

NEED MORE INFORMATION?

If you feel uneasy about something or are not sure why something is happening, you can talk with your healthcare provider. You can also say no to any test, procedure or treatment, and to ask for a second opinion.

Some things you could ask or say:

- I am feeling uncomfortable because...
- I don't think that's the right thing for me because ...
- I would like to choose an alternative
- I've changed my mind
- Is there another healthcare provider I can talk to about this?



**EVERYONE HAS THE RIGHT
TO BE SUPPORTED WITH
INFORMED DECISION MAKING.**

NEED MORE TIME?

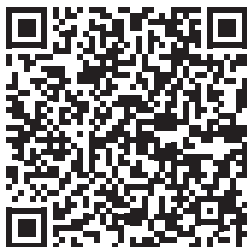
At times you may feel overwhelmed and need more time or information before you are ready to make a decision. It is okay to tell your healthcare provider this.

Talking about your birth choices should be an ongoing conversation throughout your pregnancy, and care should always be safe and feel safe to you.

MY HEALTHCARE RIGHTS

All people accessing healthcare services in Australia have rights. These are described in the Australian Charter of Healthcare Rights.

All places that provide healthcare in Australia are expected to recognise and support your rights. The information in this brochure provides tips on how to ask questions and be involved in your healthcare.



Scan the QR Code
to learn more
<https://www.safetyandquality.gov.au/our-work/partnering-consumers/shared-decision-making>

SHARED DECISION-MAKING

Being actively involved in your health care and working in partnership with your healthcare providers can help ensure that you get the care that is right for you.



WHAT IS SHARED DECISION MAKING?

In shared decision making, you and your doctor or midwife bring different perspectives to the discussion.

Your doctor or midwife brings information and evidence about benefits and disadvantages of different choices, and you bring your values, goals, and circumstances.

WHEN TO START TALKING

Talking about things early can help avoid conversations or decisions that feel rushed and it may mean you have more options available to you. It's also never too late to start asking questions!

You can also consider writing down concerns before your appointment, and discussing your concerns and decision-making with your partner or support person before and after appointments.



**National Preterm
Birth Prevention
COLLABORATIVE**
CONSUMER ENDORSED

This information has been co-designed by people with a lived experience of pregnancy, labour, and birth.

AT THE START OF THE VISIT

It is important that you have time to speak to your healthcare provider, ask questions, or raise concerns you have at appointments.

Some things you can say:

- Have you had an opportunity to read my notes?
- Do you have any questions?
- This is what's been going well for me.
- This is what I've had concerns about.

QUESTIONS YOU CAN ASK

It is important you receive clear information about the possible benefits and risks of different tests and treatments.

You also have a right to receive information about services, waiting times, and costs.

Some things you could ask or say:

- What are the benefits?
- What are the risks?
- Are there simpler and safer options?
- What happens if I don't do anything?
- Why do you think this is the right thing for me?
- Who else can I ask about this?

WHAT HAPPENS NEXT

Talking about next steps can help to make sure you feel clear about what to do after your healthcare visit. This is important if you and your healthcare provider have delayed making a decision.

Some things you can ask or say:

- How do we continue this conversation?
- What should I do if I have more questions or thoughts after our visit?
- What is the process for us to come back together?
- Will we have an additional appointment booked or phone call scheduled?

