

Tips for Staying Safe During Self-Isolation



BE CAREFUL WHO YOU TRUST

- Only accept help from, & share personal details with, people you know well & feel comfortable with - it's ok to say 'no thanks' or change your mind
- Never give your house keys to strangers or let people in your home who you don't know - get deliveries to the door only
- Be wary of registering yourself with any neighbourhood help group – do you want to advertise that you are home alone?
- You always have the right to be valued, feel safe inside your house & receive the food & medical care you need - no one should ever say you are a burden
- If you don't have family or friends you trust, seek registered Community Services from **My Aged Care** - 1800 200 422 or www.myagedcare.gov.au

STAY SOCIALLY CONNECTED

- Have a few phone buddies & make a time to talk to at least one of them every day, so they know you're ok
- Call for help if someone is hurting you or taking your money - 000 for police or 1800 628 221 for the **NSW Ageing & Disability Abuse Helpline**

BE CAREFUL WITH YOUR MONEY

- Make sure you nominate a trusted person as your Power of Attorney & let the bank know who that is - always review your bank statements
- Don't give anyone your credit card - if you need someone to shop for you, pay them when they deliver the shopping with a receipt or invoice
- Protect your password - never give your pin or login away

HAVE AN EMERGENCY PLAN

- Have at least one buddies' number programmed into your phone for a quick call if you need urgent help
- Put your essential papers in a place where you can find them in a hurry or if you need to explain the location to a trusted person
- Write a list of your key family members, phone buddies & any Community Services you use who need to be contacted in emergencies

Are you over 65? Are you & your friends ok?



The COVID-19 restrictions are stressful for everyone, but you deserve to be comfortable & safe

ABUSE & NEGLECT OF OLDER PEOPLE IS A CRIME



Community Services are working together to protect vulnerable seniors & support them to remain safely in their own homes

More information: tel 9520 7022 or email collaborative@ecs.org.au

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