

# My Wellbeing Checklist

- I know how much money I have in my bank account
- I have the freedom to spend my money
- I have the freedom to see family and friends when I want
- I attend social activities
- I receive medical attention when I need it, and have a say about my healthcare plan and treatment
- My personal care needs (showering, personal hygiene etc) are taken care of
- I am treated respectfully by my family and friends
- I feel safe at home

## **Think about your responses.**

If you have any concerns about your situation, you may wish to talk to someone you trust such as a family member, friend, doctor, religious leader, or you can call the **NSW Ageing and Disability Abuse Helpline**.

**1800 628 221**

**Mon-Fri 9am-4pm**

**Ageing and Disability  
Commission**

Acknowledgment: adapted from the checklist produced by the Far North Coast Older Persons Wellbeing Collaborative.