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Attorney General

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Minister for Women
Minister for Seniors
Minister for the Prevention of Domestic Violence and Sexual Assault



Media Release

Free diary helps seniors know their rights

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Seniors can get legal tips for managing financial hardship and mortgage stress, avoiding scams, and resolving neighbour disputes from Legal Aid NSW's free 2024 diary.

It has handy information to help seniors navigate the law, including knowing their rights when buying goods and services, and also comes in a wall calendar or booklet.

NSW Attorney General The Hon Michael Daley encouraged seniors to pick up a free copy of the diary or calendar.

"The NSW Government is pleased to be able to provide the free seniors diary and calendar each year to help raise awareness with seniors about their legal rights and things to look out for."

Minister for Seniors Jodie Harrison said the free Seniors Diary and calendar is a handy one-stop-shop for legal information for seniors.

"For example, it might be a useful prompt to review their will, or provide information on where to seek help if they have a complaint about services they receive. It also contains wellbeing and saving tips, as well as where to find further information to put them into action."

Legal Aid NSW CEO Monique Hitter said the resources could help seniors with useful cost of living and other tips.

"The seniors diary and seniors calendar are some of the most important resources produced by Legal Aid NSW because they help seniors to understand and defend their rights," she said.

"The information in the diary and calendar could potentially help seniors with legal issues related to cost of living such as financial hardship, mortgage stress and fines, as well as other issues like identifying scams."

Law Society of NSW Acting CEO Mr Kenneth Tickle said the resources could help seniors learn about important legal topics.

"The law can be hard to navigate, so the 2024 calendar and diary provides useful information in clear, straightforward language. There's something new to learn every month," he said.

The calendar and diary includes artwork by Lakkari Pitt which symbolises how important stories of family and kinship are and acts as a reminder to connect with our Elders.

Pick up a copy of the free diary from your local state MP, library or Legal Aid NSW office, some community legal centres or order a copy on the Legal Aid NSW website at <https://www.legalaid.nsw.gov.au/ways-to-get-help/publications-and-resources> from 1 December 2023 until sold out. The calendar is available at Legal Aid NSW offices, libraries, some community legal centres and online.

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