

YOU HAVE THE RIGHT TO FEEL SAFE AT ALL TIMES

IF YOU ARE NOT SAFE IT IS NECESSARY TO MAKE CHANGES TO BECOME SAFE

PLANNING FOR SAFETY

If you are living in an abusive situation, there are several precautions you can take to stay safe in your home and to be prepared to leave if necessary.

- Let a 'supportive person' know about the violence.
- Keep important phone numbers where you can get to them quickly and easily.
- Have an emergency contact that you can turn to if or when the abuse recurs.
- Keep important documents hidden in an easily accessible location. This might include: birth certificate, insurance; Medicare card; bank account details; Centrelink card; power of attorney documents.
- Keep your money, medication, spare keys and clothing readily accessible in case you must leave in a hurry.
- Make arrangements to house your pets.
- Develop an emergency signal with a friend or neighbour to let them know when you are in danger and need help.

HELP IS AVAILABLE

- **Adult Guardian**
Phone: 1300 653 187
Investigates abuse, neglect and exploitation
- **Elder Abuse Prevention Unit**
Phone: 1300 651 192
Provides information, support and referrals
- **Commonwealth CareLink Centre**
Phone: 1800 052 222
Provides information on services within the health, ageing and disability sectors
- **QLD Ages & Disability Advocacy Inc.**
Phone: 1800 818 338
Provides information, support and promotion of rights on behalf of the elderly
- **Public Trustee-enduring Power of Attorney**
Phone: 07 4721 3126 or 1300 360 044
Financial Investment Service
- **Women's Centre**
(NQ Combined Women's Services)
Phone: 07 4775 7555
Support Groups
- **NQDVRs**

TOWNSVILLE OFFICE

PO Box 6061, Townsville QLD 4810
Phone: 07 4721 2888 Fax: 07 4721 1794
nqdvrs @nqdvrs.org.au

1st Floor, Metway Arcade, 390 Flinders Street, Townsville

MOUNT ISA OFFICE

Po Box 502, Mt Isa QLD 4825
Phone: 07 4743 0946 Fax: 07 4743 7999
minqdvrs@nqdvrs.org.au
The Old Court House Building, Isa Street

<http://www.nqdvrs.org.au>

Against Violence #19



INFORMATION FOR OLDER PEOPLE



NQDVRs
Funded by



Domestic Violence: Any Family, Any Age

Domestic Violence does not only happen amongst young people. It can occur in older families too. For many older victims of domestic violence, there has been ongoing violence for many years, yet for others, it does not begin until later in life. Domestic Violence is the wrongful exercise of power and control of one person over the other.

Is this happening to you?

- Do you feel isolated? Are you being deprived of the outside world?
- Are you being deprived private space or time?
- Are you being controlled and not allowed to make decisions for yourself?
- Is your spouse, family members or carer withholding or mismanaging your medications or your money?
- Are you being deprived of good personal hygiene or proper cleanliness when you need assistance?
- Does your spouse, family members or carer make false accusations against you?
- Is your spouse, family members or carer verbally, mentally, emotionally,

Various ways that Domestic Violence can be perpetrated include:

• Physical Abuse:

Slapping, hitting, bruising, beating, pushing, grabbing, pinching, or any other intentional act that causes someone physical pain, injury or suffering. Physical abuse also includes force feeding and excessive forms of restraint used to confine someone against their will i.e. tying, chaining, or locking someone in a room.

• Emotional Abuse:

Verbal or non-verbal; including yelling, threats of harm, insults, name-calling, put-downs, humiliating, intimidating, treating an older person like a child.

• Sexual Abuse:

Any sexual activity to which the older or dependent adult does not consent to or is incapable of consenting. Can include unwanted touching, rough and unpleasant sex, forced or coerced sex, coerced nudity, sodomy....

• Financial Abuse:

Can include misappropriation of property, money or valuables; forced changes to a will or other legal documents; manipulating the older adult for financial benefit or material gain.

• Social Abuse:

Can include not allowing a person access to family, friends and social activities; preventing a person from talking to anyone; preventing a person receiving her or his mail/telephone calls.

• Neglect:

Failure to provide a person with food, water, clothing, shelter, personal hygiene, medication, personal safety, health services and any other basic necessities.

Regardless of which category you fall into, domestic violence is wrong and it is not your fault.

NO ONE DESERVES TO BE HURT

Bill of Rights

- I have the right to be safe.
- I have the right to a violent free environment and lifestyle.
- I have the right to equality.
- I have a right to be appreciated.
- I have a right to my dignity.
- I have a right to make choices.
- I have a right to receive empathy and warmth.



- I have a right to be accepted as I am.