

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 setting up an Enduring Power of Attorney
- 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 consider all your options. If needed, consider seeking legal advice first
- 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

for the rights of older people

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Sexual Abuse

- 1 Everyone has the right to be and feel safe in their own home and with people they should be able to trust.
- 2 Plan to stay active and socially connected. Keep in touch with friends and family and consider becoming involved in social events and community activities. If you avoid isolation, you will reduce your risk of abuse.
- 3 If you, or an older person you know are at risk of any type of abuse, seek help. Share your concerns with someone you trust such as a family member, close friend, your GP or a health professional.
- 4 The best defence against abuse is to maintain health, well being 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 Be wary of anyone offering to be your carer in exchange for accommodation, money or your possessions.
- 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 Consider independent legal advice before making any important decisions and before signing any legal documents.
- 8 If you feel your safety is being threatened by family or friends, 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 It is important to keep telephone numbers handy. 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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