



Health & Disability  
**Advocacy Service**  
*Ngā Kaitautoko*



# Making Decisions: Your Choices, Your Support

**ihc**  
IN YOUR COMMUNITY



People with intellectual disability have the right to make their own decisions and have those decisions respected.



People with intellectual disability must have opportunities to make their own decisions.



People with intellectual disability must have:

- Enough time
- The right information
- The right support

To make and communicate their own decisions.

# Health decisions



You have the right to give:

- **Informed consent**
- **Active consent**

When you make health decisions.



**Informed consent** is when you fully understand a decision before you say “yes” or “no.”

It means you understand:

- The risks
- The options
- What could happen if you say “yes” and what could happen if you say “no.”





**Active consent** is when you say “yes” to something because you want to do it. It means you show your agreement clearly.



If you need medical treatment and it is in your **best interests**, then it could still happen even if you cannot give consent.



Your **best interests** means someone else thinks you need medical treatment and it is right for you.



The person or people deciding to give you medical treatment must think about:

- Your wants
- Your feelings
- Your beliefs
- Your values

To make this decision.



Your rights to:

- Give informed consent
- Have your best interests looked after

Are both part of Right 7 in the **Code of Health and Disability Services Consumers' Rights.**

**Your Rights** when receiving a health or disability service  
**Ōu Tika** me to whāwhāinga ratonga hanora, hauātanga rānei

The Code of Rights means that you should have:  
**Mā tēnei Ture Tika i Ōu Tika, ka ahei kia u nga tikanga:**

1. Respect Mana	6. Information Whakamohio
2. Fair treatment Manaakitanga	7. Choice and consent Whakaritenga mōu ake
3. Dignity and independence Tū rangatira motuhake	8. Support Tautoko
4. Appropriate standards Tautikanga	9. Rights during teaching and research Ako me te rangahau
5. Effective communication Whakawhitiwhitinga whakaoaro	10. Your complaints taken seriously Aumomo

For support and information, contact your local advocate or the Health and Disability Commissioner:  
 Ki te hiahia koe ki te whāwhāinga ratonga hanora, whāwhāinga me te roopu āwhiri i tana rohe, ki te Tuhua Hanora, Hauātanga.

HDC Te Tuhua Hanora, Hauātanga  
 hdc.org.nz | 0800 11 22 33

Advocacy Ngā Kaitiaki  
 advocacy.org.nz | 0800 555 050



This document was written by the  
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