

Making decisions:  
What is  
'information consent?'  
What is 'medical consent?'



This booklet explains what consent is and what different types of consent are.



Read the booklet with someone who supports you.

You don't have to read it all at once.

<b>Name</b>	_____
<b>Address</b>	_____ _____ _____
<b>Phone Number</b>	_____

Pages 5-6 are about Information Consent



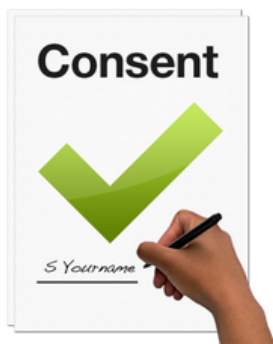
Pages 7-9 are about Medical Consent

# Consent

Everyone has the right to make their own decisions.



Asking for your 'consent' means asking if you agree to something.



If you are asked for your consent, say 'yes' if you agree.



Say 'no' if you do not agree or do not understand.

You can say 'no' if there are things that you want to change.

To give consent you need to:



- Think about what is best for you.



- Understand the information about the choices.

- Remember the information.



- Make it clear what your decision is.

- Then carry out your decision.



You can ask for support to do these things.

There are different kinds of consent.  
The next pages explain what some of these are.

# Information Consent (1)



Organisations might ask you to sign up to their mailing list so that they can:

- Encourage you to buy things
- Give you more information



They may ask you by post or email or in a phone call.

Be careful how you reply.  
It can be very confusing.

Opt-in

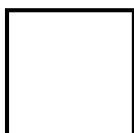


It might ask you to tick a box or 'opt-in' if you DO want information.

Opt-out



It might ask you to tick a box if you DO NOT want information, or to 'opt-out'.



If you do it online you might have to 'untick' the box and leave it blank.



If you make it clear you do not want information, the company will not contact you with advertising, and can not pass your details onto other companies.

# Information Consent (2)

Be careful with your personal information.

Personal information is things like your:



Name *R. Smith*  
Address *224 West St*  
*Manchester*  
Phone Number

- name and address
- date of birth
- phone number
- bank details (your bank account number and your sort code - the number that details which bank and where it is)



NEVER tell someone your bank details over the phone or in an email or in writing.

Your bank or building society will NEVER ask you to do this.

Never put any personal information on social networking sites like Facebook or Twitter.

Switch your social media settings to 'Private' so that only your friends can see your information.



# Medical Consent (1)



Before a doctor or healthcare worker (for example a dentist, optician or nurse) can examine you or give you any treatment, they must ask you to give your consent.



This means that:



- you understand what they are telling you



- you can decide to agree or not agree

# Medical Consent (2)



If you find going to the doctor difficult take a friend or someone you trust with you.

You can ask to have someone with you when a doctor or nurse examines you.

You can ask to have a male or female doctor



You do not have to be examined or treated by a student nurse or doctor or have them on the room.

Write down questions you want to ask the doctor.



If you have someone with you they can support you to ask questions.

If the doctor or nurse does not explain things clearly, ask them question.



# Medical Consent (3)

You have the right to ask about your treatment.  
You should be told:



- Why you need treatment
- Different ways to treat you



- What your treatment will be and how it might make you feel
- How the treatment works
- What might go wrong
- What might happen if you do not have the treatment.



You can ask for support to say 'No' to treatment.

You have the right to decide.



You can ask for more time to decide.

Ask someone you trust to support you to decide.

# Useful websites

[Consent: It's Your Decision](#)

[Patient Rights and Responsibilities: Charter](#)

[Consent to Treatment](#)

[Easy Health Consent and Capacity](#)

If you or someone you know is being harmed or neglected. You can get help and support.



Adult Protection

0300 300 1380

