

# Say no to abuse

## Supported Residential Services



Health  
and Human  
Services

# Do you ever feel unsafe?

You have the right to feel safe in your home.

If someone makes you feel unsafe, it could be abuse.

Abuse is when someone:

- takes away your rights
- makes you feel upset or scared
- makes you do something you don't want to.

It's not ok for people to abuse you.



# Examples of abuse

Abuse may include:

- hurting your body
- hurting your feelings or threatening you
- making you do something sexual that you don't want to do
- controlling you physically
- controlling your money
- ignoring your needs
- stopping you from seeing others.



Hurting your body can include someone:

- hitting you
- kicking you.



Hurting your feelings can include someone saying things that make you feel:

- scared
- upset
- embarrassed
- uncomfortable.



If someone is hurting you sexually they might:

- touch you in places you don't want them to
- show you things that make you feel bad.



Physical control can include someone:

- not letting you leave your room or home
- locking you in a room by yourself.



Controlling your money can include someone:

- making you spend your money when you don't want to
- making you sign documents.



Ignoring your needs can include someone:

- not giving you the care you need
- not giving you medication you need
- making you take medication that your doctor didn't give you.



Stopping you from seeing others can include someone:

- not letting you take part in community activities



- stopping you from seeing your:
  - family and friends
  - doctor
  - case manager



- stopping you from getting:
  - legal help
  - information
  - support that will help you to make decisions
  - access to other services that you need.



## Where can you get help?

If someone is making you feel unsafe, it's important to tell someone you trust.

You should do this as soon as possible.

You could talk to:

- a friend or family member
- the police



- your doctor
- a staff member – someone who works at your home



- a community visitor – a volunteer who visits you in your home



- an authorised officer – a person that keeps an eye on what is happening in your home. You can talk to them at a Department of Health and Human Services office.

If you are in danger, call Victoria Police straight away on 000.



If you find it hard to talk or communicate, you can ask for an Independent Third Person.

An Independent Third Person can help you talk to the police about what is happening to you.



They can also help you to understand your rights.

You, or a staff member at your home, can tell the police that you would like an Independent Third Person to be there with you.

# Other services that can help you

**Office of the Public Advocate Community Visitors Program**

1300 309 337

**National Disability Abuse and Neglect Hotline**

1800 880 052

**Victorian Sexual Assault Crisis Line**

1800 806 292

**National Sexual Assault, Domestic and Family Violence  
Counselling Service**

1800 737 732

**Seniors Rights Victoria**

1300 368 821

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