



About ARAS

The Aged Rights Advocacy Service (ARAS) is a free, confidential and statewide service which has been supporting older people since 1990.

Your privacy

ARAS values confidentiality and respects your right to privacy. If you believe we have breached your privacy, you can lodge a complaint in writing to the Operations Manager, ARAS and/or by contacting the Office of the Australian Information Commissioner on telephone 1300 363 992

Your feedback

ARAS is committed to improving the quality of its service.

If you are unhappy with any aspect of our service, we encourage you to raise the issue with us.

In the first instance your complaint will be handled by our Operations Manager or you can have your complaint reviewed by external agencies such as Older Persons Advocacy Network (OPAN) on telephone 1800 700 600 or Health and Community Services Complaints Commissioner (HCSCC) on telephone 1800 232 007

Contact ARAS

Telephone: (08) 8232 5377
Toll Free: 1800 700 600
Fax: (08) 8232 1794
E: aras@agedrights.asn.au
www.sa.agedrights.asn.au

TTY 13 36 77
SSR 1300 555 727
Translating and Interpreting Service 13 14 50

Resources

Active Ageing Australia
www.activeageing.org.au
(08) 7325 8420

Dementia Australia
www.dementia.org.au
(08) 8372 2100

Carers Australia
www.carers-sa.asn.au
1800 242 636

Council of Aboriginal Elders SA
www.caesa.org
(08) 8367 0783

Council of the Ageing SA
www.cota.org.au
(08) 8232 0422

Aged Care Quality and Safety Commission
www.agedcarequality.gov.au
(08) 8232 0422
Country callers
1800 951 822

Note: The Commission can help you resolve a complaint about your aged care provider

SA Elder Abuse Prevention Phone Line

Note: If this resource information has raised concerns, please call SA Elder Abuse Prevention Phone Line 1800 372 310 for free confidential advice, support or visit sahealth.sa.gov.au/stopelderabuse

Office hours

Mon – Fri 9am to 5pm

Legal Services Commission
www.lsc.sa.gov.au
(08) 8111 5555 or
Free Legal Help Line
1300 366 424

MyAgedCare
www.myagedcare.gov.au
1800 200 422

SA Community Legal Centres
www.saccls.org.au

Free legal advice
(08) 8342 1800

Office of the Public Advocate
www.opa.sa.gov.au
(08) 8342 8200
Country callers
1800 066 969

SA Sporting Clubs
Office for Recreation & Sport
www.ors.sa.gov.au
1300 174 990

SA Police
Home Assist Program
www.police.sa.gov.au
(08) 7322 3211

aras
aged rights advocacy service inc.



Safeguards for Ageing Well

Supported by the Office for Ageing Well, SA Health

Office for Ageing Well



Government of South Australia
SA Health

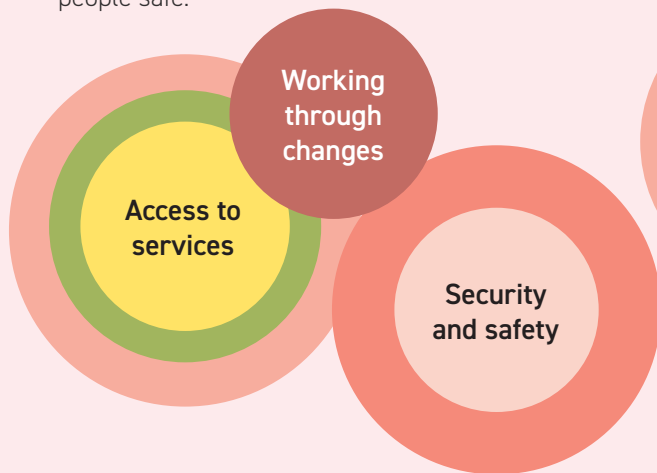
ARAS Safeguards for Ageing Well Program

ARAS recognises the importance of all older South Australians ageing well with dignity and respect, and exercising their rights to make informed decisions, whilst maintaining community connections and social engagement.

ARAS Safeguards for Ageing Well Program delivers information to raise awareness and provides strategies for living a positive life and ageing well.

The program also proposes prevention strategies for safeguarding older people from abuse, delivered through education and links to other key services and agencies.

The program incorporates SAHMRI's key findings and recommendations for older Aboriginal people, based on cultural principles and values for keeping older Aboriginal people safe.



SAHMRI, *Aboriginal Research in Aboriginal hands. What keeps you safe: approaches to promote the safety of older Aboriginal people, Final Report, Version 5.4, 2019*

Elder abuse definition

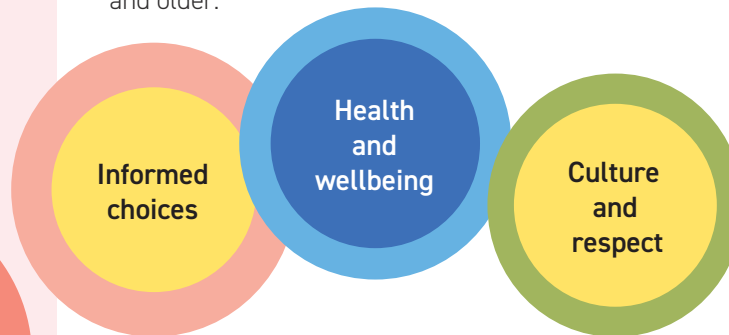
Elder abuse can take various forms such as financial, psychological or emotional, physical, and sexual abuse. It can also be the result of intentional or unintentional neglect (WHO, 2002)

Older people in communities

ARAS delivers sessions to provide information and raise awareness for older people and consumers of aged care on:

- knowing your rights
- safeguarding older people's rights
- living a positive life and ageing well
- prevention of elder abuse and what can keep you safe.

Sessions are provided to older people aged 65 years and older, or, for people of Aboriginal and Torres Strait Islander background, aged 50 years and older.



Aged care workforce

ARAS delivers education sessions to the aged care workforce to:

- ensure older people's rights are safeguarded
- ageing well approaches are supported
- abuse prevention strategies are delivered to
- older people and aged care consumers
- understand living a positive life.

Ways you can safeguard your rights

Stay in control

ARAS Advocates assist with providing:

- Information and resources on ageing well
- Strategies to help you protect yourself.

Planning ahead

- Advance Care Directives
- Supported Decision Making
- Enduring Power of Attorney and Guardianship
- Wills and Estate planning.



Session bookings

To schedule ARAS to deliver an information and education session on safeguarding the rights of older people, please contact our friendly staff on:

Telephone: (08) 8232 5377

Toll Free: 1800 700 600

Email: aras@agedrights.asn.au