You can raise concerns about your own wellbeing, or of an older person or an adult with disability you suspect is being abused or mistreated by someone they know in their family, home or community.

- Speak with a trained professional about your concerns and be heard without judgment.

- Get information on what services are available to help or be supported to make an anonymous report.

NSW Ageing and Disability Abuse Helpline

1800 628 221 (M-F, 9-5)
adc.nsw.gov.au

In an emergency, call 000 or
Lifeline 13 11 14 for crisis support
National Relay Service 1800 555 660
Interpreter Services 131 450

Ageing and **Disability**
Commission

Some choices you should be free to make

Keep and spend your own money

Attend appointments alone

See family and friends when you want to

Easily access clean clothes, food and medication

Everyone has the right to feel safe and be treated with dignity and respect in their family, home and community.

What we do

The **Ageing and Disability Commission** is an independent agency of the NSW Government.

We promote the rights of older people and adults with disability to live free from abuse, neglect and exploitation in their family, home and community.

You can contact us for information, support or to make a report.

1800 628 221
(M-F, 9am-5pm)
adc.nsw.gov.au

What is abuse?

There are many types of abuse that can be experienced:

Financial abuse includes limiting access to a person's bank account, spending their money without permission, or abusing powers of attorney for financial gain.

Psychological abuse includes treating an adult like a child, stopping someone from making their own decisions, threatening or stopping someone from seeing their family and friends, or verbal abuse and bullying.
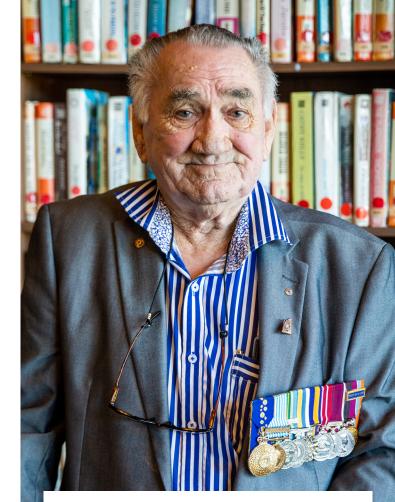
Physical abuse includes hitting, kicking or using another type of physical force to hurt, intimidate or control another person.

Neglect includes not providing basic items such as food, clothing or a safe place to live, or preventing another person from receiving medical or social support they need.

Sexual abuse includes sexual assault, inappropriate washing or handling of a person's body, enforcing nudity, or using sexually explicit language.

What is exploitation?

The most common type of exploitation is financial.

It includes taking advantage of a person for personal financial benefit, such as befriending an older person or adult with disability, and then taking advantage of them to receive assets such as a house, car or money.