

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

Social Abuse

1

You have the right to remain as independent as possible and to participate in social, religious and cultural activities of your choice.

2

Try to remain active, connected and in control of your own life choices. You have the right to participate in activities of value to you.

3

If you notice that someone you know is at risk of social isolation or abuse, make contact with them and invite them out for coffee or to share a meal. Perhaps look into joining an activity or group you may both enjoy together.

4

If you are experiencing ill health and find it difficult to get out, pick up the telephone and talk to friends and family. Maintaining communication will help to reduce the risk of abuse.

5

If you would like more information and tips on ways to stay ACTIVE, HEALTHY, CONNECTED and in CONTROL you can view the ARAS – “Living a Positive Life” DVD on the ARAS website or YouTube, or contact ARAS to have a DVD posted out to you.

6

If you are experiencing isolation or are being prevented from engaging in social activities, try to find an opportunity to talk to someone you can trust.

7

Consider volunteering. There are many groups and organisations looking for help which would value your skills and support. Contact your local council or the Seniors Information Service (08) 8168 8776 or freecall 1800 636 368 for a list of community organisations you can contact.

8

Maintain general good health. If you are not getting the nutrition your body needs you may not feel you have the energy for social interests.

9

If you are feeling isolated or lonely and have difficulties getting out independently consider assistance from a support service to improve your social connections. Contact **My Aged Care** on **1800 200 422** or visit www.myagedcare.gov.au

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