

# 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

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## Financial Abuse

1

Keep all personal and financial documents somewhere safe. Sharing your PIN, passwords or account details with anyone is not advisable.

2

Don't allow anyone to pressure you into any quick decisions. If you're thinking about giving someone a gift or loan, or you're considering a major financial decision, talk about it with someone you trust or seek professional advice.

3

Ensure you read through any documents carefully and consider independent legal advice before signing.

4

Keep track of your finances. Regularly review your bank accounts, investments and other assets and if you have any doubts ask questions. It is your right to know how your money is being managed.

5

Unless you made the call to the financial institution, refrain from providing bank details over the phone.

6

Plan ahead. Consider establishing an Enduring Power of Attorney (**EPA**) to ensure your financial, property and legal matters are managed by a person/s you trust. Consider registering your **EPA** with the Land Titles Office if property is involved.

7

Stay informed. Be mindful of current scams and remember if it's too good to be true, it could be a scam.

8

Consider simple and safer options to manage your bills such as BPAY, direct transfer or set up Centrepay to have utility bills payed directly from your Centrelink payments.

9

Staying in touch with friends and family members may reduce isolation and the 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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