

When you go to hospital



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 in hospital



You have a right to get good and safe health care.



We have a **policy** to make sure we give you this right.

The **policy** says what the rules are for us when we look after you in hospital.



We have this policy so people with disability get health care that is



- The same for everyone



- All about what they need



- Accessible.

Accessible means everyone can get health care because you can get into buildings and understand information.

When you are in hospital



These are the things we should do to give you great health care



- We should help you understand what is going on in hospital



- We should talk to you with respect



- We should talk to in a way you can understand.



You can tell us if you need help with

- Reading
- Speaking
- Understanding information
- Other things.



Your family, friends and support workers can also talk to us.



They can tell us what you need when you are in hospital.

Reasonable adjustments in hospital



There are things we can do to help you use health services in a safe and easy way.

These things are called **reasonable adjustments**.



This could be that we

- Take more time to explain things so you understand what is happening



- Take you to a quiet room so that you feel more calm and safe



- Let you have your support people with you when we talk about your care.



You can always talk to us about things you need while you are in hospital.

Giving consent in hospital



People who are in hospital need to give **consent** to the help they get.



Consent means you say yes to someone doing something with you.

We might ask you to give consent to



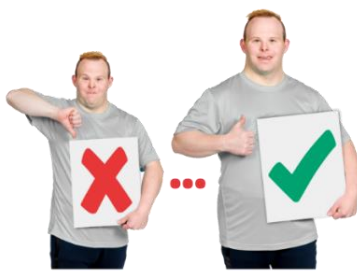
- A treatment like taking blood or having a surgery



- Give you some medicine.



We will talk to you about your care and giving your consent.



You can always

- Ask questions
- Talk to someone you trust
- Say no.

Things you can do to get ready for hospital



There are some things you can do to get ready for going to hospital.



You can talk to the people who support you about what things you need in hospital.



There are 2 folders you can use to tell health staff

- How to look after you
- Important health information about you.



To fill in the **A2D Together Folder** go to

[The A2D Together Folder - South Eastern Sydney Local Health District](#)



To fill in the My Health Matters folder go to

[My Health Matters folder - Council for Intellectual Disability](#)

Get more information



You can call **Healthdirect** for more information about health care.

Their number is 1800 022 222.



You can talk to your GP to plan for hospital.



You can use the **National Relay Service** if you

- Are deaf
- Have trouble hearing or speaking.

Their number is 133 677.