

# IS SOMEONE YOU KNOW **CONTROLLING** HOW TO SPEND YOUR MONEY, TAKING AWAY YOUR FREEDOM TO SEE FAMILY AND FRIENDS, OR YELLING AND PHYSICALLY HURTING YOU?

The NSW **Ageing** and **Disability** Abuse Helpline is for anyone to talk about concerns of an **older person** or adult with **disability** being abused and mistreated by someone they know in their home or in their community.



**1800 628 221**  
**(M-F, 9-5)**

You have the right to feel safe and be treated with dignity and respect in your home and in your community.

By contacting the helpline, you can:

- 1. Get information on what services are available to help.**
- 2. Speak with a trained professional about your concerns.**
- 3. Be supported to make an anonymous report, and be heard without judgement.**



Make an online enquiry at anytime at [ageingdisabilitycommission.nsw.gov.au](https://ageingdisabilitycommission.nsw.gov.au)



In an emergency, call 000 or Lifeline 13 11 14 for crisis support  
National Relay Service 1800 555 660 | Text Telephone 133 677 | Interpreter Services 131 450