

Some choices you should be free to make



Keep and spend your own money



See family and friends when you want to



Attend appointments alone



Easily access clean clothes, food and medication

If you have concerns about your own wellbeing or of any older person or adult with disability in their family, home and community contact the **NSW Ageing and Disability Abuse Helpline**.

- Speak with a trained professional about your concerns and be heard without judgment.
- Get information on what services are available to help or be supported to make an anonymous report.

Everyone has the right to live free from abuse

NSW Ageing and Disability Abuse Helpline



1800 628 221

(M-F, 9am-4pm)

adc.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

Ageing and Disability Commission