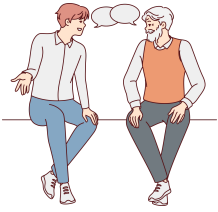


TALKING TO AN OLDER PERSON YOU'RE WORRIED ABOUT



1. Choose the time and place

Opening up about painful topics can be difficult. Choose a **private environment** and away from distractions. It should be somewhere the older person feels **safe and comfortable**.

U OK?

2. Let them know you're worried about them

Be **gentle**, but **direct**:
"I notice you've been down lately, is everything okay?"
Don't push, but let them know you're here for them.



3. Listen, don't criticise

People who are struggling often already feel ashamed or guilty. **Thank them for sharing** and **acknowledge their pain**:
"That sounds really hard. Do you want to talk more?"



4. Offer practical support

Simple offers and **practical support** can go a long way. You can offer to help with making or travelling to appointments, picking up medications, or making a safety plan.



5. Help them reach out to organisations that can help



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



6. Keep in touch

Staying **socially connected** can help protect your loved one from elder abuse. **Regular catch ups** can give them a safe space to talk with you and while allowing you to **keep an eye on them**.



1300 062 232



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