

## Consent to getting health care



NSW Health wrote this information.



When you see the word **we** it means NSW Health.



We wrote this guide in Easy Read.

We use pictures to explain some ideas.



You can ask for help to read this guide.

This might be a

- Family member
- Friend
- Support worker.

## Your rights



You have the right to get health care from NSW Health if you are sick.



Before we can give you health care we will ask for your **consent**.


**Consent** means you say yes to



- Getting health care from us



- Understanding what we will do.

	<p>We might ask for your consent before we</p>
	<ul style="list-style-type: none"> <li>• Do any tests or scans</li> </ul>
	<ul style="list-style-type: none"> <li>• Give you medication</li> </ul>
	<ul style="list-style-type: none"> <li>• Do <b>surgery</b>.</li> </ul> <p><b>Surgery</b> is when we fix some part of your body.</p>
	<p>We have a <b>policy</b> that says what the rules are for our staff about getting your consent.</p>

## Why we ask for consent



We ask for your consent so you can choose your health care.



You can choose by saying yes or no.

The only time we may not get your consent is if



- It is an emergency



- The law says that we do not need it.

## How we get your consent



There are things we need to make sure before we get your consent.

### 1. You understand what is happening







We need to make sure you understand

- The information we gave you
- What your choices are
- What could happen.



We must also make sure that you can tell us yes or no.

	<b>2. You want to give your consent</b>
	We need to make sure it is <b>your</b> choice to give us consent.
	This means no one else is telling you to say yes or no.
	<b>3. Your consent is for 1 thing</b>
	You can only give consent for 1 thing at a time.
	We need to ask for your consent again if we want to do something else.

**4. You have all the information you need**




We must make sure you have all the information you need to give consent.



You must also understand what could happen.

## Support to give consent

	<p>There are things we can do to support you to give your consent.</p>
	<p>This might be things like</p>
	<ul style="list-style-type: none"><li>• Give you information in a way you can understand like Easy Read</li></ul>
	<ul style="list-style-type: none"><li>• Take more time to explain things</li></ul>
	<ul style="list-style-type: none"><li>• Have someone you trust there when we talk to you like a family member or your support worker</li></ul>
	<ul style="list-style-type: none"><li>• Use tools like picture cards</li></ul>





We will usually try to get your consent in writing.



We can find other ways to get your consent if this does not work for you.

## Saying no





You can always say no to the health care we want to give you.



You can say no even if you said yes before.



It is ok to change your mind.

	If you say no we will
	<ul style="list-style-type: none"><li>• Talk to you about what could happen</li></ul>
	<ul style="list-style-type: none"><li>• Make sure you understand your choice.</li></ul>

## Some people cannot give consent



Some people cannot give consent because they

- Do not understand what is happening
- Cannot say yes or no.



If you cannot give consent we will ask your **person responsible**.



Your **person responsible** is someone who can say yes or no for you.



If you have a **guardian** they are the person responsible that we will ask first.




A **guardian** is someone who makes decisions for you.







If you do not have a guardian we will contact other people who can give consent for you.



They must be people who do not get money to care for you.

	<p>If you do not have a guardian, these are the other people we will ask for your consent.</p>
	<p>1. Your partner</p>
	<p>2. Your main carer that looks after your health services</p>
	<p>3. A friend or family member.</p>

	<p>You still have a say about getting health treatment you need.</p>
	<p>The only way they could change your choice about things you really need is if</p>
	<ul style="list-style-type: none"> <li>• The NSW Civil and Administrative Tribunal says they can</li> </ul>
	<ul style="list-style-type: none"> <li>• They are a guardian who can do that</li> </ul>
	<ul style="list-style-type: none"> <li>• If you do not understand and the health care will not cause you stress you in any way.</li> </ul>

## Children and young people



There is no right age for when a child or young person can give consent.



They can give consent if they fully understand the health care they will get.



If the choice is too hard for them we will ask the parents for consent.



The only time we may not ask for consent is if it is an emergency.



## Get more information

You can talk about your consent with



- A family member
- A friend
- Your support person
- **Health care staff.**

**Health care staff** could be a



- Doctor
- Nurse
- Mental health worker
- Social worker