

My Rights and Responsibilities

Developed By: Region 5 Self-Advocates

December 2022



It is important to learn about your rights, and how to talk to others about them.

You should speak up for yourself if you are not being treated the way that an adult should be treated.

You need to remember that you must be responsible for yourself and for the choices that you make.

You need to treat others with the respect - just like you want people to treat you.

Abuse

When something happens on purpose and harms or threatens the safety of a person.

Verbal or emotional abuse makes you feel bad.

Things like yelling, threats, bullying, or making you feel bad about yourself.



Physical Abuse

When someone hurts you, leaves bruises, or causes injury to your body.



Sexual Abuse

When someone touches your private body parts, does inappropriate things or asks you for or shows you inappropriate pictures of themselves or other people.



Neglect

When you are not given the things you need to be healthy and safe.

That means things like...

Not being able to get food or drink when you are hungry or thirsty

Being left alone or ignored

Someone forgot that you need help and someone to keep you safe



Exploitation

When someone benefits by taking advantage of you.

Examples: a person asking for gifts or gift cards, borrowing or asking for money or favors.



Personal Rights

You have the right to...

keep your personal life



and your personal information private.

You decide who can look at your records.
You can look at them yourself.

You have the right to...
be treated with dignity & respect.



Give respect **Get** respect



You have the right to...

Be free from abuse, neglect, or exploitation.





**We all have human rights when we are born,
but we also have CIVIL Rights.**

Civil rights are legal rights. In the United States that means that you are protected against discrimination.

Discrimination means

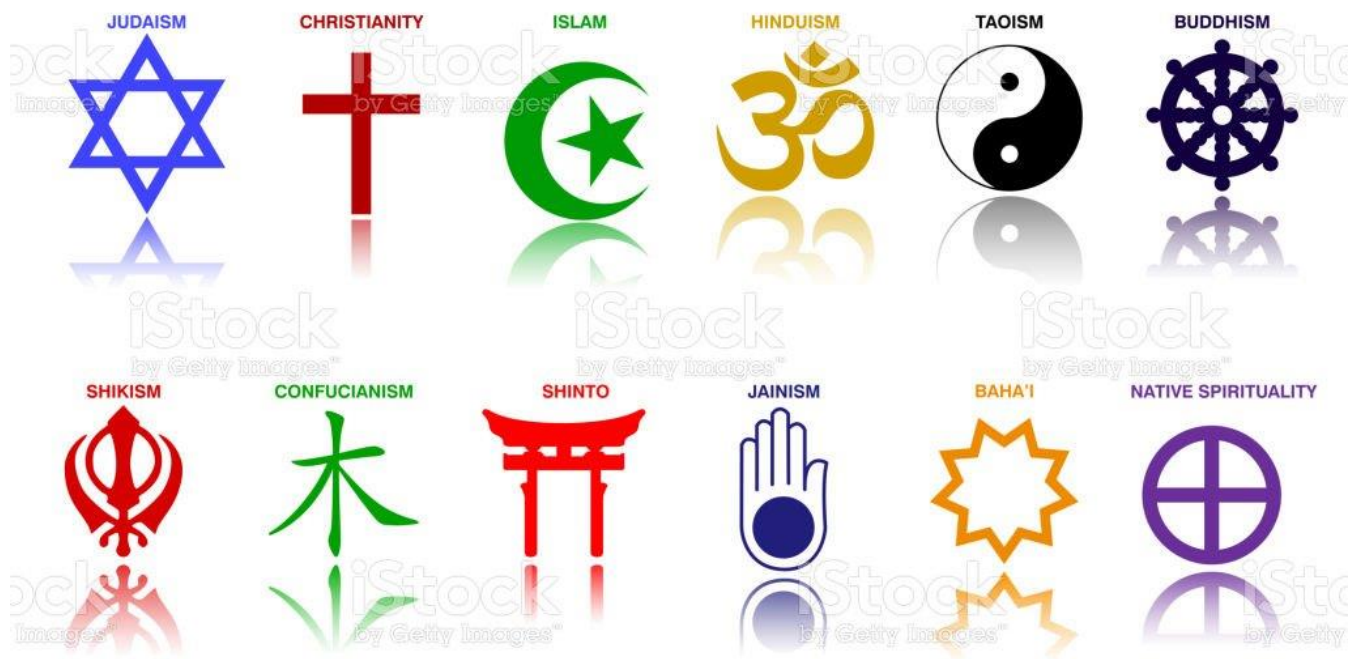
No one should treat you differently from others because of a certain thing about you, like your religion, age, gender, appearance, or disability.

