

# Your rights



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## What your rights are



**Rights** are rules about how everybody should be treated fairly.

A right is something everyone has.



The **United Nations Convention on the Rights of Persons with Disabilities** is a set of rules.

Australia and many other countries have agreed to these rules.



The United Nations Convention on the Rights of Persons with Disabilities says

- Everyone has the right to have good health
- Everyone has the right to health care

This includes mental health and mental health care.



People with intellectual disability must get good mental health care from doctors and health workers.

## Your rights when you get help for your health



Below are your rights when you get support from health services.

This includes mental health services.



You have a right to access health care.

**Access** means you have the right to get the same health care as other people.



You have a right to safety.

**Safety** means you have a right to health care that will not hurt you.



You have a right to respect.

**Respect** means that health workers must listen to

- What you want
- What is important to you



You have a right to dignity.

**Dignity** is to

- Treat you with respect
- Give you privacy



**Privacy** means other people cannot see or hear things about you that you do not want them to know.

This could be your medical records.



You have a right to information.

Health workers must give you information about your health in a way you can understand.



You have a right to be included.

You have a right to be included in discussions and decisions about your health care.



You have a right to confidentiality.

**Confidentiality** means that information about you must not be shared with others unless you say that it is OK to share.



Anything you tell health workers will be kept confidential unless there is a good reason to share information such as

- You say it is OK
- You or other people are in danger
- The law says they must



You have a right to privacy.



You have a right to have your say.

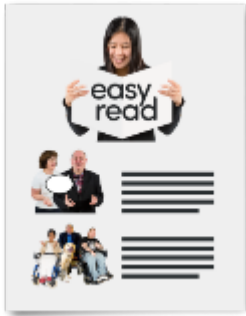
You have a right to choose the type of health care you want.

You have a right to ask questions about your health care.



You have a right to make a complaint if you are not happy with the health care you get.

A **complaint** is when you tell someone you are not happy with something.



For more information about making complaints

- Go to [https://www.3dn.unsw.edu.au/consumers\\_complaints](https://www.3dn.unsw.edu.au/consumers_complaints)



- Go to <https://www.idmhconnect.health/i-am-not-happy-service/ER>

You can find more information about your rights in this Council for Intellectual Disability fact sheet

<https://cid.org.au/wp-content/uploads/2021/09/Your-right-to-good-health-care-Easy-Read-Fact-Sheet.pdf>







The Healthdirect website also has some information and a video on your health care rights.

For more information go to

**<https://www.healthdirect.gov.au/your-healthcare-rights>**



For more information about your rights if you have to go to hospital for your mental health or have a CTO go to

**[https://www.3dn.unsw.edu.au/consumers\\_rights](https://www.3dn.unsw.edu.au/consumers_rights)**



A CTO is a Community Treatment Order.

A **CTO** is a plan for you to get your mental health treatment in the community without having to stay in hospital.

You must follow the rules in the plan.

## Advocacy



**Advocacy** is having your voice heard so your rights and needs are met.

You can have needs in many areas of your life.



**Rights** are rules about how everybody should be treated fairly.

A right is something everyone has.



You can advocate for yourself or others.

To **advocate** is you or someone else doing things so that your rights and needs are met.



You may want to find an advocate to help you speak up for your rights.

You may need to advocate if you

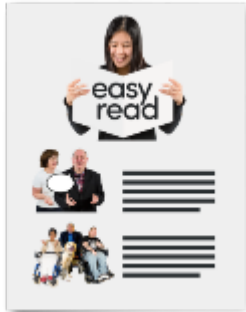


- Cannot find support for your mental health
- Are not happy with the service you are getting



For more information about advocacy and how you can advocate go to <https://www.idmhconnect.health/about-advocacy/ER>

## Where to find more information



For more information about making complaints use this Easy Read sheet  
[https://www.3dn.unsw.edu.au/sites/default/files/documents/3DN\\_Complaints\\_MentalHealth\\_ERv1.pdf](https://www.3dn.unsw.edu.au/sites/default/files/documents/3DN_Complaints_MentalHealth_ERv1.pdf)



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<https://cid.org.au/wp-content/uploads/2021/09/Your-right-to-good-health-care-Easy-Read-Fact-Sheet.pdf>



There are some tricky words in this Easy Read sheet.

For more information about these words go to <https://www.idmhconnect.health/word-list>



## Who wrote this Easy Read

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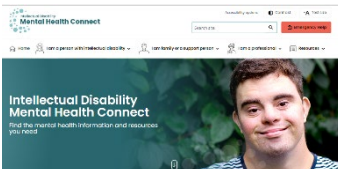
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Also known as 3DN.

For more information about who wrote this Easy Read go to <https://idmhconnect.health/who-wrote-easy-read>



The Council for Intellectual Disability reviewed this Easy Read sheet.



The information in this Easy Read sheet is from the <https://idmhconnect.health/> website

For information on how to support people to use Easy Read go to [https://www.3dn.unsw.edu.au/professionals\\_toolkit](https://www.3dn.unsw.edu.au/professionals_toolkit)



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No changes can be made without asking the people who wrote this sheet.