



## RESPECTING RIGHTS: MY VOICE, MY CHOICE

### Your Legal Right to Make Decisions about Your Health

In Ontario, the law says that people can make their own decisions about their health. This includes what medication to take, whether you want to have a procedure or surgery your doctor recommends, and other decisions about your health.

The law also says that in some situations your right to make decisions about your health can be taken away. Sometimes the law allows other people to make these decisions for you.

If you are a person with a disability living in Ontario and you want legal advice about your right to make decisions about your health, call ARCH: 1-866-482-2724.



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## **THINK ABOUT ... Have you had times you are not supported to ask your doctor questions about your health care?**

You can ask for accommodations for your disability when you go to the doctor. Accommodations could be:

- asking the doctor to explain things in a way that you can understand
- asking for more time to make a decision about your health
- having a support person come with you to doctor's appointments

A support person can be your parent, staff, friend or anyone you trust and feel comfortable with. The support person can help to explain what the doctor says in plain language. They can help you remember what the doctor tells you. A support person can help you to make decisions about your health, but the decisions are up to you.

### **CONTACT US**

Respecting Rights  
Coordinator: Sue Hutton

 [huttons@lao.on.ca](mailto:huttons@lao.on.ca)

1-866-482-2724(Toll free)

416-482-8255 (Toronto)

416-482-1254 (TTY)

Extension: 2227

#### **Staff/Parent Tip ...**

***Are there ways that the person with a disability in your life can be more involved in decision making about health care?***

***Do they have an opportunity to ask questions of their health care practitioner directly ?***



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