

Your Health, Your Choice: Understanding How to Limit Consent

Canadian health privacy laws give you the right to control how your personal health information is collected, used, and shared. At Gotcare, we take your privacy seriously across every province we serve, ensuring you have the tools to exercise these rights and feel safely supported.

What does “Limiting Consent” mean?

You have the right to place limits on how your health information is accessed. This means you can choose to exclude certain details from your record or restrict specific individuals from viewing your information. Whether you are withholding consent for a specific purpose or withdrawing it later on, we are here to ensure your privacy preferences are strictly honored.

Your Rights

Under Federal and Provincial privacy laws, you (or the person who makes decisions for you) have the power to:

- Restrict your entire record or just specific documents.
- Stop specific people from seeing your info, such as a certain care worker or an outside doctor.
- Protect future notes by asking us to restrict documents as they are created.
- Change your mind and unrestrict your information at any time by telling us in writing.

The "Need to Know": Pros and Cons

While limiting consent gives you more privacy, it is important to understand how it might affect your care.

The Benefits:

- Privacy Control: You decide who has access to your sensitive personal details.
- Peace of Mind: You can "shield" your information from people you may know personally who work in healthcare.

The Risks to Consider:

- Quality of Care: If your care workers cannot see your full health history, it may be harder for them to provide the safest and most effective service.
- Coordination Issues: We may not be able to coordinate easily with your other doctors, which could impact your health outcomes.
- Incomplete Records: If we share your record with another doctor but parts are restricted, we are required by law to tell them the information is incomplete.
- You acknowledge the risks and benefits of consenting to this disclosure, which remains valid for the duration of service

Important Note: In a life-threatening emergency, or if the law requires it (like reporting child abuse), we may have to share previously limited/restricted information to keep you or others safe.

How to Start the Process

If you want to limit consent related to your health information, follow these simple steps:

- 1. Start the Conversation:** Tell your care manager or our Privacy Officer that you want to "limit," "restrict," or "block" your information.
- 2. Get Informed:** Thoroughly review this brochure and ask questions if required.
- 3. Fill Out the Form:** Complete the applicable Limiting Consent Request Form. You will need to list exactly what information you want to limit/restrict and who should be blocked from seeing it.
- 4. Implementation:** Our Privacy Officer will review your request. Once approved, a clear notification will be placed on your file, and the relevant team members will be notified.

Gotcare

Still have questions? We are here to help.

Reach out to Gotcare's Chief Privacy Officer for more information:

1-888-819-1244 ext. 107

privacy@gotcare.ca