

Top Ten Safeguards

Physical Abuse

1

Everyone has the right to be safe and feel safe within the family and with people they should be able to trust.

2

If someone causes you physical harm, speak out, tell your GP or someone you can trust and seek help.

3

Try to be active and maintain your independence. Consider becoming involved in a club, special interest group, join in community activities, volunteer or take a course. If you avoid becoming isolated, you will reduce your risk of abuse.

4

The best defence against abuse is to maintain health, wellbeing and independence. If you do need support, speak to your GP and seek out local community services. Consider support from outside the family if needed.

5

Seek out information and independent legal advice before making any important decisions.

6

If you require some help with your personal care needs or practical supports and would like assistance, speak to your GP or you can contact **My Aged Care** on **1800 200 422** or visit www.myagedcare.gov.au

7

Be wary of anyone offering to be your carer in exchange for accommodation, money or possessions.

8

If you feel your safety is being threatened by a family member, and would like more information regarding an Intervention Order contact the **SAPOL Family Violence Investigation Unit - 131 444**. If you feel in imminent danger call 000.

9

Keep important telephone numbers handy and if you have any concerns about your safety consider purchasing a personal alarm.

10

If you feel you may be at risk of abuse, or need further information about your rights and options call an Advocate at the Aged Rights Advocacy Service on **(08) 8232 5377** or Country Toll Free **1800 700 600**

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Top Ten Safeguards

S

Seek information or assistance when needed and maintain regular contact with your GP and other health professionals

A

Advise someone you can trust if you have any concerns. Refrain from keeping secret what should be disclosed

F

Financial safeguards. Maintain contact with your bank or financial institution and consider an Enduring Power of Attorney as a future safeguard

E

Engage. Keep in touch with family, friends and neighbours and stay active in the community

G

Gather information. Ensure you have all the information needed to make an informed choice about services, support and safety

U

Understand your rights. Be informed. Know your entitlements and your responsibilities

A

Access service supports. Seek the support of community and home care services to help you maintain independence

R

Reflect. Stop and think before you act. Don't make decisions or sign anything until you have gathered information and considered all your options. Refrain from keeping secret what should be disclosed

D

Document your wishes. Consider setting up an Advance Care Directive to ensure your wishes and preferences for future care are known and upheld

S

Self determination. Speak out. You have the right to remain independent and be involved in future decisions about your care and safety

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