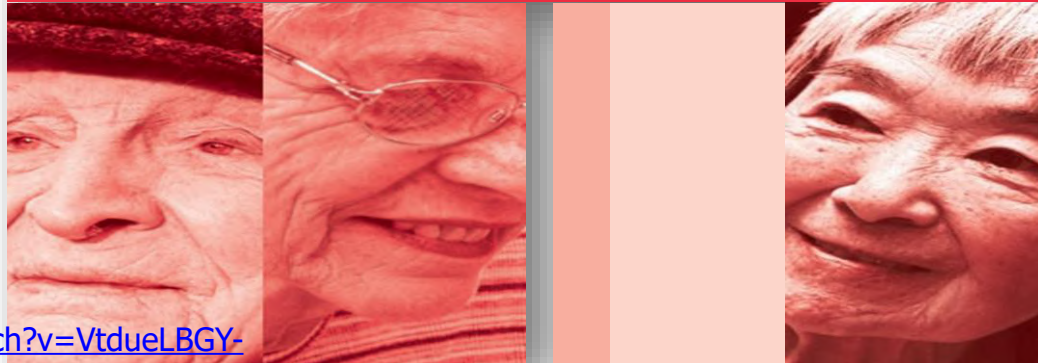


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## For the Rights of Older People



<https://www.youtube.com/watch?v=VtduelBGY-k&feature=youtu.be&t=20>

# Elder Abuse Prevention Phone Line



1800 372 310

for the rights of older people

# The picture in SA – A population of ageing citizens

- Population in SA - 1.7 million people
- People over the age of 65 - 17.8%
- 2012 to 2036 number of people over the age of 65 years will double

## Scope of Elder Abuse in SA

- 3-5% of people over the age of 65 years experience some form of abuse – 1 in 20 older people

# What can we do to prevent elder abuse as a community?

**We must shed light on Elder Abuse**



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## Living a Positive Life Toolkit





STAY CONNECTED

STAY ACTIVE



STAY HEALTHY

STAY IN CONTROL

# This 'Activity Guide' outlines how you can get involved in activities to maintain your wellbeing and safety and live a positive life.

This product may contain images of Aboriginal and Torres Strait Islander people now deceased. Permission was granted for the use of these images.

## Stay Connected and Stay Active



You have a right to be treated with dignity and respect by others.



Catching up with family and friends is important. Give someone a call today.



To continue your contacts with family and friends, ensure that your mail is directed to you.



Engage through technology and stay connected with family and friends.



There are many activities you can be involved in. Give your local council a call today.

aras  
Age Rights Australia

16 Hutt Street  
Adelaide SA 5000  
Tel. 08 8232 5377  
Country Toll Free 1800 700 600  
[www.sa.agedrights.asn.au](http://www.sa.agedrights.asn.au)



Government of South Australia  
SA Health



You can live the life you want and be active in your community.



Have you thought about developing friendships outside your family?



It's never too late to start something new.



Joining community activities will help you connect with others.



Live life and enjoy outdoor activities with family and friends.

# Helping you

'Stay Connected', 'Stay Active', 'Stay Healthy', 'Stay in Control'

## Stay Healthy



You can maintain a healthy diet and eat well.



You can talk to someone you trust such as your doctor.



Not sure about your medication? You can talk to your pharmacist for assistance.



You can feel well and look well.



Maintain your independence by asking for help when you need it.

## Stay in Control



Have you thought about a safety alarm? Planning your safety today means a safer tomorrow.



It's OK to say 'No thanks' and to ask for proof of identification.



Plan for your future today and talk to your family about your wishes and choices.



It's OK to seek legal advice before you sign any documents.



Talk to your bank or an accountant about how you can manage your finances.

## 5 easy steps to use the toolkit



**Step 1** Show the DVD entirely or in snippets



**Step 2** Hand out the Z- card activity guide



**Step 3** Ask questions included in the facilitator's booklet



**Step 4** Hand out the 'to do list' to participants. Have them start their list.



**Step 5** Hand out any other resources.




# Living a Positive Life


The Aged Rights Advocacy Service (ARAS) produced this DVD with support from SA Health Office for the Ageing to encourage older people to engage with their communities and remain in control of their lives.

Aged Rights Advocacy Service Inc. (ARAS)  
www.sa.agedrights.asn.au  
Phone: (08) 8232 5377  
Freecall for country callers only 1800 700 600  
16 Hutt Street, Adelaide SA 5000


**Living a Positive Life**




Stay Connected




Stay Active



Stay Healthy



Stay in Control




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SA Health  
Ageing  
DVD  
Aged Rights Advocacy Service Inc.

[Mainstream DVD](#)


The Aged Rights Advocacy Service (ARAS) produced this DVD with support from SA Health Office for the Ageing to encourage older Aboriginal people to engage with their communities and remain in control of their lives.

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**Aboriginal Elders - Living a Positive Life -**




Stay Connected




Stay Active



Stay Healthy



Stay in Control

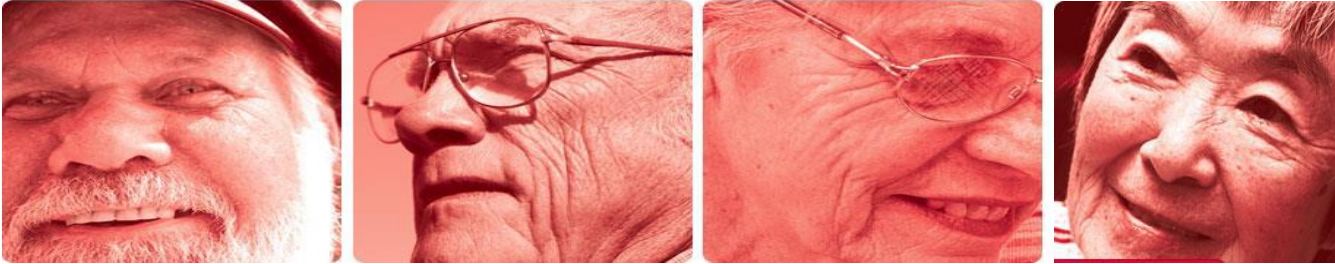


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[Indigenous DVD](#)

## DVD Resources

**There's no excuse for abuse!**  
**Thank you**



**Any questions?**

