

# MY RIGHTS:

A GUIDE TO HELPING INDIVIDUALS UNDERSTAND THEIR  
RIGHTS



 Alberta Professional Services

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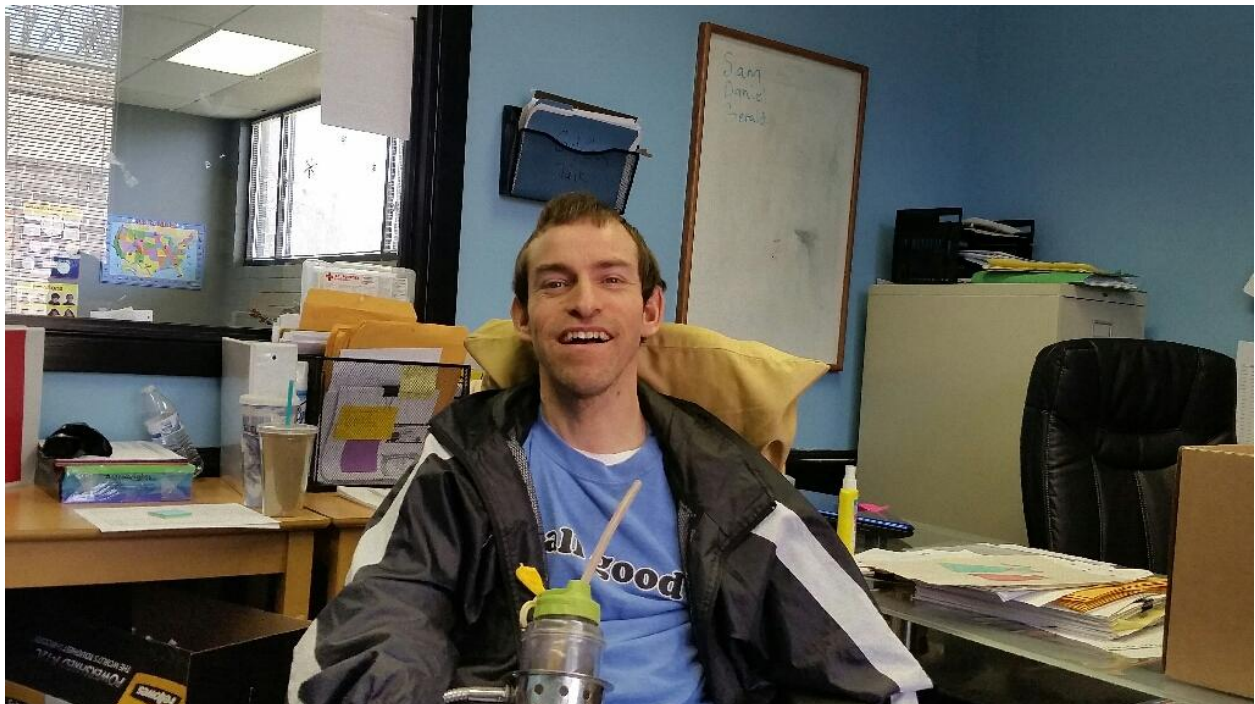
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## THE RIGHT TO PARTICIPATE IN DECISIONS THAT AFFECT THEIR LIVES





## THE RIGHT TO VOICE AND RECOMMEND CHANGE





## THE RIGHT TO ADEQUATE FOOD AND NUTRITION



THE RIGHT TO TAKE PART IN COMMUNITY PROGRAM OF  
EDUCATION, TRAINING, SOCIAL DEVELOPMENT AND  
HABILITATION AND IN PROGRAMS OF RECREATION





