

Decision Making & Consent

Easy read guide



light street
● care ●●

About this document

This document provides information about your rights to make decisions about your life.

Decision making is all about what **you** want. You have the right to be respected and treated like other people.

Our job is to provide support in a way that makes you feel safe and comfortable.

In this document you will learn about:

- your right to make decisions about your life
- the meaning of consent
- how we help you to make decisions
- what happens during emergencies

If something makes you feel unsafe or uncomfortable, you can say no.



We will give you as much time as you need to make decisions.

Consent

When you agree that something should take place, you are giving **consent**.

Before giving consent you have to understand:

- what will be happening
- what you will have to do
- how the activity or treatment will make you feel better
- what might go wrong



You can make the decision all by yourself if you feel comfortable.

You can ask questions if you are unsure or want more information at any time.



Withdrawing consent means that you are changing your mind.

If you feel uncomfortable about something that is happening, you can **withdraw** consent at any time.