

ACCESSING HEALTHCARE FOR 2SLGBTQQAI+ INDIVIDUALS

NWAC Fact Sheet

Accessing necessary health care when needed is a right for every individual. Indigenous women, girls, and gender diverse people have the right to obtain culturally sensitive, trauma informed, distinctions-based, health care. Wellness and well-being are pillars of health.

The COVID-19 pandemic has increased disparities among Two-Spirit and Indigenous LGBTQQAI+ individuals, along with the accumulated affects of colonization, racism, and discrimination. When you, or someone you love, needs access to health, medical, or social services, there are legislated healthcare rights that you are entitled to.



When accessing health, or social services, you have the right to:

- 1) Care that is free from discrimination under the Canadian Charter of Rights and Freedoms, regardless of your sexual orientation, gender identity, or gender expression.
- 2) NOT be denied healthcare or denied the right to receive respectful care.
- 3) Create and direct wishes for future care and have them respected.
- 4) Identify a person to make health decisions for you if you cannot or choose not to.
- 5) Have your gender identity and expression respected. Respect of chosen name and pronouns.
- 6) Use restroom facilities of your choice.
- 7) Decide who can, and can not, visit you while in care—regardless of relationship.
- 8) Privacy of your healthcare records and identity. (Medical information can only be shared by your permission, or if it is essential for your care).
- 9) Protest your discharge, or transfer, if you feel it is discriminatory.
- 10) Refuse any treatments that are harmful, or discriminatory, to 2SLGBTQQAI+ people.

If you feel that you have been discriminated against, or treated unfair due to cultural identity, gender identity, or any other aspect of your identity; there are steps you can take to stand up against the wrongful actions and treatment.

You can report the instance with:

- 1) The Facility where it happened: The Administration Department, or Human Resources Department, would be where the process would start.
- 2) The professional college: Nurses, physicians, and other healthcare providers, must be registered to practise healthcare in their field. You can file a complaint with the appropriate regulatory body in your province or territory.
- 3) Local Indigenous governing body: If known, and if applicable, the governing body can help you navigation this process.
- 4) The Canadian Human Rights Commission, and/or Provincial or Territorial Human Rights agencies: Each website will have a detailed outline of the process and contact information.

Resources:

<https://www.canada.ca/en/canadian-heritage/services/rights-lgbti-persons.html>

<https://www.virtualhospice.ca/2SLGBTQ/media/qlyb5410/bill-of-rights.pdf>

<https://www.rainbowhealthontario.ca/wp-content/uploads/2016/07/2SLGBTQINDIGENOUSHEALTHFactHeet.pdf>