



Putting your rights and needs first

The **Statement of Rights** will help make sure you are at the centre of your aged care.

You have the right to:

- make your own decisions about your own life
- have your decisions not just accepted, but respected
- get information and support to help you make decisions
- communicate your wishes, needs and preferences
- feel safe and respected
- have your culture and identity respected
- stay connected with your community.

If you are not happy with your aged care, you can:

- talk to your aged care provider
- contact the Aged Care Quality and Safety Commission:
1800 951 822 or **AgedCareQuality.gov.au**
- speak with an advocate on **1800 700 600**
or at **OPAN.org.au**



Australian Government
Department of Health, Disability and Ageing
Aged Care Quality and Safety Commission



[Health.gov.au/Our-Work/Aged-Care-Act/About](https://www.health.gov.au/Our-Work/Aged-Care-Act/About)