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Elder abuse can manifest in many ways and sometimes multiple forms occur at once. Seek help if someone is:

- using your money or assets illegally or improperly, or forcing you to change your will/sign documents
  - threatening, humiliating, or harassing you or making you feel anguish, shame, fear or helplessness
  - inflicting pain and/or injury by hitting, slapping, pushing or restraining you
  - preventing you from contacting friends, relatives or service providers or is stopping you from joining in activities
  - intentionally or unintentionally failing to provide you with basic life necessities
  - conducting any sexual activity that you have not consented to.
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For information about services for seniors in your local area, contact your local council:

Ararat Rural City Council  
03 5355 0200

City of Ballarat  
03 5320 5500

Golden Plains Shire  
03 5220 7111

Hepburn Shire  
03 5348 2306

Moorabool Shire  
03 5366 7100

Pyrenees Shire  
03 5349 1100

# ELDER ABUSE IS NEVER OK

See inside for details of services that are here to help you



Supported by the Central Highlands Elder Abuse Prevention Network:



If you or someone you know is experiencing harm, fear or distress as a result of the actions of someone in a position of trust, that's elder abuse.

# OLDER PEOPLE HAVE RIGHTS

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All people, no matter  
their age, have the right  
to live safely, make their  
own decisions and be  
treated with dignity and  
respect.

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**CALL 000  
IF YOU NEED  
HELP FROM  
POLICE**

If you believe you are experiencing  
elder abuse, your GP or any of  
these services can give advice:

## Relationships Victoria

Ballarat..... 5337 9222

Hotline..... 1300 364 277

Seniors Rights Victoria..... 1300 368 821

CatholicCare..... 1300 033 818

Lifeline..... 13 11 44

1800 Respect..... 1800 737 732

## Elder Rights Advocacy

(residential or in-home aged care services)

..... 1800 700 600

These services provide legal and/or  
financial advice & support:

## Ballarat and Grampians Community

Legal Service..... 5331 5999

CAFS Financial..... 5337 3333

## Victoria Legal Aid

Ballarat..... 5329 6222

Hotline..... 1300 792 387

This is an Aboriginal support  
service:

BADAC..... 5331 5344

These services provide responses  
to family violence, including elder  
abuse:

## The Orange Door in Central Highlands

..... 1800 219 819

Berry Street ..... 5331 3558

WRISC (women only)..... 5333 3666

## Men's Referral Service

..... 1300 766 491

..... 9428 2899

## Ballarat Child & Family Services

..... 5337 3333

## Grampians Community Health

..... 5358 7400

This service provides counselling  
and support for sexual abuse:

## Centre Against Sexual Assault

Ballarat..... 5320 3933

Hotline (crisis)..... 1800 806 292

These organisations provide  
counselling services:

## Ballarat Community Health

..... 5338 4500

## Grampians Community Health

..... 5358 7400