



Joyful Journey

OCCUPATIONAL THERAPY

adding life to days

Your Choices, Your Rights

Informed Consent at Joyful Journey OT

Welcome

At Joyful Journey OT, we want you to feel safe, respected, and in control of your therapy. This handout explains your rights and how we support you to make decisions..

What is Informed Consent?

Informed consent means:

- You understand what therapy involves
- You know your options
- You choose what you want to do
- You are always in charge of your decisions.

Your Rights:

You have the right to:

- Understand your therapy
 - We will explain:
 - What we are working on
 - Why it might help
 - Any risks or challenges
 - Other options you can choose
 - We will use clear language and can change how we explain things so it works for you.
- Ask questions
 - You can ask questions at any time.
 - You can also take time to think before deciding.
- Say yes or no
 - You can choose to start therapy
 - You can say no to anything
 - You can change your mind at any time
 - This will not affect how we treat you.
- Have your privacy respected
 - We will:
 - Keep your information private
 - Talk about your information in private spaces
 - Only share your information if you say it's okay (or if required by law)
 - For more information, see our Privacy & Confidentiality Policy.



Your Rights & Responsibilities

- Be treated with dignity and respect
 - We will:
 - Listen to you
 - Respect your choices
 - Support you in a way that feels comfortable and safe

Your Right to Take Risks (Dignity of Risk)

Everyone has the right to try new things—even if there is some risk. This is called dignity of risk.

We will:

- Talk with you about the good things and the risks
- Help you make a decision that feels right for you
- Support you to do things as safely as possible
- Even if we don't fully agree, we will respect your choices where it is safe to do so.

Support to Make Decisions

If you need help deciding, we can:

- Explain things in a different way (e.g. visuals, simpler language)
- Involve someone you trust (like a parent, carer, or support person)
- Take things step-by-step
- We will always focus on what you want.

Changing Your Mind

You can change your mind at any time:

- About therapy
- About goals
- About who is involved
- Just let us know—we will support you.

Questions or Concerns?

If you have questions, worries, or feel unsure about anything:

Talk to your therapist, or

Contact Joyful Journey OT

We are here to support you.

Remember: It's your life. Your goals. Your choice.