# THE RIGHT TO ACCESS OPPORTUNITIES THAT ENABLE INDIVIDUALS TO DEVELOP THEIR HUMAN POTENTIAL





THE RIGHT TO PRACTICE THE RELIGION OF YOUR CHOICE  
OR TO ABSTAIN FROM RELIGION



OR



THE RIGHT TO BE TREATED WITH COURTESY AND RESPECT AND  
TO BE FREE FROM EMOTIONAL, PSYCHOLOGICAL, AND  
PHYSICAL ABUSE



# THE RIGHT TO PURSUE VOCATIONAL OPPORTUNITIES THAT WILL PROMOTE AND ENHANCE ECONOMIC INDEPENDENCE

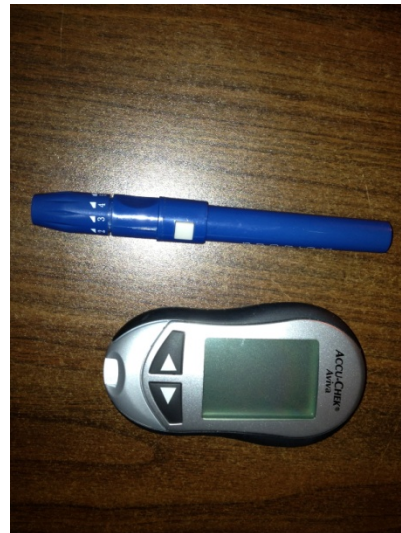




## A RIGHT TO MANAGE YOUR OWN FINANCES



## THE RIGHT TO RECEIVE APPROPRIATE CARE AND TREATMENT IN THE LEAST INTRUSIVE MANNER



## THE RIGHT TO COMMUNICATE WITH PERSONS OF YOUR CHOICE





## THE RIGHT TO BE FREE FROM RESTRAINTS



## THE RIGHT TO ACCESS NECESSARY MEDICAL/THERAPEUTIC SERVICES



## THE RIGHT TO A SAFE AND CLEAN HOME





## THE RIGHT TO MEDICAL AND DENTAL TREATMENT



# THE RIGHT TO PRIVACY, INCLUDING A PLACE OF PRIVACY AND PERIODS OF PRIVACY



## THE RIGHT TO ENGAGE IN A CONSENSUAL SEXUAL RELATIONSHIP





# THE RIGHT TO CONFIDENTIAL TREATMENT OF ALL INFORMATION IN THEIR PERSONAL AND MEDICAL RECORDS



**H** Health  
**I** Insurance  
**P** Portability  
**A** Accountability  
**A** Act



THE RIGHT TO PARTICIPATE IN THE POLITICAL PROCESS  
AND TO BE TREATED EQUALLY AS A CITIZEN UNDER THE  
LAW



## THE RIGHT TO REFUSE TO PARTICIPATE IN MEDICAL, PSYCHOLOGICAL OR OTHER RESEARCH OR EXPERIMENTS





## THE RIGHT TO OWN AND POSSESS PERSONAL BELONGINGS TO MAINTAIN YOUR INDIVIDUALITY



## THE RIGHT TO SELECT A PARENT OR ADVOCATE TO ACT ON THEIR BEHALF



## THE RIGHT TO KNOW HOW TO CONTACT STATE AGENCIES, AUTHORITIES AND ADVOCATES



- DRNC: Disability Rights NC 1-877-235-4210  
TTY 1-888-268-5535
- NC Division of Health Service Regulation (for licensed facilities) Complaint Intake Unit 1-800-624-3003
- ARC of NC 1-800-662-8706
- Your local MCO \_\_\_\_\_  
(Phone numbers of all NC's MCOs are listed at [Albertakids.com](http://Albertakids.com))



Alberta Professional Services 336-273-2640



# YOU AND YOUR RIGHTS

## Part 2





YOU HAVE THE SAME RIGHTS THAT EVERYONE HAS, LIKE CHOOSING WHERE YOU WANT TO LIVE, WHOM YOU WANT TO LIVE WITH, WHERE YOU WANT TO WORK, AND WHAT YOU WANT TO DO FOR FUN.

- You need to know your rights. Everyone should be treated fairly.
- There are many rights that all people have.
- With these rights come responsibilities that go along with having rights.
- Everyone should know their rights and how to use them



## WHAT ARE RIGHTS?

- Rights are like rules or laws that you have.
- People must follow these rules without you telling them to.
- If people break these rules, the government can step in to help you.

### Rights

1. Tell people what you can do.
2. Tell people what you do not have to do.
3. Tell certain people what they must do for you.
4. Tell people what they can not do to you.





## CONSTITUTIONAL RIGHTS

1. ACCESS TO COURTS AND LEGAL REPRESENTATION.
2. RIGHT TO FREE ASSOCIATION.
3. RIGHT TO CONTRACT FOR, OWN, AND DISPOSE OF PROPERTY
4. EQUAL OPPORTUNITY FOR EDUCATION
5. EQUAL OPPORTUNITY FOR EMPLOYMENT
6. EQUAL PROTECTION AND DUE PROCESS
7. FREEDOM FROM CRUEL AND UNUSUAL PUNISHMENT
8. FREEDOM OF SPEECH AND EXPRESSION
9. RIGHT TO MARRY, PROCREATE, AND RAISE CHILDREN
10. RIGHT TO VOTE
11. FREEDOM OF RELIGION
12. RIGHT TO PRIVACY
13. RIGHT TO INFORMED CONSENT

## PROGRAM RIGHTS

1. Stay in clean facilities.
2. Not be restrained, unless all other ways of controlling your behavior have been tried.
3. Not restrained by drugs.
4. Decide whether you want your picture taken or not.
5. Send and receive mail (unopened).
6. Make private phone calls to people.
7. To let family members and friends visit.
8. A nourishing, well-balanced, daily diet.
9. Wear your own clothing and wear well fitted clothing that is right for the season.
10. Be treated with dignity and respect. And to be free from humiliation.
11. Freedom of movement without a key.
12. Free access to money.
13. Free access to my records, and my Clinical Professional to explain my records to me.
14. Control of release of information.
15. Self-administration of medication.
16. Freedom from abuse and neglect, including financial and exploitation.
17. To be treated fairly with freedom from retaliation.



## GUARDIANS

- Sometimes a person working for the government -a judge will name another person – a guardian
- To help protect you and your rights, your guardian may talk to your staff, your doctors, or others about you. You can be at these meetings, but even if you are not, your guardian will work to protect your rights.
- Your guardian will talk with you and help you tell staff and others what you decide. They must listen just like you said it yourself.





## RESPONSIBILITY

- Along with your rights comes responsibility.  
Responsibilities are duties that go along with your rights.
- This means that even though you have your own rights, you must try not to violate or take away from other people's rights too.
- Remember that all people have rights and just as your rights are important to you, they are important for everyone else also.



## RIGHTS RESTRICTIONS

- Sometimes through what is called “due process”, the judge or a Human Rights Committee may decide with your guardian (if you have one), that some of your rights may be held back from you for a time to help protect you from being hurt or taken advantage of.
- This does not mean that your rights are gone forever. An ongoing process, with help from staff and guardians, should be present so that you can someday have this right back to its full extent. You can talk with the judge, your guardian, or others about how you feel or if you are ready to exercise this right, and they can help you get that right back fully.

Examples of rights restrictions are:

1. Representative Payee – someone who helps you with your money
2. Restricted Diet



## HUMAN RIGHTS

Right to:

- Life
- Choice
- Freedom
- To be happy
- To make up your own mind
- To choose the people you want to be with
- To be listened to
- To eat what you want
- To go to bed when you want
- To choose where you want to live
- To choose where you want to work
- To say “NO” when you don’t want to do something
- To change things you don’t like

