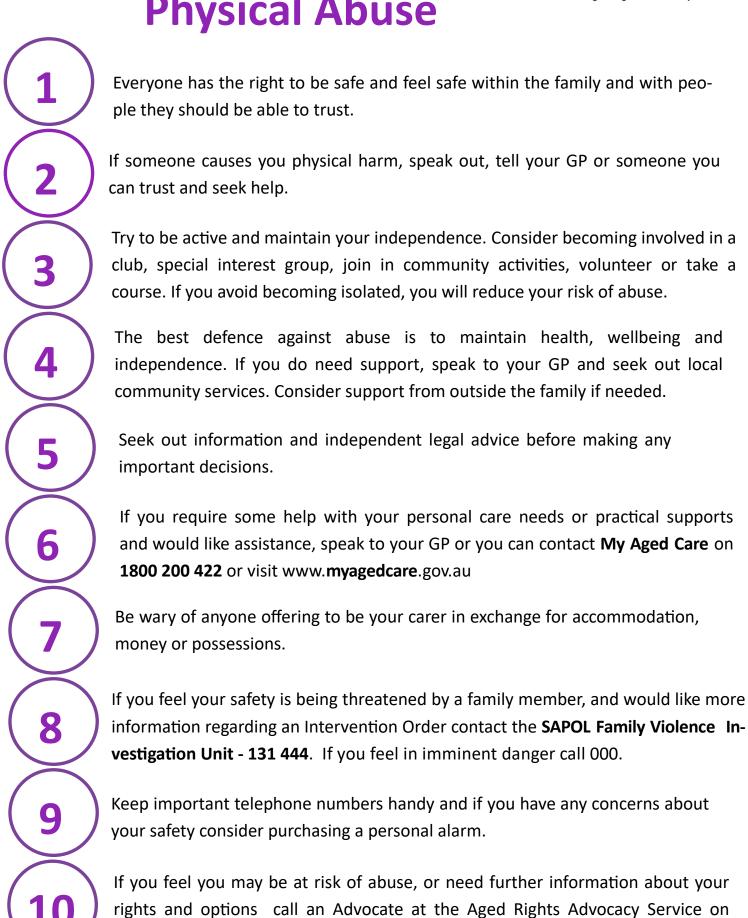
Top Ten Safeguards Physical Abuse





for the rights of older people

(08) 8232 5377 or Country Toll Free 1800 700 600



Top Ten Safeguards

S	Seek information or assistance when needed and maintain regular contact with your GP and other health professionals
A	Advise someone you can trust if you have any concerns. Refrain from keeping secret what should be disclosed
F)	Financial safeguards. Maintain contact with your bank or financial institution and consider an Enduring Power of Attorney as a future safeguard
E	Engage. Keep in touch with family, friends and neighbours and stay active in the community
G	Gather information. Ensure you have all the information needed to make an informed choice about services, support and safety
U	Understand your rights. Be informed. Know your entitlements and your responsibilities
A	Access service supports. Seek the support of community and home care services to help you maintain independence
R	Reflect. Stop and think before you act. Don't make decisions or sign anything until you have gathered information and considered all your options. Refrain from keeping secret what should be disclosed
D	Document your wishes. Consider setting up an Advance Care Directive to ensure your wishes and preferences for future care are known and upheld
$\left(S \right)$	Self determination. Speak out. You have the right to remain independent and be involved in future decisions about your care and safety
	for the rights of older people