



Staying in Portarlington (SiP)

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What is elder abuse?

Around 5 in 100 elderly people suffer abuse. Elder abuse is any act - single or repeated - within any relationship which causes harm or distress. It can be physical, emotional or psychological, sexual, financial, or neglect.

Who is responsible for elder abuse?

Older people may be abused by service providers, carers, family, friends, or strangers. But most abuse is carried out by family members, and elderly women are the most common victims.

Why don't people report it?

Elder abuse is hard to identify and many older people find it difficult to speak up about it. Shame, fear, social isolation, impairment, physical and emotional dependency may hold people back.

Police are often the first to receive the accusation of the abuse, so elders are reluctant to report it.

Why is it wrong?

Older people have the right to be treated with dignity and respect, to make their own choices, and to live in a safe environment. NEVER feel ashamed to speak up!

SIP believes that all of us have a responsibility to prevent and respond to suspected elder abuse.

A starting point is to seek advice is from the **Seniors Rights Victoria helpline** on **1300 368 821**. This is a confidential service staffed by qualified and experienced people who can give advice, information and support to older people experiencing elder abuse.

What if you think it is happening to someone you know?

You should call Victoria Police 000.

In future articles, we will give readers some signs of what to look out for in elder abuse.

Bruce Holmes, SiP committee.

An update on Advanced Care Directives

An Advance Care Directive is a legally binding document designed to make a person's preferences for future medical treatment clear when that person loses the capacity to make decisions themselves.

Advanced Care Directives are incorporated in the Medical Treatment Planning and Decisions Act, which passed through the Victorian Parliament on November 23.

This is a big step forward in protecting patients' freedom and should not only empower everyone who wishes to spell out what medical treatment they would like to receive – or not – but should also encourage loved ones to discuss choices when it comes to end-of-life care. This Act will ensure that people's medical wishes are respected and adhered to.

Member meetings – dates for your diary

SiP is planning four 2017 meetings of members, each organised around a theme, and the wider public will also be invited:

February 27

June 22

October outing (date tbc)

November 27

January book stall – Port market, Jan 29th

If you have books in generally good condition that would be of interest to others (that is, they would pay \$2 for them!), and would like to donate them to SiP, please call Chris on 0438 404 867. Otherwise, please come along to Parks Hall and buy some! All proceeds will go towards subsidising our October 2017 outing.

And Have a happy Christmas and a happy and positive New Year!!

- from all at SiP