

10 Tips for Protecting Yourself from Elder Abuse

1. Do **NOT** give your PIN to anyone.
2. Do **NOT** give your internet banking details to anyone. Don't permit a friend, carer or family member to register your account for internet banking.
3. Before loaning any money, giving any money, moving in with family, allowing family to move in with you, get **INDEPENDENT** legal advice. Make sure:
 - the lawyer has not been chosen by a family member
 - the lawyer is **NOT** acting for another family member
 - the advice is **NOT** given in the company of a family member
 - you obtain your legal advice **ALONE**.
4. Talk to Centrelink before loaning or gifting any money, property or moving in with a family member. Your pension could be affected.
5. Make a will and review it every two to three years.
6. Get regular capacity assessments from your GP and keep them with your will.
7. Make an enduring power of attorney (EPOA) and review it every two to three years.
8. Do **NOT** sign an EPOA until you fully understand what you are signing. The power you are giving to your attorney is FULL control over ALL your assets (e.g. your attorney has the power to sell your house). Consider the following when choosing an attorney:
 - Choose someone you trust.
 - You can nominate when the power takes effect. It does **NOT** have to begin immediately.
 - Appoint two people to act jointly (i.e. they both have to agree before making a decision and it is more likely to safeguard you from abuse).
9. Join a group and keep healthy. Stay active and keep in contact with friends, neighbours and extended family. A risk factor for elder abuse is social isolation. Research has found that those at risk share the common features of living alone and poor health.
10. Speak up! Call Seniors Legal and Support Service (SLASS) on (07) 3214 6333, tell a friend, tell a neighbour and report the abuse!

USEFUL CONTACTS

SENIORS LEGAL AND SUPPORT SERVICE

Brisbane	(07) 3214 6333
Cairns	1800 062 608
Hervey Bay	(07) 4124 6863
Toowoomba	(07) 4616 9700
Townsville	(07) 4721 5511

GENERAL ADVICE

Caxton Legal Centre	(07) 3214 6333
Department of Justice and Attorney-General	(07) 3239 3520
Legal Aid Queensland	1300 651 188
Public Guardian	(07) 3234 0870
outside Brisbane	1300 653 187

Public Trustee	(07) 3213 9288
(general enquiries)	
Queensland Civil and Administrative Tribunal	1300 753 228
Queensland Law Society	1300 367 757
(for referral to a private solicitor)	
Relationships Australia	1300 364 277

If you do not live in Brisbane and need to find a community legal centre or a seniors legal and support service near you, look in the White Pages or search the internet, or telephone Legal Aid Queensland, a seniors legal and support service or Caxton Legal Centre for a referral.