Older people, let no one deny you your rights!

If you, or someone you know, suffers any form of abuse, get help! Claim your rights as an older person! Our Constitution protects you. The South African Human Rights Commission (SAHRC) is equipped to help you. There are also many other individuals and service providers that can help:

- Help Elder Abuse Line (HEAL), telephone toll-free 0800 00 30 81
- Magistrate’s Courts/Equality Courts
- Police stations
- A neighbour, religious leader or traditional leader.

If your rights as an older person are being violated — or if you want to help someone who is being abused, neglected or exploited — then contact us at one of the following SAHRC offices:

**Contact us**

**Gauteng (Head Office)**
29 Princess of Wales Terrace  
Corner of York and St. Andrews Streets,  
Parktown, JOHANNESBURG  
📞 (011) 484 8300  
Fax (011) 484 7149

**Eastern Cape**
Suite 22, 7th Floor, Allied Building  
Govan Mbeki Avenue, PORT ELIZABETH  
📞 (041) 582 2611/4094  
Fax (041) 582 2204

**Free State**
1st Floor, NBS Building, 2 Elizabeth Street,  
BLOEMFONTEIN  
📞 (051) 447 1130  
Fax (051) 447 1128

**KwaZulu-Natal**
First Floor, 136 Victoria Embankment  
DURBAN  
📞/Fax (031) 304 7323/4/5

**Limpopo**
1st Floor, Office 102, Library Garden Square,  
Corner of Schoeman and Grobler Streets,  
POLOKWANE  
📞 (015) 291 3500  
Fax (015) 291 3505

**Northern Cape**
45 Mark and Scott Road,  
Ancorley Building, UPINGTON  
📞 (054) 332 3993/4  
Fax (054) 332 7750

**Western Cape**
7th floor, ABSA Building, 132 Adderley Street,  
CAPE TOWN  
📞 (021) 426 2277  
Fax (021) 426 2875

**Website:** www.sahrc.org.za  
**E-mail:** sahrcinfo@sahrc.org.za
There are over 3.2 million of us older people. We live in a country that is guided by a Constitution, and that Constitution recognises human rights — including our rights.

**Are your rights being denied?**

Our Constitution recognises our rights — but our families, friends, businesses and public service providers do not always do so! Many older persons are neglected, abused, hurt, insulted, confined and exploited. Some live in happier circumstances but are still denied certain rights — like the right of access to adequate health care, the right of access to information, and the right of access to ongoing education.

> Older persons’ rights are human rights. Anyone who denies you your rights is breaking the law.

Let’s stand up for our rights! Help yourselves by knowing what your rights are, and where to go for help if your rights are violated.

The United Nations Principles on Older Persons (1991) states that older people need care, dignity, independence, self-fulfilment and the opportunity to participate in family and community life.

**The right of access to social security**

Women over 60 and men over 65 who are South African citizens, qualify for an old-age pension if they do not receive any other grant and have an income less than a certain amount.

To apply for your old-age pension, go to the nearest Welfare Offices. If you are unable to go, a friend or family member may apply for you. Married, divorced or widowed applicants must take along their marriage certificate, divorce certificate or the death certificate of their spouse. All applicants must take along their bar-coded ID (identity) book.

If your application is refused, the reasons must be given to you in writing. You can appeal (challenge) this decision by contacting your Provincial Minister of Social Development within 90 days of the refusal.

**You have the right to equality**

The Constitution protects your right to be treated equally. No one may discriminate against you because of your age. The Equality Act of 2000 has provided for the establishment of Equality Courts. If anyone discriminates against you on any grounds, including your age, the Equality Court can assist you with your complaint.

**You have the right to dignity and bodily integrity**

Our Constitution states that all people have the right to dignity. This means that no one may abuse, exploit or hurt you, either physically or mentally.