



Know Your Rights

Your rights, choices and voice matter.



What are rights?

Rights help you be safe, treated fairly, respected and included.

What this means for you

You have the same rights as everyone else.



Your right to be safe

You have the right to feel safe, be listened to and be free from abuse and neglect.

What this means for you

Tell someone you trust if you do not feel safe.



Your right to choose

You can make choices about your goals, your supports, how support is provided and who supports you.

What this means for you

Your choices matter.



Supported decision-making

A trusted person can help you understand information, consider options and ask questions.

What this means for you

The decision belongs to you whenever possible.



Culture and identity

You have the right to your culture, beliefs, language, identity and community connections.

What this means for you

We respect diversity and inclusion.



Dignity of risk

You can take reasonable risks. We will discuss the risks and ways to support safety.

What this means for you

Choice can sometimes involve risk.



Speak up

You can ask questions, give feedback, complain, ask for an advocate or change providers.

What this means for you

Your voice matters.



Contact us

Contact Emily's Hope if you have questions or need support.

What this means for you

(07) 3155 6559 | (07) 4426 8700