

## Who is at risk of abuse or exploitation?

- Older people who are:
- Dependent on others due to mental or physical frailty.
  - In a family with conflict.
  - Isolated from others.
  - Afraid they will lose their care.
  - Not aware that they have the right to say no.
  - Ashamed to tell others what's happening.

## Your right to confidentiality

Confidentiality is between you and the aged care organisation that is providing your home care.

If abuse is suspected, the care worker is obliged to report this to their manager.

The manager will offer you counselling and support to safeguard your well being.

## Your aged care service provider can assist you

Your aged care service provider will work with you to access any assistance you require to regain control of your life.

Abuse thrives in secrecy - it is important to talk to someone.

## What can you do?

- If in danger - call the Police.
- Talk to someone you trust.
- Talk to your community service provider.
- Ask someone to help you.
- Gain support from others to plan what is required to stop the abuse.

## ARAS can provide:

- Information about your rights.
  - Advice and support to uphold your rights.
  - Assistance to overcome situations of abuse.
- Call ARAS on 8232 5377 or 1800 700 600 for country callers.

## Help is available

- Police  
000 or 131 444
- Legal Services Commission  
1300 366 424
- Public Advocate  
8269 7575 or 1800 066 969
- Public Trustee  
8226 9200 or 1800 673 119
- Aged Rights Advocacy Service (ARAS)  
8232 5377 or 1800 700 600 for country callers.



# Older People Have Rights

There's no excuse for abuse

## Rights of older people

- All adults have the right to make their own choices and decisions.
- As we age our rights remain and include a right to:
- Maintain personal independence.
  - Be treated with dignity and respect.
  - Live without exploitation, abuse or neglect.
  - Be and feel safe.

## What is abuse of older people

Abuse can be any harm to someone caused by another person in a position of trust.

The abuser can be a family member or friend, carer or paid worker.

It's not your fault if someone abuses you.

## Abuse can be:

- **Physical**  
eg. hitting, pushing, slapping.
- **Psychological**  
Verbal harassment, humiliation, threats.
- **Financial**  
Misuse of your money, property or resources.

## Abuse can be:

- **Social**  
Restricting or stopping activities or contact.
- **Sexual**  
eg. non consensual sexual contact.
- **Neglect**  
eg. failure to meet basic needs or provide necessities.

## Has this happened to you?

- Been forced to sign documents against your will?
- Been denied essential items?
- Had your social activities restricted?
- Been pushed around, hit or physically restrained?

## Has this happened to you?

- Been yelled at, called names, told that you are stupid?
- Been asked for money on a regular basis and it is not repaid?
- Been threatened when you don't comply with the wishes of family or friends?

**aras**  
aged rights advocacy service inc.

See it. Stop it.  
Prevent it.  
There's no excuse for abuse.



Government of South Australia

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