

# Know your health rights so you can ask for what you need and want

Everyone has the right to health care that is safe, good and supported.

This guide can help you ask for what you need and want.

The guide says that you have the right to tell your doctor, nurse or other health care professional:

- when you need help
- what is important to you
- what treatment or care plan you want
- about the medicine you take.

The guide says that you can ask for support when you need it.

## We trust this resource

We trust this resource because it is:

- Made to help, not for profit
- Made by people who know a lot about the topic
- Made in Australia

We've checked this resource, and you can [follow our guide to know if health information is true and right for you.](#)

**This resource was made by**

**Australian Commission on Safety and Quality in Health Care**

The Commission leads and coordinates national improvements in the safety and quality of health care in Australia. It is part of the Health portfolio of the Australian Government.

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