

## Respect My Wishes

### What helps me feel safer and more comfortable during health care

Please consider the following when providing my care:

- Introduce yourself and explain your role
- Take time to get to know a bit about me before starting
- Explain what you are going to do and why, before you do it
- Ask me: *“What could make this easier for you?”*
- Ask my permission before touching me
- Let me know that it is okay to stop or pause at any time
- Agree with me on a clear “pause” or “stop” signal
- Check if I have any questions
- Maximise my privacy (for example, keep doors or curtains closed, cover me appropriately during care)
- Check in with me regularly to see if I am okay
- Gently remind me to breathe slowly and deeply if needed
- Watch for non-verbal cues and pause if I seem uncomfortable
- Only restart when I say I am ready

### Other important things to know about me:

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