

# SUPPORTING VICTIMS, FAMILIES & CARERS

Belonging to an AVA support group provides a friendly environment to interact with others. Our support groups help you to reduce isolation, gain empowerment and recapture hope. The diagnosis of an asbestos related disease can be challenging. At first you may feel unable to cope, have a sense of disbelief, or fear that you are suffering alone.

## You are not alone. We care.

AVA support groups are for victims, carers, families and friends.

## Joining a support group can give you:

- A sense of belonging – a sense of community
- Information about looking after yourself
- Knowledge that you are not alone
- Non-judgemental acceptance
- Empathy and understanding
- A sense of being cared for
- A safe environment for expressing feelings and fears
- Knowledge that asbestos related diseases are not a taboo subject



**YOU ARE  
ASSURED OF  
A FRIENDLY  
WELCOME WHEN  
YOU RING OR VISIT**

**Contact Us  
Helpline: 0455 120 588**

Asbestos Victims Association (SA) Inc  
Level 9, 60 Waymouth Street  
Adelaide SA 5000

Phone: (08) 8212 6008

E: [admin@avasa.asn.au](mailto:admin@avasa.asn.au)

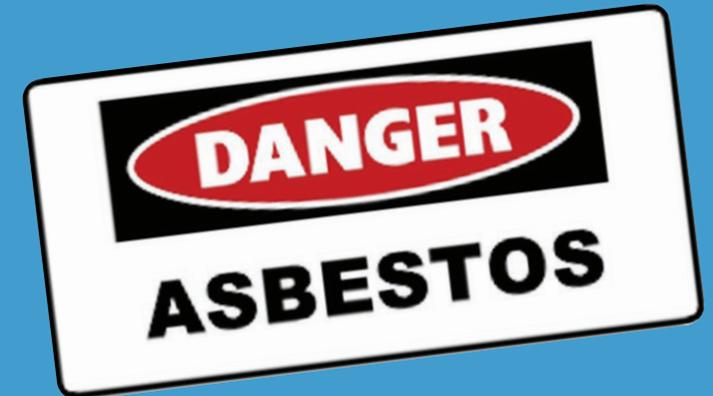
W: [www.avasa.asn.au](http://www.avasa.asn.au)

[www.facebook.com/asbestosvictimsassocsa](http://www.facebook.com/asbestosvictimsassocsa)

AVA is a member of the SA Asbestos Coalition



**SA Asbestos Coalition**



**IT TAKES  
YOUR BREATH  
AWAY**



Asbestos Victims Association (SA) Inc

**Support, awareness and  
advocacy for victims of  
asbestos disease and their  
families**

## About AVA

- The Asbestos Victims Association of South Australia (AVA) is a not for profit organisation run by volunteers
- AVA supports people living with an asbestos-related disease, such as mesothelioma and asbestosis, and offers assistance to family members, carers and friends
- AVA supports members living in both metropolitan and regional areas of South Australia
- AVA conducts awareness campaigns on the dangers of asbestos in the South Australian community
- Since its beginnings in 2000, AVA has actively campaigned on behalf of asbestos victims for proper compensation and support
- All AVA's services are provided free of charge

**Asbestos** becomes dangerous once the fibres are disturbed, become airborne and then inhaled. This can happen when sanding, drilling, cutting or sawing asbestos.

**Don't risk your health or someone else's**

AVA's motto is...

**“THERE FOR OUR MEMBERS WHENEVER AND HOWEVER THEY NEED US”**

Support for anyone affected by asbestos disease

### We can help you

- with information about asbestos related diseases
- to obtain medical advice
- to obtain legal advice - you may be eligible for compensation
- find a support group in your area
- with advice if you are worried about asbestos in your home or at work
- with advice on where to obtain information about safety procedures
- to find an asbestos professional



## How do I know if I have been affected by asbestos disease?

If you are having difficulty breathing or have a dry cough that won't go away, and you know you have been exposed to asbestos in the past, talk to your doctor.

## Where could I have been exposed?

Asbestos was a popular building product. One third of all homes in Australia contain asbestos, particularly those built between the 1950s and 1980s. It is also found in commercial and industrial buildings from that era.

## I am renovating—can I remove asbestos myself?

The only way to identify asbestos is under a microscope. If you suspect asbestos is present contact a licenced professional for advice.

## Think you have disturbed asbestos?

Asbestos becomes dangerous once the fibres are disturbed, become airborne and then inhaled.

**Stop work and seek professional advice**

**Next time, get an asbestos check before you start work.**