

# KNOW YOUR RIGHTS



**REVISED AND PRESENTED BY THE STEERING AND QUALITY ASSURANCE COMMITTEES OF  
RESOURCE CONNECTIONS, INC.**

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*Adapted from: "Knowledge is Power" published by the Arc of Maryland*



## I HAVE THE SAME CIVIL RIGHTS AS ALL AMERICANS

RIGHTS	RESPONSIBILITIES (What I must do)
<ul style="list-style-type: none"> <li>I can vote</li> </ul>	<ul style="list-style-type: none"> <li>Learn about what I am voting on</li> </ul>
<ul style="list-style-type: none"> <li>I can't be arrested without cause</li> </ul>	<ul style="list-style-type: none"> <li>Learn and obey all laws</li> </ul>
<ul style="list-style-type: none"> <li>No one can keep me from doing something just because I have a disability</li> </ul>	<ul style="list-style-type: none"> <li>Speak up; tell people what I want to do</li> <li>Let someone I trust know if there is a problem</li> </ul>
<ul style="list-style-type: none"> <li>I can use the same services that other people in my community use (like stores, parks, doctors, my church)</li> </ul>	<ul style="list-style-type: none"> <li>Follow the rules for where I am</li> <li>Be polite and kind so people want me to be there</li> <li>Tell someone where I am</li> </ul>
<ul style="list-style-type: none"> <li>I have the same opportunities as everyone else</li> </ul>	<ul style="list-style-type: none"> <li>Tell people what I want</li> <li>Work with the people who are trying to help me</li> <li>Tell someone if my rights are ignored</li> </ul>



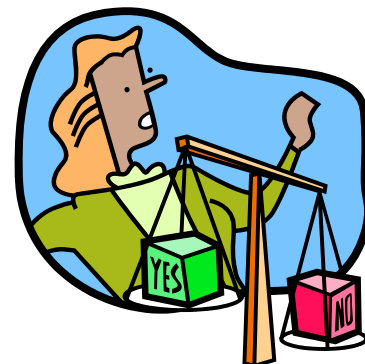
## I HAVE THE RIGHT TO BE TREATED WITH RESPECT & AS AN ADULT

RIGHTS	RESPONSIBILITIES (What I must do)
<ul style="list-style-type: none"> <li>▪ I can say “no” if someone tells me to do something that seems wrong to me</li> <li>▪ No one should hit, hurt, or scare me; I can get help if they do</li> <li>▪ Staff should not yell or shout at me</li> </ul>	<ul style="list-style-type: none"> <li>▪ Tell someone I trust if anyone tries to hurt me</li> <li>▪ Learn how to make good choices</li> <li>▪ Be polite; treat other people the way I want to be treated</li> </ul>








## I HAVE THE RIGHT TO “INFORMED CONSENT” (To have the information before I decide about a service)


RIGHTS	RESPONSIBILITIES (What I must do)
<ul style="list-style-type: none"> <li>▪ People must explain my services and help me to understand before I make a decision</li> <li>▪ I have the right to be told about all the choices available for me before I decide what services I want</li> <li>▪ That includes decisions about healthcare, what agency I want to help me, especially any service that affects my rights</li> </ul>	<ul style="list-style-type: none"> <li>▪ Ask questions, or just tell the person, if I don't understand</li> </ul>



**I HAVE THE RIGHT TO MAKE CHOICES**  
 (To be told about all options - “Most Integrated Setting”)

<b>RIGHTS</b>	<b>RESPONSIBILITIES</b> (What I must do)
<ul style="list-style-type: none"> <li>I can choose whether or not to take a job that is offered</li> </ul> 	<ul style="list-style-type: none"> <li>I must be able to do the job to get it</li> <li>Work hard to keep the job</li> <li>Do what the boss says to do</li> </ul> 
<ul style="list-style-type: none"> <li>I should choose who lives with me; and who I don't want to live with me</li> </ul> 	<ul style="list-style-type: none"> <li>Speak up!</li> <li>Be a good person to live with; treat the other people I live with the way I want to be treated</li> <li>Keep my space clean</li> </ul>
<ul style="list-style-type: none"> <li>I can choose which services I want, and which agency will work with me</li> <li>I can decide when and where my annual meeting should be</li> </ul>	<ul style="list-style-type: none"> <li>Learn about the services I can get</li> <li>Ask questions</li> <li>Work with the people who are trying to help me</li> </ul>
<ul style="list-style-type: none"> <li>I can choose which doctor I am comfortable with</li> </ul>	<ul style="list-style-type: none"> <li>Be able to afford the service or have insurance</li> <li>Tell the doctor what is going on with me, and try to do what the doctor says I should do</li> </ul>
<ul style="list-style-type: none"> <li>I can choose how to spend and save my money</li> </ul>	<ul style="list-style-type: none"> <li>Only buy what I can afford</li> <li>Get help to manage my money if I need it</li> </ul>
<ul style="list-style-type: none"> <li>I decide things like what to watch on TV, when to go to bed, what to eat, if I take a bath or a shower</li> </ul>  	<ul style="list-style-type: none"> <li>Think about other people in the house</li> <li>Go to bed early enough so I can get up for work</li> <li>Learn about and make healthy choices</li> <li>Be clean so other people will want to be near me</li> </ul>

