JUNE 15
WORLD ELDER ABUSE
AWARENESS DAY

WEAAD

"elder abuse, everyone's business"

Collaborative Against Abuse of Older People in Sutherland Shire

collaborative@ecs.org.au

Are you over 65? Are you & your friends ok?

The COVID-19 restrictions are stressful for everyone, but you deserve to be comfortable & safe

ABUSE & NEGLECT OF OLDER PEOPLE IS A CRIME

More information:
tel 9520 7022 or email
collaborative@ecs.org.au

Tips for Staying Safe During Self-Isolation

BE CAREFUL WHO YOU TRUST

•Only accept help from, & share personal details with, people you know well & feel comfortable with - it's ok to say 'no thanks' or change your mind

•Never give your house keys to strangers or let people in your home who you don't know - get deliveries to the door only

•Be wary of registering yourself with any neighbourhood help group – do you want to advertise that you are home alone?

•You always have the right to be valued, feel safe inside your house & receive the food & medical care you need - no one should ever say you are a burden

•If you don't have family or friends you trust, seek registered Community Services from **My Aged Care** - 1800 200 422 or www.myagedcare.gov.au

STAY SOCIALLY CONNECTED

•Have a few phone buddies & make a time to talk to at least one of them every day, so they know you're ok

•Call for help if someone is hurting you or taking your money - 000 for police or 1800 628 221 for the **NSW Ageing & Disability Abuse Helpline**

BE CAREFUL WITH YOUR MONEY

•Make sure you nominate a trusted person as your Power of Attorney & let the bank know who that is - always review your bank statements

•Don't give anyone your credit card - if you need someone to shop for you, pay them when they deliver the shopping with a receipt or invoice

•Protect your password - never give your pin or login away

HAVE AN EMERGENCY PLAN

•Have at least one friend or relative's number programmed into your phone for a quick call if you need urgent help

•Put your essential papers in a place where you can find them in a hurry or if you need to explain the location to a trusted person

•Write a list of your key family members, phone buddies & any Community Services you use who need to be contacted in emergencies