

Abuse Prevention Program (APP)

The Aged Rights Advocacy Service (ARAS) advocates for older people whose rights and entitlements are at risk. ARAS works across several programs including residential aged care, community care, abuse prevention and Aboriginal advocacy. ARAS advocates can represent the older person or support them to speak for themselves.

The ARAS Abuse Prevention Program (APP) assists older people living in the community, who are experiencing, or at risk of, abuse from those with whom they are in a relationship of trust, such as family or friends. (The ARAS Residential Care Team can support residents of aged care facilities who are experiencing abuse.)

Abuse might include one or more of the following forms: financial, psychological/emotional, physical, sexual, social and/or neglect.

Rights of Older People

In supporting older people to uphold their rights, APP is guided by the United Nations Principles for Older Persons (1991) that include the following:

- **Independence** - includes access to basic needs, health care, work, education programs, the right to live at home as long as possible in supportive, safe environments
- **Participation** - in social activities and opportunities to share their knowledge and skills with their community
- **Care** - that maintains their optimum level of physical, mental and emotional wellbeing and includes access to social and legal services
- **Self-fulfilment** - to realise their potential and access educational, cultural, spiritual and recreational resources
- **Dignity** - to be treated fairly, to be valued in their own right, to live in dignity and security, to be free of exploitation, physical and mental abuse, to be able to exercise personal autonomy.

When an Older Person or their Representative Contacts the APP, an Advocate will:

- Listen to and clarify their story
- Refer them to a more appropriate agency if ARAS is not able to assist
- Identify the issues and desired outcomes for the older person
- Provide them with information about their rights and responsibilities
- Suggest options and explain the possible consequences of different actions
- Provide support, as needed, to implement the desired plan of action
- Only act on their behalf with their permission
- Suggest ways to safeguard their future, maintain control and improve their quality of life.

Aged Rights Advocacy Service Promotes the Following:

- Older people have rights
- Abuse of these rights is NOT OK
- Help is available
- Good planning can protect their rights.

Education Sessions

ARAS provides informative interactive education sessions for consumers, community groups, staff and students. To book a session please call the number below.

Further Information

ARAS is a free, statewide, confidential, independent service.

For more information or support to protect and uphold your rights please contact ARAS:

16 Hutt Street, Adelaide SA 5000

PO Box 7234, Hutt Street SA 5000

Telephone **8232 5377** or **1800 700 600** freecall for country callers

Facsimile **(08) 8232 1794**

Email **aras@agedrights.asn.au**

Website **www.sa.agedrights.asn.au** or **www.elderabuse.org.au**



ARAS is funded by the Department of Health and Ageing and the Home and Community Care Program, Department for Families and Communities.

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