

EVERY **OLDER PERSON** AND **ADULT WITH DISABILITY** HAS THE RIGHT TO



Control and access their own money



Choose to see family and friends when they want to



Attend appointments without another person



Have easy access to clean clothes, food and their own medication

If you or someone you know is not free to make their own choices, contact the **Ageing and Disability Abuse Helpline**



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

Everyone has the right to feel safe and be treated with dignity and respect in their own home and in the community.

You can raise concerns about your own wellbeing or of any **older person** or adult with **disability** currently being abused or mistreated by *someone they know* in their home or in the community.

- 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.



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