

# MY WELLBEING CHECKLIST

- I know how much money I have in my bank account
- I have the freedom to spend my money
- I have the freedom to see family and friends when I want
- I attend social activities
- I receive medical attention when I need it, and have a say about my healthcare plan and treatment
- My personal care needs (showering, personal hygiene etc) are taken care of
- I am treated respectfully by my family and friends
- I feel safe at home

## Think about your responses.

If you have any concerns about your situation, you may wish to talk to someone you trust such as a family member, friend, doctor, religious leader, or you can call the **NSW Ageing and Disability Abuse Helpline**.

**1800 628 221**

**Mon-Fri 9am-5pm**

**Ageing and Disability  
Commission**

Acknowledgment: adapted from the checklist produced by the Far North Coast Older Persons Wellbeing Collaborative.

# YOU MAY HAVE NOTICED AN OLDER PERSON OR ADULT WITH DISABILITY:

- Is being told how to spend their money
- Is unable to explain bruises, cuts or injuries on their body
- Is unable to speak freely with you at appointments, especially when another person is present
- Indicated a family member, friend or someone they know in the community had hit, threatened or sexually abused them.

**Report abuse of an older person or adult with disability to the Ageing and Disability Commission.**

**1800 628 221**

**(M-F 9am – 5pm)**

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BATHURST  
REGIONAL COUNCIL

This information has been taken with approval from the  
NSW Ageing and Disability Commission.