Remember - there are laws and rules that everyone must follow. Like if your landlord says your apartment must be clean and safe, or safety rules at work or in the community.

Fundamental Rights

You have the right to....

Choose, and take part in your religion.



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You can choose to go to the church or service of your choice.

You have the right to....

VOTE and for the person you feel is best.



You have the right to earn and pay for licenses, like a CPR card, driver's license, or a marriage license, IF you can meet the requirements to earn them - just like every other adult.

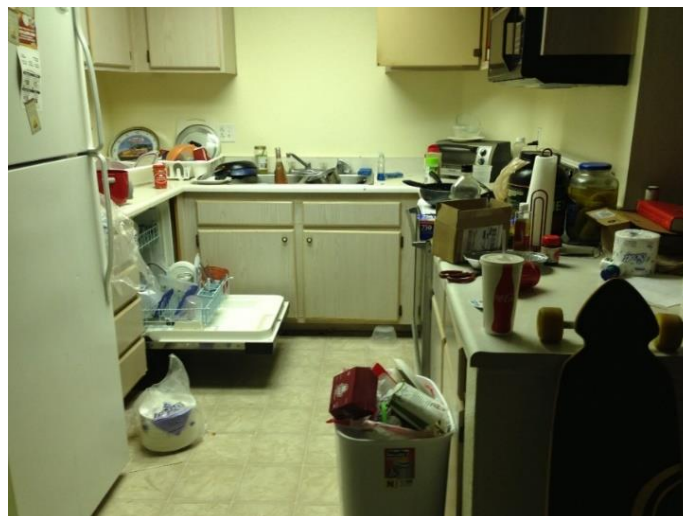


You can have things that you like and organize them the way you want to.



You do not have to put everything away, but sometimes you need to clean up after yourself to stay safe and be a good housemate.

It's important to be safe and to meet the rules for where you live - just like other adults must do.



You have the right to....

Have relationships, get married or divorced.



You have the right to sign contracts and be legally responsible.



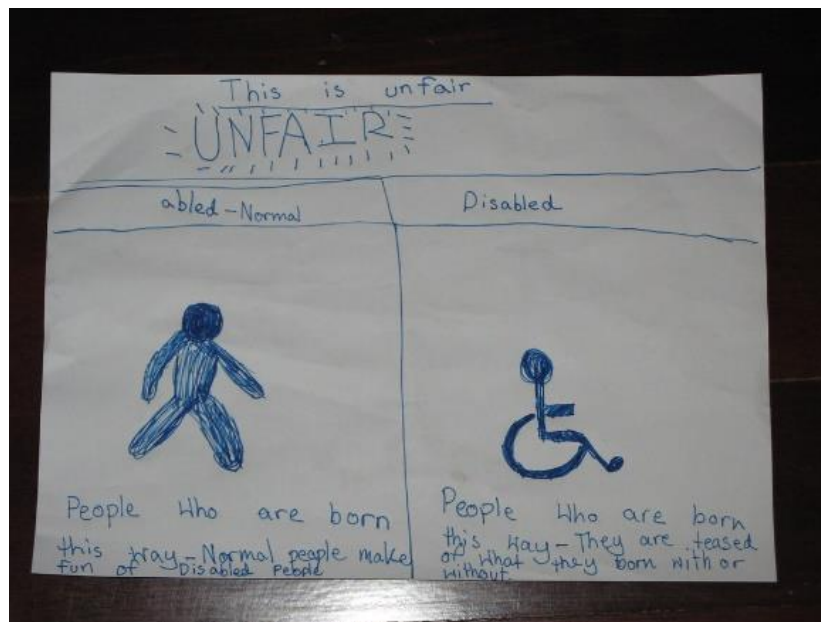
You can choose who your friends are and where you want to work and live. You should try to get as close to your dreams as possible.



Remember ...

All adults have the same rights.

You should not be treated unfairly for any reason.



You need to treat other people fairly too.

You cannot take someone else's rights away
Because you disagree or do not like
something.

Be respectful!

Treatment Rights

You have the right to,
have a plan for medical treatment.



You may have a Service Agreement
that explains your services and what you
can expect.

