





Safety and respect

It is **your right to feel safe and respected** when talking with your healthcare providers.

This also means you should never be treated unfairly because of your skin colour, age, gender, culture or religion.



"I went through that medication thing where they thought I was there just looking for pain pills, right? ...And I did have to get to that point where I got angry... and I was just like 'I know my body well enough... you know, I'm not here just for that.'"



"...it's an attitude, you know? With doctors. You're down here and your doctor is way up here."

If you feel that you are not treated fairly by your healthcare provider, you have the right to:

- Speak up and explain to the provider that what they said or did was wrong. Be specific about what was said or done and how that made you feel.
- Make a formal complaint to the clinic or hospital. Sometimes this can be done anonymously, but not always.
- Ask to be referred to a different healthcare provider.

It may also help to talk to other people you trust to figure out your options.



You also have the right to:

- Practice your culture and customs. This means using traditional medicines and ceremonies in hospitals or clinics.
- Choose pain management tools and care plans. You can refuse any medical test or treatment. If you refuse any test or treatment, it should not affect the care you receive from that provider, clinic, or hospital.
- Privacy about chronic pain care.



Your doctor should:

- Clearly explain your condition and all your pain management options.
- Discuss ways to support you with your care plan, like accessing local programs and services.
- Be responsive to the impact of your culture and cultural history on your wellbeing.
- Respect your pain management choices.

"You can have that relationship with a doctor as long as you're... it's all about being able to say your piece, right? ...And letting them know where YOU'RE coming from. A lot of people don't do that."



Healthcare providers have a **responsibility to provide safe and high quality health care** for every patient.

We created resources for healthcare providers to teach them how to provide better care to First Nations People.