

FINANCIAL ABUSE:

How to recognise the signs and seek help

WHAT IS FINANCIAL ABUSE?

Financial abuse is when someone controls another person's access to money or resources. It could be someone telling you how to spend your money or taking it away from you, but there are many ways people financially abuse others. Financial abuse is not OK, and help is available if you are experiencing it.

We often see financial abuse in intimate partnerships, but it can also occur in several different types of relationships, such as parent/child relationships, grandparent/child relationships or friendships. It can also happen in a broader family by people who've learnt the behaviour from others.

EXAMPLES OF FINANCIAL ABUSE

- Humbugging you or telling you how to spend your money
- Not paying child support
- Making you ask for your own money
- Making you take out cash or a loan even if you say no
- A partner not contributing to the household at all
- Someone taking out a loan in your name or spending money on your credit card
- Removing cash from an older person's wallet.
- Not paying bills of an older person when trusted to do so.

SPOTTING THE WARNING SIGNS

- Someone telling you they need to look after the family finances because you're not good at it or can't be trusted
- Someone asking for receipts of how you spend your money.
- A partner giving you an 'allowance' or 'pocket money', even though you're an adult.
- Someone threatening to take away money if you behave in a certain way
- A partner saying 'quit your job' when you don't want to.
- Not being included in planning the family finances.

HOW TO SEEK HELP

While sharing has always been a core part of First Nations culture, sometimes things can go wrong – such as people controlling other peoples' money or taking more than their fair share. Financial abuse can happen to anyone, but women or older people tend to be targeted more often.

- Remember help is ALWAYS available if you or a loved one think you may be a victim of financial abuse.
- Call 1800 RESPECT: **1800 737 732**
- CommBank support team: **1800 222 387**, they also have a dedicated resource [here](#).
- Elder abuse free phone line: **1800 353 374**.

