



WORLD ELDER ABUSE AWARENESS DAY

JUNE 15

Check in with the older people in your life.
Know the signs of elder abuse.

For support:



1300 063 232



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SIGNS OF ELDER ABUSE

Psychological abuse

- Fear
- Self-harm
- Self-devaluation
- Social withdrawal
- A decline in self-esteem
- Minimising their own needs
- Anxiety about a specific person

Financial abuse

- Unpaid bills
- Already-opened mail
- Limited access to finances
- Suddenly changing their will
- Missing money or belongings
- Relatives living over rent-free
- Sudden spending habit changes

Neglect

- No food at home
- Poor living conditions
- Unable to leave home
- Unattended health needs
- No access to required services

Physical abuse

- Flinching
- Broken bones
- Poor living conditions
- Unattended health needs
- Unexplained bruises or cuts

Sexual abuse

- Sudden STI
- Defence wounds
- Bowel incontinence
- Urinary incontinence
- Fear of a specific person
- Wounds around genitalia

IT'S OKAY TO ASK FOR HELP.

Our [Senior Relationship Services \(SRS\)](#) can help you explore your concerns and possible solutions in a safe and supportive environment. We prioritise the wellbeing of the older person and our services are designed with protection from elder abuse in mind.



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TALKING TO AN OLDER PERSON YOU'RE WORRIED ABOUT

- 1** Ask about their wellbeing at a time and place where the older person feels comfortable and safe.
- 2** Let them know you're worried about them and listen to their feelings and concerns.
- 3** Be supportive, and don't criticise them for their feelings or actions.
- 4** Help them identify and reach out to organisations who can support them.
- 5** Offer to help them with making or getting to appointments.
- 6** Keep checking in with them and stay in touch.

HELP IS AVAILABLE.

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SENIOR RELATIONSHIP SERVICES

Our senior service programs include:

-  Elder Abuse Prevention and Support Service (EAPSS)
-  Senior Financial Protection Service (SFPS)
-  Senior Social Connection Program (SSCP)
-  Senior Relationship Mediation Service (SRMS)

Our programs assist older people and their families to:

- make life decisions
- socialise and connect
- have difficult conversations
- improve communication skills
- prevent and solve family conflict
- have healthy, respectful relationships
- plan for the future (including medical, health, financial, and living arrangements).

All of our programs are designed with **protection from elder abuse** in mind. We are here to help those at risk of or experiencing abuse against older people, which includes emotional abuse, financial abuse, neglect, and isolation.



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SENIOR RELATIONSHIP SERVICES

When required, we can provide:

- Counselling
- Legal advisors
- Language interpreters
- Community education
- Facilitated family meetings

How long is a session?

Appointments typically last **1-2 hours**.

Some issues are resolved in 1 or 2 sessions, while others may take longer.

How much does it cost?

These services are **free**.

At times, we may offer referral to another specialist provider who could require a fee for their services - this will be discussed with you at the time of your referral.

Who can access these services?

You or an older person you think needs these services can access these services with or without a referral.

You can attend a session on your own, with your partner, or with family members.

People who are at least **60 years old** (or 50 years old for First Nations Peoples) may be eligible for our programs.



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ABOUT US

At Relationships Australia Qld, we believe that **healthy relationships** are essential for the wellbeing of children, families, individuals, and communities.

We are committed to **social justice** and **inclusion**. We respect the rights of all people, in all their diversity, to live with the **dignity** and **safety**, and to enjoy healthy relationships.

Relationships Australia Qld works with you through **services tailored to your needs** at times of challenge and change in your life.

Funded by:



Australian Government



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