

This document is also available, on request, in Braille, audio, large print, computer disk, or as a PDF document.

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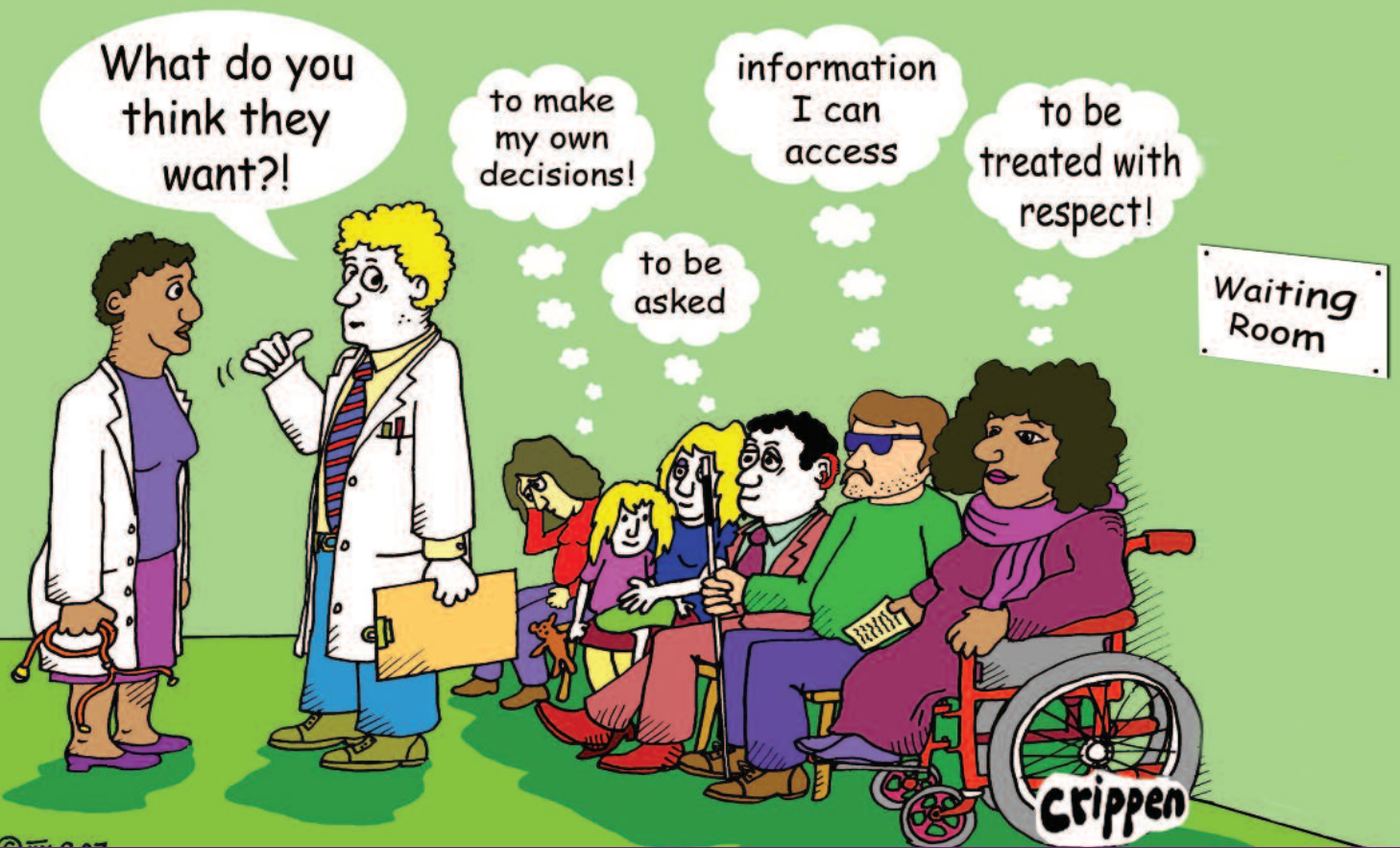
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If you would like more information about using your Choice Card, or if you want to talk to someone about human rights issues, please contact The Centre on Human Rights for Disabled People at Disability Action.

## Contact Us



# My Life, My Right, My Choice

Make YOUR choice



## What is a Choice Card?

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The Centre on Human Rights for Disabled People at Disability Action has developed a '**Choice Card**'. This is because many people with disabilities have told us that they are often not given an opportunity to have a say about how they live or the treatment and care that they receive in places like hospitals, GP surgeries and in the community.

We want to make sure that you have more choice and control over the treatment and care that you receive. This is because it is **Your Life, Your Right and Your Choice**.

The **Choice Card** is one way to let people know what you want.

## Where can I use the Choice Card?

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You can use your Choice Card anywhere you wish. For example, you can use it when visiting a doctor, nurse, dentist or social worker to let them know what is important for you.

## How do I use the Choice Card?

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It is up to you what you want to say on the card. Here are some examples:

- My Choice is:** To have information in easy read
- My Choice is:** To make my own decisions about my care or treatment
- My Choice is:** Resuscitate me
- My Choice is:** Do not share information about my treatment with my family
- My Choice is:** To use a sign language interpreter when visiting my doctor
- My Choice is:** To use an independent advocate to help me make decisions

Think about what choices you want to make when you visit places like a hospital, clinic, doctor's surgery or dentist. Write your choice on the back of your Choice Card or ask someone to do this for you.

You can carry your Choice Card with you. Show your Choice Card to people to let them know what you want.

**My Choice is:**