases, it comes down to gaps in comfort and knowledge with computers and phones, not ability. Technology skills are learned through access and experience, not age. Scammers use emotional tricks like fear, urgency, or pretending to be someone you trust. But the good news is: anyone can learn simple tools to stay safer, no matter your age.

Common Scams That Target Seniors

Scammers often follow the same patterns. Here are some of the most common tricks to watch out for:

Romance Scams

Someone pretends to build a relationship online and then asks for money for an emergency.

Imposter Scams

The scammer pretends to be a loved one, or a well-known company or agency like the IRS, Social Security, EZ-Pass, Apple, USPS, or Amazon. They often say something urgent has happened and you need to act fast or risk a fine, account closure, or legal trouble.

Prize or Lottery Scams

You’re told you’ve won money or a prize, but you have to pay fees or taxes first. If you didn’t enter, you didn’t win.

Contractor Scams

A “repair person” offers to fix something in your home, takes your money, then disappears or does poor work.

Investment Scams

Fake investment opportunities (especially crypto or gold) that promise quick, high returns. Always research before you invest. If a deal sounds too good to be true, it probably is.

Simple Safeguards You Can Use

- Check the sender. Look closely at email addresses, websites and phone numbers. Real companies don't use Hotmail or Gmail accounts.
- Don't click links in suspicious texts or emails. Go directly to the company's website instead.
- Use a family password. If someone claims to be your loved one in trouble, ask for a password only your family would know.
- Hang up and call back. If you get a strange call from a bank, utility, or government agency, hang up and call the number on your official statement. If someone claims to be a loved one in trouble and you don't have a family password, hang up and call that person directly or call a family member who might know where they are.
- Never pay with gift cards. No real business or government agency will ask for payment this way.
- Monitor your accounts. Look for unusual activity in your bank and credit card statements.
- Talk to someone you trust. If something feels off, check in with a friend, family member, or professional before acting.
- Shred documents with personal information. This includes bank statements, medical bills, and old ID cards.

What to Do If You Think You've Been Scammed

If something doesn't feel right, or already happened, don't panic. You are not alone, and there are steps you can take right away:

- Stop all contact with the scammer. Don't respond to calls, texts, or emails.
- Call your bank or credit card company right away if you gave out payment information. They may be able to freeze or reverse the transaction.
- Report the scam to the FTC at www.reportfraud.ftc.gov.
- Contact your local police department to file a report, especially if money or valuables were lost.
- Talk to someone you trust. Scammers count on silence and shame—talking to a friend, family member, or professional can help you process what happened and plan your next steps.
- Reach out to someone. Scammers count on silence and shame, talking to a friend, family member, or professional for emotional support and guidance, can help you process what happened and plan your next steps.

You're Not Alone

Being scammed can feel upsetting, confusing, or even embarrassing but it's more common than most people realize. These scams are designed to trick smart, trusting individuals, and falling for one doesn't mean you've done anything wrong.

Support is available. Reaching out can help you recover, protect your information, and feel safer moving forward. Speaking up not only helps you take back control—it can also protect someone else.

Social connection is one of the most important parts of healing and the strongest protection against scams. Whether it's talking with someone you trust or spending more time in a supportive environment, staying connected helps rebuild confidence and reduces the risk of being targeted again.

Need Help Exploring Your Options?

If you or someone you care about has been affected by a scam or is feeling isolated, overwhelmed, or more vulnerable, CarePatrol of East Long Island is here to help! We guide families through finding safe, supportive living options that offer routine, connection, and peace of mind. Our help is always free to families and focused on what matters most to you.

Contact Haley Gordon – 631-323-4650 or HGodon@CarePatrol.com.

We will support you in Dix Hills, Commack, Smithtown, West Islip, Hauppauge, Stony Brook, Port Jefferson, Lake Grove, Southampton, or Centereach or anywhere else in Suffolk County, NY.





© CarePatrol 1993-2024. | [Terms & Conditions](#) | [Privacy Policy](#) | All Rights Reserved.

