



Stopping someone from making their own choices is psychological abuse

Everybody has the right to make decisions about their own life. Preventing this can be **psychological abuse**. It can look like making important decisions for someone else without permission, a lack of freedom, or preventing someone from attending appointments alone.

If you have concerns about yourself, an older person or adult with disability in their family, home or community, **call the NSW Ageing and Disability Abuse Helpline for information, support or to make a report**. Anyone can call, and you can be anonymous.



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

Visit adc.nsw.gov.au
for more info. In an
emergency call 000.