

# Your right to make choices about food, drink and your dining experience in residential aged care



**You have the right to make choices about your life in residential aged care. This includes what you eat, drink and your dining experience.**

**The Aged Care Quality Standards state that you can make informed choices and live the life you choose.**

## **You can choose:**

- ✓ When to eat
- ✓ Where you eat
- ✓ Who you eat with
- ✓ What you eat and drink
- ✓ How much you eat and drink
- ✓ How you eat and drink
- ✓ To make cultural and religious choices about food, drink and dining
- ✓ Whether you have assistance and support.

Food choices must be within reason and reasonably practical for the provider to deliver.

- ✓ You can choose what to eat or drink even if you understand it is a risk to you.
- ✓ Your aged care team must give you information about the risk so you can make an informed choice.
- ✓ Your aged care team must respect and support your choices and decisions.
- ✓ You can change your mind at any time.
- ✓ If your choice is a risk to others, your aged care team will help you to find a solution that works for everyone.

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

- talk to your provider
- speak with an aged care advocate at the Older Persons Advocacy Network (OPAN) on **1800 700 600** or visit [opan.com.au](http://opan.com.au)
- phone the Aged Care Quality and Safety Commission's Food, Nutrition and Dining Hotline on **1800 844 044** (free call), 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 **1800 951 822** (free call).

 **Phone**  
1800 951 822

 **Web**  
[agedcarequality.gov.au](http://agedcarequality.gov.au)

 **Write**  
Aged Care Quality and Safety Commission, GPO Box 9819, in your capital city

