

# HOW TO HELP AN OLDER PERSON YOU'RE WORRIED ABOUT



Gently let them know that you're worried and that you're here for them



Offer practical support, like helping with shopping or driving



Encourage professional support and help them access it



Connect them with senior social groups or community groups



Do activities together like games, dinner, or social catchups



Help them get outdoors for a walk in nature or to see the sunset



Invite them to family dinners, holiday celebrations, or cultural or community events



Reassure them that their feelings are nothing to be ashamed of



Put yourself in their shoes and think about what support you would want

## HELPFUL CONTACTS



Elder Abuse Prevention and Support Service 1300 062 232  
The Elder Abuse Prevention Unit 1300 651 192  
My Aged Care 1800 200 422



1300 062 232



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