

Supporting consumers with the My Rights, My Decisions Form Kit

Under the *Mental Health Act 2015 (ACT)*, consumers have the right to put in place legally recognised decision-making tools to support them to participate in decisions about their treatment and support if they become unwell.

How to support a consumer with a Form Kit:

- Encourage consumers to plan for future decisions using the My Rights, My Decisions Form Kit. Consumers may choose to complete one, two or all three forms.
- Advise consumers to book a long appointment when coming to finalise their Form Kit.
- When consumers present with a drafted Form Kit, review the draft and discuss any concerns you may have.
- **Important:** Consumers are assumed to have decision-making capacity. If you are concerned that a consumer does not have decision-making capacity, consider suggesting they make another appointment and bring a person they trust to support them.
- Encourage consumers to review their decisions regularly to ensure the information stays up to date.
- Consumers have the right to withdraw their forms at any time when they have decision-making capacity, either verbally or in writing.

Submitting the Form Kit:

Once a consumer's Form Kit is finalised:

- Confirm that the forms have been properly signed for the parts that are completed (See signature checklist on page 16 of the Form Kit).
- Keep a copy of the forms in the person's clinical record.
- Provide a copy of the forms to the relevant people (e.g. the consumer's psychiatrist).
- If the consumer agrees, send a copy to Canberra Health Services by email to TribunalLiaison@act.gov.au for uploading to their system.
- Provide mental health treatment, care and support in accordance with the forms, as set out in the Act, and provide the forms with any referrals to hospital.



Visit actmhc.org.au/my-rights-my-decisions or use the QR code to download a copy.