

Abuse is a Human Rights issue

All people have the right to live their lives free from neglect, abuse and exploitation.

Carers and the people they care for have the right to:

Independence including access to basic needs, health care, work, education and the right live in supportive, safe environments

Participation in social activities and opportunities to share their knowledge and skills with their community

Care that maintains their optimal 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.

(Aged Rights Advocacy Service: 2013 APP Fact Sheet 1)



Safeguarding carers at risk

Carers SA provides support to all carers, regardless of age, ethnicity, gender or condition of the people cared for. We can guide you through the service maze.

Carers SA provides:

- FREE information and advice on available services
- Counselling and emotional support
- Access to local carer programs
- Up to date training on managing the carer role
- Respite to give you a break




Tel: 8291 5600 Fax: 8271 6388

Toll Free: 1800 242 636

Email: info@carers-sa.asn.au

Website: www.carers-sa.asn.au

 www.facebook.com/CarersSa

 www.facebook.com/youngcarersSA

 @Carers_SA

Carers SA is a business name of the Carers Association of SA Inc.



Safeguarding against abuse

We can help you





Understanding abuse

Abuse can be any intentional harm caused by another person in a position of trust. The abuser can be a family member or friend, carer or paid worker.

Abuse can be:

Physical

Hitting, pushing, slapping

Psychological

Verbal harassment, humiliation, threats

Financial

Misuse of money, property or resources

Social

Restricting or stopping activities or contact

Sexual

Non-consensual sexual contact

Neglect

Failure to meet basic needs or provide necessities

There's no excuse for abuse

(Older People Have Rights: ARAS pocket guide)

Be aware of how you feel

Seek help if you feel something is not right

Either you, or the person you care for, may be experiencing unwelcome feelings as a result of abuse

alone ashamed badly treated
belittled angry depressed
frustrated guilty exhausted
isolated neglected overwhelmed
on edge put down resentful
sad tense unsafe trapped
unprepared violent
unsupported walking on eggshells

What can you do?

Reach out for support - you are not alone

If you are concerned about abuse, help is available.

- Confidential counselling
- Help in the home
- Information
- Respite
- Peer support
- Referrals to specialist agencies
- Workshops about caring



Who can help?

For carer support, information and advice

Carers SA: 1800 242 636 www.carers-sa.asn.au

For 24 hour crisis support

Lifeline: 13 11 14 www.lifeline.org.au

For further information about abuse and your rights

Aged Rights Advocacy Service (ARAS):
8232 5377 www.agedrights.asn.au

If in danger

Police: 000 or 13 1 444