

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:
