

Where to get help

Eldercare's Employee Assistance Program

ACCESS Programs

(08) 8215 6799 or 1300 667 700
accesssa.com.au

State Support Services

Victim Support Service

1800 842 846 (free call)
victimsa.org

Eastern Adelaide Domestic Violence Service

(08) 8365 5033

Western Adelaide Domestic Violence Service

(08) 8268 7700

Domestic Violence and Aboriginal Family Violence Gateway

1800 800 098 (free call)

Migrant Women's Support Program

(08) 8152 9260

In an emergency situation call Police on Triple Zero (000)

Where to get help continued

National Support Services

1800RESPECT National Sexual Assault Domestic Family Violence Counselling Service

1800 737 732 (free call)
1800respect.org.au

Lifeline

13 11 14
lifeline.org.au

Mensline Australia

1300 789 978
mensline.org.au

Emergency Pet Accommodation

RSPCA South Australia Safe Kennels Project

1300 477 722
rspcasa.org.au/safe-kennels-project

Fact: Over 12 months, on average, one woman is killed every week by a current or former partner.

Chan, A. and Payne, J. (2013). Homicide in Australia: 2008-09 to 2009-10, *National Homicide Monitoring Program annual report*. Canberra, Australia: Australian Institute of Criminology.

Stand up.

Speak out.

Act.



About White Ribbon

White Ribbon is an international movement aimed at stopping violence against women.

More than 57 countries, including Australia, are helping drive this global social change.

White Ribbon Australia's vision is to ensure women:

- are treated with respect
- live in safety
- are not subjected to abuse

Visit whiteribbon.org.au to learn more.



Why Eldercare cares about preventing gender-based violence

Eldercare's organisational values align with the White Ribbon philosophy.

We encourage respectful relationships.

We also acknowledge we have a duty of care to provide you with a safe workplace that is free from violence.

In March 2018, Eldercare gained White Ribbon Workplace Accreditation in recognition of our efforts to end violence against women.

Forms of violence

Domestic violence can take many forms.

Abuse can be physical, sexual, verbal, emotional, social, spiritual, legal and financial.

It can manifest as hitting, shouting, making threats, wrongful blaming and sex without consent.

It is also controlling who you see, where you go, what you do and how you spend your money.

Fact: Intimate partner violence is the leading contributor to death, disability and ill-health in Australian women aged 15 – 44.

Victorian Health Promotion Foundation. (2004). *The Health Costs of Violence: Measuring the burden of disease caused by intimate partner violence.*

How Eldercare can assist

Eldercare has policies and procedures in place to provide support if you are experiencing domestic violence.

If violence is a problem for you, or someone you know, it is important to seek help.

You can start the steps to stopping the violence by gaining support from your manager at site or from Eldercare's Human Resources Manager at Head Office on (08) 8291 1003.

They can offer confidential guidance in relation to:

- arranging personal leave (including special entitlements for victims of abuse)
- referring you to professional support services including Eldercare's Employee Assistance Program
- developing individualised personal safety plans

Refer to Eldercare's Domestic Violence Policy on ELI for more information.

Fact: Domestic violence reduces an employee's ability to perform tasks in the workplace.

Murray, S., and Powell, A. 2008. *Working It Out: Domestic Violence Issues and the Workplace.* Sydney, Australia. Australian Domestic and Family Violence Clearinghouse.