Service Agreement of 07/29/2022 on Mickey Mouse (1).pdf - Foxit PDF Reader

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HRST New Hampshire NH Bureau of Developmental Services

Service Agreement

Individual		Mickey Mouse	
Start Date	--	End Date	--
Waiver	Developmental Disability	Delivered by PDMS	

1. General Information

Meeting Date	07/29/2022	End Date	--
Start Date	--	Certification End Date	--
Certification Begin Date	--	Middle Name	J
First Name	Mickey	DOB	05/01/2000
Last Name	Mouse	Phone	603-3333333
Email	mickey2disney.com		
MID Number	2410928092840982509384		
Mailing Address	put in the address because it prints on the waiver		
Residential Address	1 Disney Lane	Residential City St. ZIP	Orlando FL, 91056
DUCK#	New Hampshire	Region	Reg 5 MDS
Waiver	Developmental Disability	Are these services delivered by PDMS?	

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You have the right to make your own decisions whenever you can.



I like



I don't like



Sometimes you may need help to make a decision. Talk to your parents, Service Coordinator or team.



You may have people you trust help you make different types of decisions.
That is called Supported Decision Making.
You make those arrangements.



You might decide to have a Power of Attorney help you make decisions, or make decisions for you if you are not able to at some time.



If you need more help to make safe and healthy decisions, a judge may have a person act as your guardian, and that person will make decisions with or for you.

You have a right to receive good treatment and services



Use services that promote your independence and do not restrict or take away your rights.



You can choose to accept services or say
no thanks.



The law says that...

you should be able to do things and go places in
your community just like other adults do as long as
you can afford to and can do them safely.



You should be able to have options about where you might want to live or work and choose the best one for you.

Sometimes it may not be exactly what you want, but you can choose from what is available.



You have a right to
to have privacy when you need it,



to be treated with dignity and respect,



and not be bullied or feel afraid.



You should be allowed to be as independent as you can be and to make your own choices about how you plan your day and who you spend it with

