

NATIONAL HELPLINES FOR SENIORS

IF YOU OR ANYONE YOU KNOW NEED ASSISTANCE,
PLEASE REACH OUT TO ONE OF THE
FREE NATIONAL SERVICES BELOW.
THESE ORGANISATIONS WILL LISTEN,
PROVIDE ADVICE, AND POINT YOU IN THE RIGHT
DIRECTION SO YOU CAN SEEK FURTHER SUPPORT.

SENIORS ENQUIRY LINE: 1800 135 500 - 9am - 5pm Monday to Friday

You don't have to be a senior to call. Seniors Enquiry Line is also ideal for an older person's family members, friends and carers to find out information on topics that may affect the person they know.

See also: qld.gov.au/seniors

MY AGED CARE: 1800 200 422 - 8am - 8pm (Mon-Fri) & 10am - 2pm (Sat)

Arranging the aged care services you need can be a complex and daunting task. My Aged Care is there to provide support to help you access Australian Government-funded aged care services.

See also: myagedcare.gov.au

SERVICES AUSTRALIA OLDER AUSTRALIANS: 132 300 - 8am - 5pm Monday to Friday

Centrelink payments and services for older people.

See also: servicesaustralia.gov.au/individuals/older-australians

HOME ASSIST SECURE: 13 74 68 - 9am - 5pm Monday to Friday

Home Assist Secure is a service for Queenslanders aged 60 years and over, or people of any age with a disability, who can't undertake or pay for critical home maintenance without assistance. This service provides safety-related information, referrals and subsidised assistance.

ELDER ABUSE HELPLINE: 1300 651 192 - 9am - 5pm Monday to Friday

Free and confidential advice for anyone experiencing elder abuse or who suspects someone they know may be experiencing elder abuse.

LIFELINE: 13 11 14 - 24 hours / 7 days a week

Lifeline provides an anonymous and confidential telephone counselling service for adults needing emotional support.

EMERGENCY SERVICES: 000 - 24 hours / 7 days a week

If you or anyone you know is in danger or at risk of serious harm, please contact emergency services as soon as possible.

