

# Neglect

How to speak up if it happens to you

An Easy Read guide



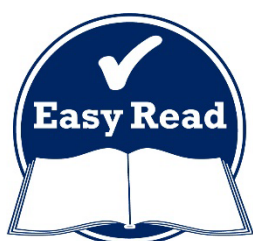
**Ageing** and **Disability** Abuse Helpline

1800 628 221 (M-F 9-4)

## How to use this guide



The New South Wales (NSW) Ageing and Disability Commission wrote this guide. When you see the word 'we' or 'us', it means the NSW Ageing and Disability Commission.



We wrote this guide in an easy to read way. We use pictures to explain some ideas.

**Bold**  
Not bold

We wrote some important words in **bold**.

We explain what these bold words mean.



You can ask for help to read this guide. A friend, family member or support person may be able to help you.

# Neglect

## What neglect is



**Neglect** is when someone doesn't give you the support or care you need to live your life.

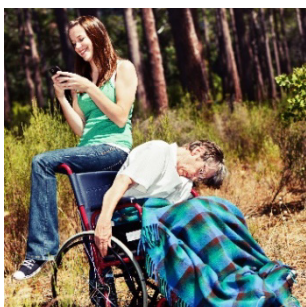
## When neglect happens



You can be neglected by your partner.



You can be neglected by a family member or friend.



You can be neglected by your carer.



You can be neglected by people you live with.

## How neglect happens



They might stop you from sleeping.



They might also stop you from eating.



They might stop you from using supports and services.



They might not give you medicine you need.



They might not help you wash and stay clean.  
This includes keeping your clothes clean.



They might not help you look after your home.



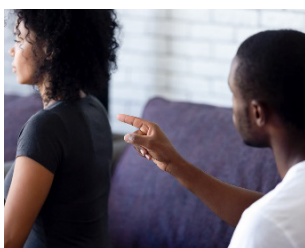
They might also not help you look after your pet.



They might not help you get food and groceries.



They might leave you alone in a place that isn't safe.



Or they might ignore you when you need something.

## How to speak up



Some people who are neglected are too scared to speak up.



It's important to speak up if you're being neglected.



You can tell someone you trust, such as:

- a family member or friend
- an advocate – someone who speaks up for people with disability.



You might talk to someone in your community, like your doctor.

## You can get help



You can call the Ageing and Disability Abuse Helpline to get help.

**1800 628 221**



We are open:

- Monday to Friday
- 9am to 4pm.



You can send us an email.

**[helpline@adc.nsw.gov.au](mailto:helpline@adc.nsw.gov.au)**



If you are having an emergency:

- call Triple Zero  
**000**
- ask for the police.



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