

# Food and drink in your aged care home – your right to choose and take risks







You must be given the choice to accept risks so you can live the life you choose.

The Aged Care Charter of Rights states that you have the right to make choices, even if those choices are a risk to you.

## Frequently asked questions

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|  <b>What if I want food or drink that is a risk to me?</b>                                                    |  You can choose to accept the risks, such as salt or pâté, so that you can enjoy your meals.              |
|  <b>What if I want food or drink that makes me choke?</b>                                                     |  You can choose to accept the risk of choking so you can live the life you choose.                        |
|  <b>What if a dietitian, speech pathologist or doctor says that I shouldn't have a certain food or drink?</b> |  As long as you have been given enough information, you can make an informed decision to accept the risk. |

## Your aged care provider should:

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|  Ask what you want and regularly check with you.                                               |  Document and share your choices with relevant care staff. |
|  Give you information about the risks to you and to others so you can make an informed choice. |  Respect your choices and decisions.                       |

## If you need help to make food and dining choices:

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| <ul style="list-style-type: none"><li>• talk to your provider</li><li>• speak with an aged care advocate at the Older Persons Advocacy Network (OPAN) on <b>1800 700 600</b> or visit <a href="http://opan.com.au">opan.com.au</a></li><li>• phone the Aged Care Quality and Safety Commission's Food, Nutrition and Dining Hotline on <b>1800 844 044</b> (free call),</li></ul> | 9am – 5pm AEDT, Monday to Friday if you wish to speak with professionals about issues, ideas or concerns in relation to an enjoyable food, nutrition and dining experience in an aged care service. Alternatively, you can contact the Commission's general enquiries line on <b>1800 951 822</b> (free call). |
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