

5. What does promoting my autonomy mean in practice?

- You are supported to make your own decisions.
- Your privacy is respected.
- You have the right to give or refuse permission for any treatment proposed.
- You have access to information about you.

6. Will services always do what I want them to do?

If your choices are against the law, or upset the lives of others, or the cost impacts on others, they may not be fully facilitated. But, not having enough resources is not an acceptable excuse for providing poor care to you.

7. What can I do to promote my autonomy?

- Take an active role in making decisions that affect you.
- Inform your care provider of your preferences.
- Ask your care provider questions.
- Bring somebody to appointments to support you if you wish.
- Consider use of an independent advocate.
- Ask for help in making decisions if you would prefer to do so.

8. What can I do if I feel my autonomy is not being respected?

- Talk to your care provider.
- Ask for the reason for decisions.
- If you remain unsatisfied, make an official complaint to the care provider about how you feel.

For additional information see:

Supporting people's autonomy: A guidance document: A framework for providers of adult health and social care services on good practice in promoting people's autonomy when using health and social care services.

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My choices: my autonomy





1. What does autonomy mean?

Autonomy is about respecting you, your dignity, privacy and choices. This means that you have a right to make informed decisions about your care, support and treatment that matches your personal values and beliefs.

2. What guidance exists?

The Health Information and Quality Authority (HIQA) has produced guidance for health and social care professionals. This will help them to promote the autonomy of people like you who use health and social care services.

3. How can the guidance help in promoting my autonomy?

The guidance explains what autonomy means in health and social care settings. It includes a process to help health and social care professionals promote your autonomy when you are receiving care from them. This process is called a supporting autonomy framework and is shown here.



4. What do the different parts of the process mean for me?

■ Respect the person's right to autonomy

Services will respect your decisions, including some decisions that they may not agree with.

■ Avoid pre-judging

Services will assume you have the ability to make your own decisions.

■ Communicate appropriately to establish, explore and promote preferences

Services will support your ability to make your own decisions. If services have concerns about your choices, they will talk to you about them.

■ Balance rights, risks and responsibilities

Services will balance your health and wellbeing with your right to take risks.

■ Agree person-centred supports

Services will find out what could help your ability to make decisions, and live more independently.

■ Implement and evaluate supportive actions

Services will put supports in place and check routinely to see are they working for you.