

Who is Advocare?

Advocare has been helping older people in WA for close to 30 years. We believe in protecting the rights of older people.

Advocare's services are free, confidential and guided by you.

This means what you tell us is not shared with anyone else – without your permission.*

Advocare can help you with:

1. **Protecting and understanding** your aged care rights
2. **Keeping you connected** with your community
3. **Understanding** what elder abuse is
4. **Accessing My Aged Care** aged care services to help you live safe and be supported.



Advocare is a member of:



☎ Aged Care Advocacy Line: **1800 700 600**
WA Elder Abuse Helpline: **1300 724 679**

✉ **rights@advocare.org.au**

🌐 **www.advocare.org.au**

📍 You can find Advocare people in:
Perth head office, Victoria Park
Pilbara, Newman
Mid West, Geraldton
Great Southern, Albany
South West, Bunbury

Advocare
Empowering older people in WA

How we help Aboriginal older people



How to stay well and be safe

We want to help you live a long and healthy life, with people to support you at home.

We can help you to:

- **Access My Aged Care services** to help with doing every day things like transport, physio, personal care, meal support (1800 200 422).
- **Plan for the future** and know who can help you.
- **Find out about elder abuse**, what it is and how to protect the things important to you.

Our Advocates can meet you anywhere you want.

Especially if you need a safe space to talk. No shame.



Listen to you



Give you options



Help you understand



Be your voice if you need it



Our Advocare staff will:

- **Listen** to you
- **Give** you options
- **Help** you understand
- **Be your voice** if you need us to

We are a FREE, confidential service* for Aboriginal people aged 50 years and older.

**However, if you tell us about something that threatens your safety or someone else's, we may have to share this with other people who can help.*

Advocare is not an emergency service.

Remember, if you are feeling in danger or need help straight way, call the Police first on 000.