

Together **WE** can **STOP** elder abuse

How can WE STOP elder abuse?

- 1 Stay connected**
Maintain connections with trusted family, friends and neighbours, and in your local community.
- 2 Plan for future**
Consider your future needs and plan for transitions associated with ageing, through Powers of Attorney, living arrangements, advance care planning and wills.
- 3 Seek independent advice**
Make informed decisions before making changes to your finances or living arrangements.
- 4 Develop a support network**
Establish a group of trusted people and professionals who you can turn to for support.
- 5 Seek help**
If you need help, ask for it as soon as possible. Abuse doesn't stop by itself.

"Everyone has the right to live their lives free from abuse."

Where can WE find help?

Victorian Police
Call 000 in an emergency

Seniors Rights Victoria
Call 1300 368 821

National Elder Abuse Hotline
Call 1800 ELDERHelp (1800 353 374)

There's **NO EXCUSE** for elder abuse

What is elder abuse?

Any older person can be affected by elder abuse.

There are many different types of elder abuse and it's not uncommon for an older person to be affected by more than one type.

Although incidents of abuse in aged care settings are often reported in the media, the majority of elder abuse is carried out by family members, both within aged care settings and at home.

When a trusted adult:

The older person actually deserves:

VERBAL ABUSE

Threatens the person or those they care for, or is insulting or dismissive of their concerns.

Respect and dignity

PSYCHOLOGICAL ABUSE

Controls or pressures the person's identity, beliefs, decisions or actions. E.g. cultural, gender (LGBTIQ+).

Support of self to negotiate life's challenges.

FINANCIAL ABUSE

Takes advantage of their money or resources.

Honesty and to be consulted about all matters relating to their finances.

SEXUAL ABUSE

Uses inappropriate words, acts inappropriately or exposes them to pornographic materials.

To have their body and boundaries respected.

NEGLECT

Doesn't provide appropriate care for the person.

To have their wellbeing prioritised.

SOCIAL ABUSE

Interferes with their ability to connect with others or participate in cultural activities.

Encouragement to enjoy life to the fullest.