

Supporting Forgotten Australians

Information for organisations and services



Why do we empathise with an abused child, but not the adult they grew into? Childhood trauma lives inside a person. It can change them forever.

Forgotten Australians* are the adults who, as children, grew up in Australia's child institutions. The greater portion were abused either physically, sexually, emotionally, humiliated, neglected and/or abandoned – many experienced all forms of abuse and now manage Complex Post-Traumatic Stress Disorder (C-PTSD).

The person before you right now is a Forgotten Australian. What happened to them was not their fault. Please treat them with empathy.

Forgotten Australians can find it difficult to:

Wait in a queue

Be touched without permission

Sit with their back to a door

Be challenged by a person in authority

Complete documentation

Have their movement restricted

Explain how they feel

Trust people

You may wish to say something reassuring.

Forgotten Australians need to feel safe and heard when reaching out for support.

I understand.



Forgotten Australians are not looking for sympathy. They want your understanding and support.

Please consider implementing a process for Forgotten Australians to identify themselves at your service.

* Forgotten Australians may also be known as 'Pre-1990 Care Leavers' and other names.

Contact Open Place to arrange a free information session

Scan the QR code or visit openplace.org.au, call (03) 9421 6162 or email info@openplace.org.au



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