

My decision-making rights



Before you interact with me, remember:

- I have the right to make decisions
- Speak to me as an equal adult
- I should be included in all discussions about me, no exceptions
- How you talk about me when I am not there is important

You must support me to make decisions



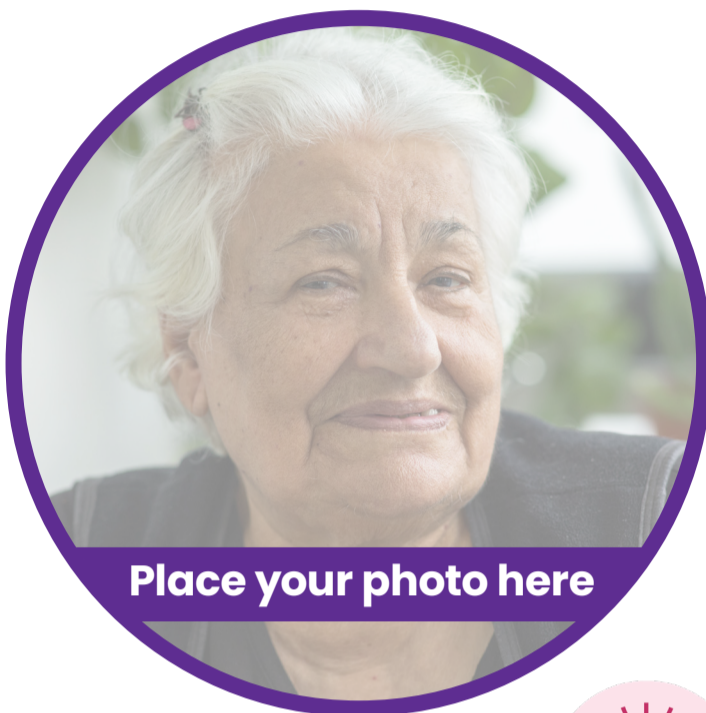
I can **communicate how I want**, including:

- Verbally
- With gestures or sounds
- With pictures
- On paper
- In my preferred language, including sign language

I can request that you provide information to me **in a way I can understand**

I can ask for **more time**, or choose to make the decision **at another time**

I can receive support from **anyone I choose** including friends, family and communication professionals, e.g. speech pathologist or audiologist



Place your photo here

You must respect my right to make decisions



You must presume that I have the **ability to make decisions**

You must **respect my dignity**

I can make decisions that involve **taking risks**

I can **change my mind**

You don't have to agree with my decision, **just respect it**

I can answer **"No"** if you ask me something and you have to **respect that decision**

You must respect my privacy



You must respect that information about me and my services is **private and confidential**

I can ask for support from an **independent aged care advocate** to make sure my voice is heard

I decide if I want support from someone else to make a decision, **you can't force me** to have a supporter

If I have a substitute decision-maker, you must make sure they have an **active authorisation** to be involved

I have these decision-making rights even if:

I have a **substitute decision-maker**

I have a **diagnosis of dementia**

I feel like it is **harder to make decisions** than it used to be



How to use this poster



This poster keeps your decision-making rights front of mind. Pin it to your door or wall – somewhere you'll see it every day. You can also include a photo of yourself on the poster if you like. Remember, you are at the centre of your own life and care.

Under the *Aged Care Act 2024*, your rights are legally protected and must be respected.

If you ever feel like your rights aren't being respected, or your care is being discussed without your approval, contact OPAN on **1800 700 600**.

About OPAN

The Older Persons Advocacy Network (OPAN) is the national peak body for individual aged care advocacy and a national network of 9 independent, not-for-profit organisations.

OPAN's network provides free, confidential and independent information and advocacy support to older people who are seeking or receiving government-funded aged care, as well as their families and support network.

Through individual advocacy, network member advocates support older people to understand and exercise their aged care rights, navigate the aged care system, find services that meet their needs, and address concerns with their aged care providers.

Opn member organisations by state or territory

