You have the right to make choices about medication when you are old

Medications can reduce pain, keep you safe and make you live longer. But medications might have side effects. Medications might not work as well as the doctor hoped they would.

These resources say that old people have the right to make choices about their health care, including the medication they take. This includes the right to say no to medication.

The resources include:

- a webinar
- a booklet and pamphlet you can read online
- information in different languages.

You can get a copy of the booklet and pamphlet posted to you.

The booklet has lists of questions you can ask to help you understand the medication you could take. The questions can help with supported decision making, which is when you get help to make choices for yourself.

Some of the information could be hard to understand. You could use the resources with a family member or support worker.

We trust this resource

We trust this resource because it is:

- Made to help, not for profit
- Made by people who know a lot about the topic

- Made in Australia

We've checked this resource, and you can follow our guide to know if health information is true and right for you.

This resource was made by

Older Person's Advocacy Network

The Older Person's Advocacy Network (OPAN) provides free, independent and confidential support to older people seeking or receiving government funded aged care services.

- Visit