



Protecting your rights

Information for older people and adults
with disability

Easy Read version

How to use this document



The New South Wales (NSW)
Government wrote this document.

When you see the word 'we', it means
the NSW Government.



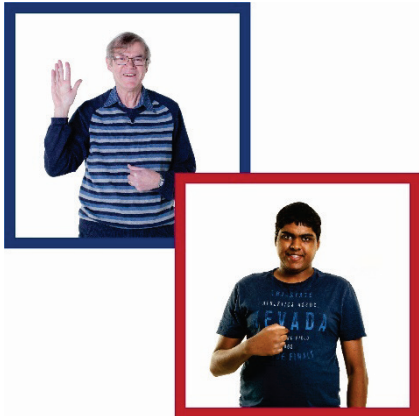
This document is written in an easy
to read way. We use pictures to explain
some ideas.



You can ask for help to read
this document.

A friend, family member or support
person may be able to help you.

Your rights



Everyone has rights, including:

- older people
- adults with disability.

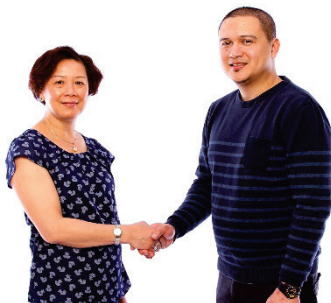


You have the right to feel safe.

You have the right to be treated with:



- dignity



- respect.



You have the right to make choices about your own life.



You have the right to see your family and friends when you want to.



You have the right to keep and use your own money.



You should have:

- food to eat
- clean clothes to wear
- somewhere warm to sleep.



You should be able to:

- get medicine you need
- see a doctor when you need to.



You have these rights:

- in your own home
- out in the community.

Protecting your rights

Someone you know might not let you:



- have your rights



- make your own choices.

Someone you know might hurt you by:



- shouting at you



- calling you names



- hitting you



- touching parts of your body you don't want them to touch



- making you touch parts of their body you don't want to touch

Someone you know might make you:



- give them your money or things you own



- do things you know are wrong.



You can get help to protect your rights.

We have ways you can:



- find out about services that can help you



- talk to someone who can help you



- have your story heard



- get support without having to say who you are.

Getting help



If you, or someone you know, needs help to protect their rights, you can contact the NSW Ageing and Disability Abuse helpline.



1800 628 221



Monday to Friday

9am - 5pm



www.ageingdisabilitycommission.nsw.gov.au

If you are in danger and need help now, you can call:



- Triple Zero - **000**



- Lifeline - **13 11 14.**



If you need help to communicate, there are services that can help you.



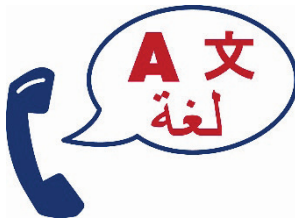
National Relay Service

1800 555 660



Text Telephone

133 677



If you speak a language other than English, please contact TIS – Translating and Interpreting Service.

131 450



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