

HOW WE CAN HELP?

If any of these things are happening to you or someone you know, you can call 1800 353 374 and ask to speak to one of our Aboriginal and Torres Strait Islander Liaison workers for a FREE and CONFIDENTIAL conversation.

We will talk with you about what is happening, and can give you both legal and non-legal options to address your situation.

We will not talk about your matter with anyone or do anything without your consent.

OLDER PERSONS ACT LEGAL SERVICE

(OPALS)

A specialist service within Legal Aid ACT which provides free and confidential legal assistance to older people. We can meet at your home, local coffee shop or anywhere you feel comfortable.

A 2 Allsop Street, Canberra ACT
P 1800 353 374 or (02) 6243 3436
E opals@legalaidact.org.au
W <https://legalaidact.org.au/opals>

Aboriginal art by Taeya Olsen, design by delene.com.au

Legal Aid ACT wishes to acknowledge the Ngunnawal people as the traditional custodians of the land we live and work on. We pay our respects to Elders; past present and future, for they hold the memories, the traditions, the culture and hopes of Aboriginal Australia. We should remember the land we work on was, is, and always will be Aboriginal Land.

OUR ELDERS

**Our elders help raise us
now it's our turn
to respect and protect them**

Legal Aid ACT

CASE STUDY

Mary and Jack are an Aboriginal elderly couple receiving the Centrelink aged pension. One of their children, Harry who is in his 40s, would come to their home every pension day and demand money from his parents. Mary and Jack love Harry very much and he is their only son, but they are also very scared of him. He often screams and swears at them and threatens to bash them if they refuse to give him money.

One day Mary and Jack discussed their concerns with their other children, and were encouraged to contact Legal Aid ACT for free and confidential advice. Mary and Jack met with one of Legal Aid's Aboriginal and Torres Strait Islander Liaison workers, who understood their concerns and supported them apply for a Family Violence Order against Harry to stop the abuse. They were also assisted with referrals to Relationships Australia for counselling and Care Financial Counselling and Community Elders support groups within their area.

Standing over and taking advantage of our older family and community members is

NOT ON.

WHAT IS ABUSE?

Do you feel unsafe?

Is someone hurting you or threatening you?

Does anyone take your money?

Is someone calling you names, swearing or shouting at you?

Do you have the freedom to spend your own money?

Does anyone sponge off you or leave you with no money?

Is someone pressuring you to change where you live or who you live with?

Is someone refusing to let you go out and do things or stopping your contact with community?