****

**YOUR RIGHTS**



**WHAT DO YOU KNOW ABOUT YOUR RIGHTS?**

When you see the words ‘we’ or ‘us’, it

 means Quality Health Care (QHC).

We have written this document in an easy-to-read way. We use pictures to explain some ideas.

This Easy Read document is a summary of other QHC documents. It reflects some of the policies that we have in place and NDIS Practice Standards that we follow.

You can ask for help to read this document. A friend, family member or support person may be able to help you.

 **WHY WE HAVE THIS POLICY?**



This document is about YOUR **rights**

Our policies need to respect the rights of people with disability.
You should be included in community life.
**You have the same rights as everyone.**

**WHAT ARE YOUR RIGHTS?**

 **You Should Be Able To:**



Make your own choices and have control over your own supports that you choose.

Receive good services.



Be safe – no one is allowed to hurt you.

Try new things and take risks sometimes.

If you want, you can seek support from other people – such as your family, or an advocate.

Work with other services if that’s what you need to reach your goals.

If you are unsatisfied with any of the services, make complaints.

**OUR SERVICES SHOULD:**



Respect everything about you when you are making choices and decisions including:

* Your age
* Whether you are a man or woman
* Your cultural background, religion or faith
* Your sexuality
* Whether or not you are married

Let you speak up.

Respect your privacy.

**CONTACT US**

 **YOU CAN ALSO TELL**

 NDIS Quality Safeguards Commission
 contact@ndiscommission.gov.au

**1800 035 544** (free call from landlines)
 or **TTY 133 677**

If you are discriminated against or bullied
Australian Human Rights Commission

 **1300 369 711**

www.qualityhealthcare.com.au

3-5 Forest Rd Hurstville, NSW 2221

Office@qualityhealthcare.com.au

QHC Office: 02 9598 6000

 