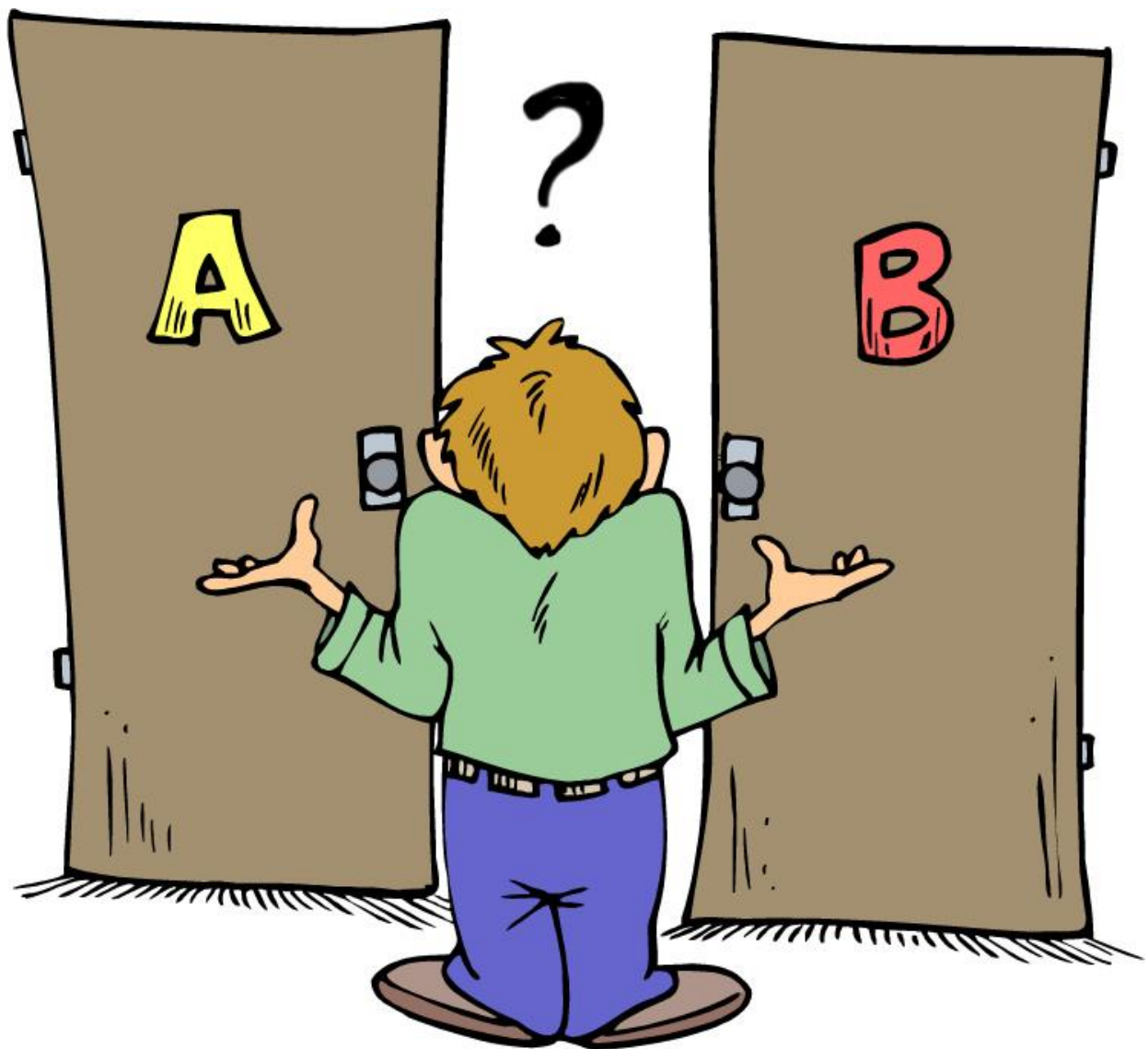


Sometimes you might need to be patient because there are some things you can't do or your favorite person is not available right now.

You can make choices about your services and supports and who provides them.

Monadnock Developmental Services or other agency

Traditional Services or Self Directed Services



If your provider owns/rents your home ... there are more things that the law guarantees.

You must have a lease or other legal agreement to protect your rights.



You can have privacy in and lock your bedroom door if you wish. (Your staff or providers must be able to unlock your door if there is an emergency).



It also means that you can have a key or a way to get into your home if you wish to go home.



You have the right to control your own schedule.



All adults have things they need to do but sometimes it is okay to change when, what and how you get them done.

“I’d rather take a walk today than go to the gym.”

“I need to clean the kitchen and go shopping, I think I will go shopping first.

You have the right to have food and drink when you are hungry or thirsty.



“I missed dinner, but I’m hungry now and I’d like an apple from the fruit bowl.”

“Thanks for cooking spaghetti but I’m really not hungry, I think I will just make a sandwich instead.”

You also have the right to have visitors any time, provided you are respectful to the others that you live and work with.

Just like other adults.



It's okay if there are rules - as long as the rules are fair and are the same for everyone where you live.

You can help by planning ahead and letting others know what you'd like to do.

Where you get your services and where you live must be physically accessible for you.



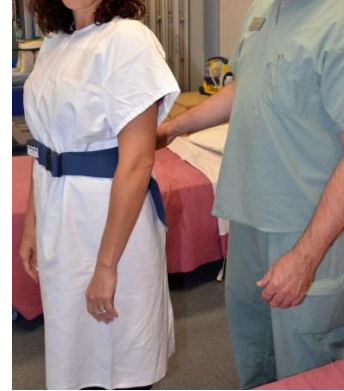
No one can take away your rights, or put restrictions on you unless.....



It is an emergency,
you are unsafe to yourself or others or have
broken the law.



If equipment is used to keep you safe, keep things from you or control which way you can go.



There must be a safety or medical reason.

A plan must be written. You, or your guardian (if you have one), your team and the Monadnock Developmental Services human rights committee must approve it.

It must be mentioned in your Service Agreement

Every year, your Service Coordinator and team must explain these rights to you.

Your annual meeting is a good time to do this.



People must explain things in a way that makes sense to you, and explain anything you may not understand.

That's what makes this book cool.

You also have the right to complain to others:



You can make the call yourself or ask your service coordinator or other trusted person to help you.

New Hampshire Bureau of Developmental Services (BDS)

Phone: 1-(855) 450-3593

The investigator will call you back

If the complaint is about abuse, neglect or exploitation - you should also call the Bureau of Elderly and Adult Services (BEAS) as well.

603-271-7014

If you have questions or want to learn more
Talk to your team or
Service Coordinator

This booklet was developed by:

Self-Advocacy Connections
“All About Us”

MDS Region 5
Self-Advocates

MDS Phone: (603)-352-1304

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Keene, NH 03431

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