

women's
health
matters!



About abortion and your rights

Women's Health Matters



Easy English

Blue words



Some words in this book are **blue**.

We write what the blue words mean.

Help with this book



You can get someone to help you

- understand this book
- find more information.



Contact information is at the end of this book.



About this book

This book is from Women's Health Matters.



We give people in the ACT information about women's health.



Some things in this book might make you feel sad or upset.

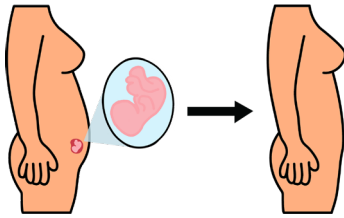


If you feel sad or upset, you can

- talk to someone you know
- contact a support service.

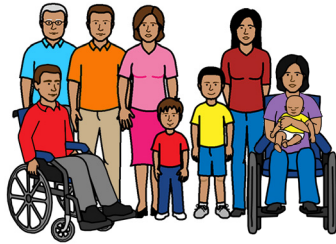


Support services are at the end of this book.



This book is about **abortion** and your **rights**.

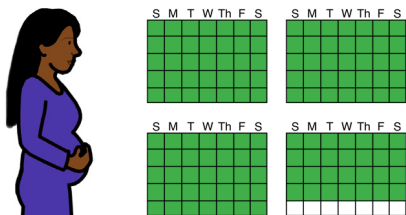
Abortion means to end a pregnancy.



Rights are things that everyone should be able to

- get
- have
- do.

Abortion in the ACT



In the ACT it is **legal** to have an abortion

- at any time of your pregnancy

and



- at any age.



Legal means a law made by the government that everyone **must** follow.

Who can do an abortion?



In the ACT an abortion can be done by

- a doctor



- some nurses



- some midwives.



It is **illegal** for someone to do an abortion who is **not**

- a doctor



- a nurse who is trained to do an abortion



- a midwife who is trained to do an abortion.



Illegal means something is **not** allowed by the law.



You can **not** be forced to have an abortion if you do **not** want one.

When a doctor or nurse refuses to do an abortion



Refuse means to say **no**.



Refusing to do an abortion can also be called **conscientious objection**.

Conscientious objection is when someone refuses to do something against their beliefs.



For example, a doctor or nurse can refuse to do an abortion because of

- their religion

or

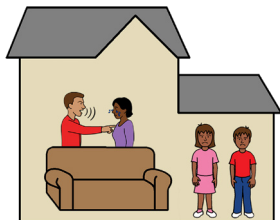


- another personal reason.



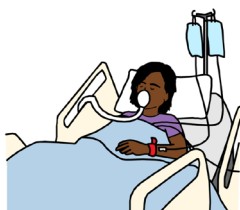
A doctor or nurse **must** give you information about where else you can go to have an abortion.

When a doctor or nurse cannot refuse to do an abortion

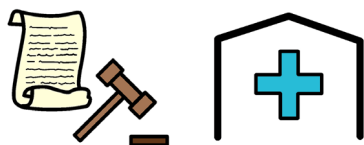


A doctor or nurse **cannot** refuse to do an abortion if

- your life is in danger
- you need medical help.



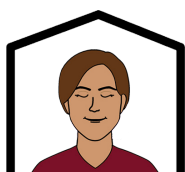
Your rights



You have rights when you get healthcare.

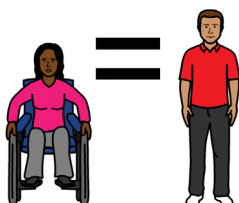
The **Australian Charter of Healthcare Rights**

says what rights you have when you get healthcare.



You have the right to

- feel safe
- be treated with respect
- be treated fairly.



If you want to give feedback



Feedback is when you say what you think about

- a service
- staff.



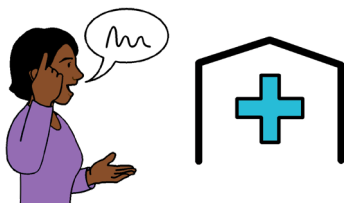
Feedback can make the service better.

Types of feedback

1 You could give a compliment

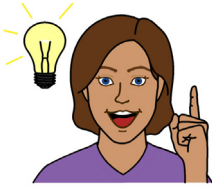


A **compliment** is when you say what was good about a service.



You could say why you think the service was good.

2 You could give a suggestion



A **suggestion** is when you tell someone your ideas about what could be done better.

3 You could make a complaint



A **complaint** is when

- you are **not** happy with a service or staff

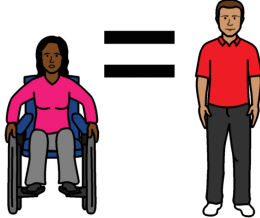
and



- you say why.



Every health service **must** have a way to get your feedback.



You still have the right to be treated fairly and get the healthcare you need if you give feedback.



To get help you can

- speak to an advocate

or

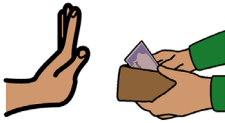


- call the **Human Rights Commission**.



Call 1300 369 711

Other ways to get help



There are free support services you can call.

ADACAS Advocacy Service



Call 02 6242 5060



Website adacas.org.au

Advocacy for Inclusion



Call 02 6257 4005



Website
[advocacyforinclusion.org/contact-us/
accessing-our-service](http://advocacyforinclusion.org/contact-us/accessing-our-service)

Australian Human Rights Commission



Website humanrights.gov.au

ACT Human Rights Commission



To make a complaint.

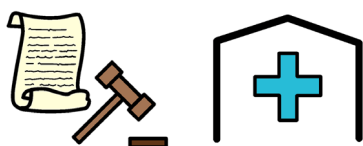


Call 02 6205 2222



Website hrc.act.gov.au/health

Australian Charter of Healthcare Rights

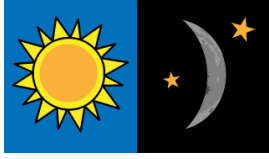


For more information about your
healthcare rights.



Website link to the PDF
safetyandquality.gov.au

Support services



There are free support services you can call

- any time of day or night



- any day of the week.

Lifeline



Call 13 11 14

13 YARN



For First Nations people of all ages.



Call 13 92 76

1800 RESPECT



Call 1800 737 732



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More information

For more information contact
Women's Health Matters.

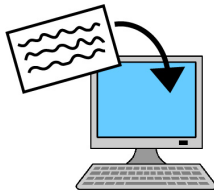


Call 02 6290 2166



Website

mypregnancyoptionsact.org.au



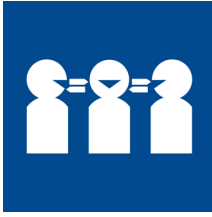
Email

reproductivehealthfund@
womenshealthmatters.org.au



You can read more about pregnancy and your
choices in our other books.

If you need help with English



Use the free Translating and Interpreting Service or TIS to make a phone call.

You can call the TIS in your language.



Call 131 450

Give the TIS officer the phone number you want to call.

If you need help to speak or listen



Use the National Relay Service to make a phone call.

You must sign up to the service first.



Website accesshub.gov.au/nrs-helpdesk



Call 1800 555 660

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