

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

Top 10 Safeguards

Psychological Abuse

- 1 Recognising psychological or emotional abuse is the first step in prevention. Be aware of your rights and seek support if you feel you are not able to assert them.
- 2 You have the right to maintain or regain control over your own life. This includes making decisions about important aspects of your life such as where you want to live, who you have contact with and how you spend your time.
- 3 You have the right to live without fear of intimidation, bullying, violence, aggression, humiliation, isolation or deprivation.
- 4 If you are concerned about your situation and feel you may be experiencing emotional or psychological abuse, try to find someone you can trust to talk to or contact your GP or health professional to discuss your concerns.
- 5 Consider setting up an Enduring Power of Attorney (**Financial/Assets**) and Advance Care Directive (**Lifestyle/Medical**) to ensure your future wishes are known. Be sure to consider including conditions to ensure you are better protected.
- 6 Try to stay active and socially connected. Consider volunteer work, get involved in a club or group of interest to you. Getting involved and staying connected can improve quality of life and reduce your risk of abuse.
- 7 Be as independent as possible. If you need some support to remain in your own home, consider home care services. Try to avoid relying on any one person for all your care needs.
- 8 If you do require some help with your care needs or practical supports, you can contact **My Aged Care** on **1800 200 422** or visit www.myagedcare.gov.au
- 9 Consider your plans for the future and seek information to help you make informed decisions. If you feel unsure, talk to someone you trust before making a final decision and if needed, seek professional advice.
- 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**

for the rights of older people