## I HAVE THE SAME RIGHT TO RETIRE AS EVERYONE ELSE

RIGHTS	RESPONSIBILITIES (What I must do)
<p>After I turn 62:</p> <ul style="list-style-type: none"> <li>▪ I don't have to go to work anymore, and I don't have to go to a work program</li> <li>▪ My day services should be like what other senior citizens have</li> <li>▪ Or I can stay home if that's best for my health</li> </ul>	<ul style="list-style-type: none"> <li>▪ Learn about my choices</li> <li>▪ Learn about services for people who are retired</li> </ul> <div style="text-align: right;">  </div>



## I CAN DECIDE WHO SEES MY PERSONAL INFORMATION

RIGHTS	RESPONSIBILITIES (What I must do)
<ul style="list-style-type: none"> <li>▪ I have to give permission for people who are not on my team to see my file</li> </ul>	<ul style="list-style-type: none"> <li>▪ Find out who is asking to see my file, and why</li> </ul>
<ul style="list-style-type: none"> <li>▪ I decide if I want my picture used in newsletters</li> </ul>	<ul style="list-style-type: none"> <li>▪ Find out what kind of newsletter, to protect my privacy and good name</li> </ul>

**I HAVE THE RIGHT TO PRIVACY**

<b>RIGHTS</b>	<b>RESPONSIBILITIES (What I must do)</b>
<ul style="list-style-type: none"> <li>▪ I can lock my bathroom and bedroom door</li> <li>▪ Other people should knock before coming into my room</li> <li>▪ I have space where I can be alone with someone if I want</li> </ul>	<ul style="list-style-type: none"> <li>▪ Make safe choices</li> <li>▪ Respect other people's privacy</li> </ul>



**MY SERVICES MUST SUPPORT MY INDEPENDENCE**

<b>RIGHTS</b>	<b>RESPONSIBILITIES (What I must do)</b>
<ul style="list-style-type: none"> <li>▪ I decide what my goals are</li> <li>▪ My services are based on the goals I choose</li> <li>▪ My services are not more than I need</li> </ul>	<ul style="list-style-type: none"> <li>▪ Tell the people helping me what I want</li> <li>▪ Tell those people if I don't understand or don't want to work on the goals in my plan</li> <li>▪ Work hard to learn and grow</li> </ul>



## I HAVE ACCESS TO MY HOME AND COMMUNITY

RIGHTS	RESPONSIBILITIES (What I must do)
<ul style="list-style-type: none"><li>I control my personal money</li></ul>	<ul style="list-style-type: none"><li>Spend only what I can afford</li><li>Keep my money safe so it doesn't get lost</li><li>Learn how to use a budget</li></ul>
<ul style="list-style-type: none"><li>My home is where I enjoy my life; I can do things like cook, do laundry, have friends over, walk around my neighborhood</li></ul>	<ul style="list-style-type: none"><li>Learn how to do things safely</li><li>Keep my home clean</li><li>Ask for help when I need it</li><li>Respect other people I live with</li><li>Learn how to be safe</li></ul>
<ul style="list-style-type: none"><li>I control what belongs to me</li></ul>	<ul style="list-style-type: none"><li>Make safe choices</li><li>Take good care of my things</li><li>Only take or use my own things</li><li>Ask before using someone's else's stuff</li></ul>





## WHAT DOES IT MEAN TO BE “SELF- DETERMINED”?

**Freedom**...to make real choices...to live a meaningful life in the community

**Authority**...control over services...control over money to pay for services

**Support**...to use resources to make the life I want...that is necessary to live in the community

**Responsibility**...for using public dollars and resources wisely...using your services to be in charge of your life

### THINGS TO REMEMBER

- ✓ Tell people who support you what you want & need
- ✓ Say what you like and don't like
- ✓ Treat others the way you want to be treated
- ✓ Keep your job until you have a new job, unless you can afford to quit
- ✓ Pay your bills
- ✓ Follow safety rules
- ✓ Make healthy choices



### WHAT IF THERE'S A PROBLEM?

Tell someone you trust right away!

My Resource Coordinator is: \_\_\_\_\_ Phone: \_\_\_\_\_

**THANKS TO THE CONTRIBUTORS & EDITORS:**



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## RIGHTS REVIEW FORM

- ✓ I HAVE THE SAME CIVIL RIGHTS AS ALL AMERICANS
- ✓ I HAVE THE RIGHT TO BE TREATED WITH RESPECT and AS AN ADULT
- ✓ I HAVE THE RIGHT TO "INFORMED CONSENT"
- ✓ I HAVE THE RIGHT TO MAKE CHOICES
- ✓ I HAVE THE SAME RIGHT TO RETIRE AS EVERYONE ELSE
- ✓ I CAN DECIDE WHO SEES MY PERSONAL INFORMATION
- ✓ I HAVE THE RIGHT TO PRIVACY
- ✓ MY SERVICES MUST SUPPORT MY INDEPENDENCE
- ✓ I HAVE ACCESS TO MY HOME and COMMUNITY

The Rights listed above are explained in the booklet "Know Your Rights", along with an explanation of how to responsibly exercise those Rights. Review and discussion of the booklet was provided for \_\_\_\_\_

NAME

by \_\_\_\_\_ on \_\_\_\_\_.

NAME/RELATIONSHIP or TITLE

DATE(S)

Based on this review, I believe that this person: *(Check appropriate statement and sign)*

- Understood the content very well; ongoing review optional
- Understood most content; recommend continued review
- Attentive and interested, questionable understanding of content; continue review
- Showed minimal interest or understanding; ongoing review optional
- Demonstrated no interest or response at all; additional oversight recommended

\_\_\_\_\_  
Signature Title/Relationship Date

Also reviewed with family or other support person(s): \_\_\_\_\_