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# Scammed: 3 Steps To Help Your Elder Parents And Yourself



ART MAINES, LCSW



## Synopsis

One in every five Americans over 65 falls prey to scammers, creating financial devastation, shame, and heartbreak. When author Art Maines's beloved stepfather, Bill, was cheated out of thousands of dollars, Art went on a crusade to help other families guard against this tragic crime. In *Scammed!*, Art provides a three-step scam prevention and recovery program based on his training as a therapist and his extensive research. Suitable for seniors or children of elderly parents, *Scammed!* will help you:

- Understand the most common types of scams
- Learn the psychological ploys used by scammers so that you can spot a scammer immediately
- Create a scam prevention plan
- Recover from a scam with your dignity intact
- Use the resources in your community if you suspect a scam

œAn excellent guide to helping your parent avoid predators

- ~ N. Kortner Nygard, Ph.D., Geriatric Psychologist
- œA wealth of advice to help heal the emotional and physical aftermath of scams
- ~ Jennifer L. Abel, Ph.D., author of *Active Relaxation*
- œA simple breakdown of scams that target the elderly with a battle plan to protect and prevent
- ~ Detective Joe Roubicek, author of *Financial Abuse of the Elderly: A Detective's Case Files of Exploitation Crimes*
- œThis is an important book for anyone with elderly parents.
- ~ Gregory W. Lester, Ph.D.

Art Maines, LCSW, is a mental health professional in private practice, a speaker, and an expert in elderly fraud recovery. He earned his Master's Degree in social work from Washington University in St. Louis, MO. Art and his stepfather, Bill, live in St. Louis Missouri, where he is an avid cyclist and champion for helping others.

## Book Information

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## Customer Reviews

This book is a tremendous find! Thankfully, I did not personally experience what author Art Maines went through and yet I am transformed by the approach he takes to problem solving in *Scammed: 3 Steps to Help Your Elder Parents & Yourself*. Art Maines is eminently knowledgeable. He is pragmatic with a sensibility for cognitive and emotional issues that both the victim and their concentric relationships experience with a financial scam. After reading *Scammed: 3 Steps to Help Your Elder Parents & Yourself*, I feel empowered to protect myself and my loved ones from a financial scam as well as to better understand the process of methodically managing potential crises, if I were scammed. I highly recommend this enjoyable and easily understandable read!

just finished reading this book. this would be a great resource for people finding themselves in the unenviable position of being scammed or finding that they have a parent who has been scammed. it is packed full of practical, clear advice on what steps to take when you don't know where to turn or how to get started on recovering from being scammed. this book also gives valuable direction on how to be proactive and to get started on protecting yourself or your parent from becoming a scam victim.

*Scammed: 3 Steps to Help Your Elder Parents and Yourself* by Art Maines is the kind of book you hope you never need but it's great to know that it's available if that concern should arise. And that need may arise so it might behoove those of us with elderly parents to take this seriously. According to Maines, "Seniors make up about 12 percent (and rising) of the US population, but are approximately 35 percent of all fraud victims." (pg. xvi) Maines is talking about several different kinds of scams, frauds and exploitation targeting our elderly parents. Maines took up this educational cause after he helped his stepfather, Bill, through the aftermath of an ongoing scam that ended up robbing him of tens of thousands of dollars. Maines writes: "My main purpose in writing this

book is to help you help your parents or other loved one deal with and recover from the awful experience of getting ripped off by professional scam artists. I provide the three steps I took in handling a series of scams perpetrated on my 82-year-old stepfather in 2009. Though the specific details of your experience will be different from mine, I provide ideas and resources to help you manage and minimize the damage from this type of crime." (pg. xxi) Scammed is set up to make providing help and guidance very accessible to the reader. The easy to read, informative style shouldn't be intimidating to anyone. The advice is very well organized. There really is a plethora of good, common-sense advice as well as some very specific steps that you need to take, organizations you need to contact, hurdles you might encounter, and even proactive ways to prevent scams. I loved the fact that Maines even made it clear that you need to keep good records as you gather evidence - including notebooks, a filing system, and logs for everything and all information. This is something that most of us instinctively know, but I had to ask myself how many times do I make important phone calls and jot down notes and details I know I need on scratch paper. This reminder to approach helping your parents purposefully and carefully is a great reminder. The contents of Scammed

Section One: Getting Scammed and the Recovery Steps  
Bill's Story  
Chapter 1: Step 1 - Discovery: Gather the Vital Information Quickly  
Chapter 2: Step 2 - Protect Your Parents: Stop the Bleeding and Lock Down Their Assets  
Chapter 3: Recovery: Plan Your Parent's Financial Recovery  
Section Two: Emotional Challenges and the Psychology of Scamming  
Chapter 4: Helping your Parents Recover Emotionally  
Chapter 5: Handling Your Own Emotions: The Importance of Good Self-Care  
Chapter 6: The Psychology of Scamming: An Introduction to How the Scammers Do It and What That Can Teach Us  
Section Three: Prevention: The Scam-Resistant Elder  
Chapter 7: First Things  
Chapter 8: Unmet Needs, the Five FLAGS and Scam Drills  
Chapter 9: Preventing More Pain: Financial Abuse and Identity Theft  
Section Four: Putting the Steps into Practice with Three Common Problems  
Chapter 10: Recovering from Telemarketing Scams  
Chapter 11: Recovering from Home Repair Rip-offs  
Chapter 12: Recovering from Financial Identity Theft  
Final Thoughts  
Appendix: Resources and Recommended Reading; Relevant Websites for Each Step of the 3-Step Process; Books; State Contact Information;

As you can see, Scammed is a short book packed with information. And if information is power, scam prevention is the key. Maines makes it clear that it is better to "Never let yourself be chosen. Always do the choosing." (pg. 104) Very Highly Recommended  
Disclosure: I received a copy of this book for review purposes.

I found the book to be written in easy to understand language, very detailed, and laid out in a way

that was easy to navigate. I also liked that it had a list of community resources at the end to help families. It's a useful guide for elders and their family members.

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