Southern Melbourne
Elder Abuse Prevention Network
hosted by Better Place Australia

Tips For Respectful Relationships In The Home

YOU HAVE THE RIGHT TO DECIDE

- **Who lives at your home**
- **Who comes into your home**
- **Who attends appointments with you**
- **What you do and don't want to do**
  (e.g. social activities, grandparenting, etc.)
- **What to do with your finances**
- **What you put in your future planning documents**
  (e.g. will, power of attorney, etc.)
- **All aspects of your life**
- **This doesn't change when you get older or retire!**

TIPS FOR HAVING CONVERSATIONS ABOUT SETTING BOUNDARIES IN THE HOME

- ✓ Keep things clear, positive and solution-focused
- ✓ Acknowledge emotions and how you feel
- ✓ Be guided by your gut feeling. It signals something is not right.
- ✓ Pause. You don't have to agree or disagree to something in the moment.
- ✓ Discuss accommodation details beforehand
  - Who is moving in?
  - For how long?
  - What is the board or financial arrangement?
- ✓ Be assertive – it's never too late to start
- ✓ It's OK if your adult child dislikes your decision
- ✓ Speak to a trusted friend, GP or service
- ✓ Seek legal advice before any significant money changes hands

FOR MORE INFORMATION
Care For Your Assets:
Money, Ageing and Family

FOR PREVENTION & SUPPORT SERVICES
Contact Better Place Australia
CALL 1800 214 117
EMAIL respectingelders@betterplace.com.au
VISIT betterplaceaustralia.com.au

Better Health Network

Gambler's Help Southern
gamblershelpsouthern.org.au
(03) 9575 5353

Tip Sheet for Wellbeing and Gambling Harm Prevention

LOOK AFTER YOURSELF AND PAY ATTENTION TO

- Physical Health
- Social Wellbeing
- Emotional Wellbeing
- Mental Wellbeing
- Financial Wellbeing
- Self Care

SIGNS TO LOOK OUT FOR IF A PERSON IS EXPERIENCING GAMBLING HARM

- Unexplained Debt or Borrowing
- Money or Assets Disappearing
- Numerous Loans
- Unpaid Bills or Disconnection Notices
- Change in Behaviour and Relationship Issues
- Stress and Anxiety

IMPORTANT THINGS TO REMEMBER ABOUT GAMBLING HARM

! Gambling can affect people in the community from all ages, genders and socio-economic background.

! Young people under 16 years are accessing online gambling platforms.

! For every person experiencing gambling harm, up to six people are impacted.

SCAN FOR MORE INFO

Podcast Episode
Gamblers Help Southern is Here For You

Videos
Gamblers Help: Personal Stories

HELP IS JUST A PHONE CALL AWAY

9575 5353

Gamblers Help Southern: **gamblershelpsouthern.com**
Gamblers Help: **gamblershelp.com.au**
Free Tools, Tips and Calculators: **moneysmart.gov.au**