

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 considered 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

Top Ten Safeguards Neglect

1

You have the right to be provided with the necessities of life by the people caring for you. It is your right to be provided with adequate care, shelter, food, clothing, medical treatment and dental care.

2

You have the right to access health and medical services to help you maintain or regain the optimum level of physical, mental and emotional well-being and to prevent or delay the onset of illness.

3

Consider setting up an Enduring Power of Attorney and an Advance Care Directive to safeguard your finances and future wishes.

4

Plan for your future. Should you become unwell and unable to manage on your own, consider how you would like to be cared for and how you would like your assets and finances managed.

5

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.

6

If you feel that you are not receiving adequate care, talk to your GP or someone you can trust. Gather information to ensure you are aware of your options to receive care and support services.

7

Be wary of anyone offering to be your carer in exchange for accommodation, money or possessions. You have the right to consider all your options before making any decisions.

8

If you require some help with your care needs or practical supports and would like assistance from a support service you can contact **My Aged Care** on **1800 200 422** or visit www.myagedcare.gov.au

9

Stay socially connected. Try to remain active in the community and maintain contact with family and friends. Isolation can increase your risk of potential abuse.

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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