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Protecting Seniors from Scams in New Bern, NC: A Caregiver's Guide

Senior scams have become more sophisticated, making them harder to detect and more harmful when they succeed. In New Bern and across the country, older adults are often targeted because they are trusting, financially stable, or less familiar with evolving technology.

With awareness, practical strategies, and support from trusted caregivers, families can help protect loved ones and reduce the risk of financial and emotional harm.

What You Will Learn

- Why seniors are commonly targeted by scammers
- The most common scams affecting older adults
- Key warning signs of fraud and exploitation
- Practical steps families can take to prevent scams

Why Seniors Are in the Crosshairs

[Scammers tend to target older adults](https://alwaysbestcare.com/new-bern/resources/protecting-seniors-from-fraud/) because of several factors:

- They may be more trusting and polite with strangers

- They often have savings, retirement funds, or steady income
- They may live alone or have limited daily interaction
- They may be less familiar with digital threats such as spoofed calls or fake websites

These factors can make it easier for scammers to build trust and manipulate situations.

Common Types of Scams Affecting Seniors

Many scams follow familiar patterns, even as tactics evolve.

Phone scams

- Impersonation of government agencies, banks, or relatives
- Claims of emergencies or urgent issues
- Pressure to act immediately or provide sensitive information

Email and phishing scams

- Messages appearing to come from trusted organizations
- Links to fake websites designed to collect personal data
- Requests to verify accounts or credentials

Sweepstakes and lottery scams

- Claims of winning a prize requiring upfront fees
- Requests for taxes or processing payments
- No legitimate reward provided

Romance scams

- Online relationships built over time
- Emotional manipulation followed by financial requests
- Claims of emergencies or travel needs

Tech support scams

- Pop-ups or calls claiming device issues
- Requests for remote access
- Charges for unnecessary or fraudulent services

Warning Signs of Senior Scams

Most scams share common red flags.

Watch for:

- Urgent demands for immediate payment or decisions
- Requests for payment via gift cards, wire transfers, or cryptocurrency
- Unsolicited communication asking for personal or financial information
- Messages designed to create fear, panic, or urgency
- Instructions to keep transactions secret

If something feels suspicious, pause and verify before taking action.

How Families in New Bern Can Help Protect Loved Ones

Families are a critical line of defense.

Practical steps include:

- Talk openly about scams and share real examples
- Establish a “pause and verify” rule for financial decisions
- Monitor accounts for unusual activity
- Set up call-blocking and spam filters
- Encourage questions and open communication

Creating a supportive environment helps seniors feel comfortable seeking guidance.

The Role of In-Home Care in Scam Prevention

Professional caregivers can help reduce risk through daily support and observation.

At Always Best Care of New Bern, we:

- Screen calls and unexpected visitors
- Notice changes in mood or financial concerns
- Provide companionship to reduce isolation
- Encourage communication with family

This added layer of awareness helps identify concerns early.

What to Do If You Suspect a Scam

If you believe a scam has occurred or is ongoing, act quickly:

- Contact the bank or credit card company to secure accounts
- Report the incident to law enforcement or adult protective services
- Monitor accounts for further suspicious activity
- Offer reassurance and support

Prompt action can help limit financial loss and prevent further harm.

FAQs About Senior Scams in New Bern

****Q:** How can I talk to my loved one about scams without causing fear?**

A: Approach the topic as a shared concern and use real examples to build awareness.

****Q:** What is the safest response to unexpected requests for money?**

A: Hang up or ignore the message and verify through a trusted contact.

****Q:** Are online scams common for seniors?**

A: Yes. Many scams involve emails, texts, and fake websites that appear legitimate.

****Q:** How can Always Best Care of New Bern support prevention?**

A: [We can help by screening calls](<https://alwaysbestcare.com/new-bern/in-home-care/>), noticing unusual patterns, and encouraging communication with family.

****Q:** What is one simple rule to follow?**

A: Never send money or share personal information in response to unexpected requests—especially if payment is requested via gift cards or wire transfer.

Help Your Loved One Stay Safe, Supported, and Protected

Senior scams are becoming more advanced, but they are preventable. With awareness, communication, and consistent support, families in New Bern can significantly reduce risk.

At Always Best Care of New Bern, we are here to help protect your loved one's safety, independence, and peace of mind. [Contact Always Best Care of New Bern](<https://alwaysbestcare.com/new-bern/contact/>) at **(252) 669-0023** to learn more and schedule your free consultation.