

AS AN ADULT WITH A DEVELOPMENTAL DISABILITY AND AS A CONSUMER OF SERVICES, I HAVE THE RIGHT TO:

Be treated as an adult human being

- be treated in a fair way
- be treated with respect
- not be teased, called names or hurt in other ways
- have friends
- go out and have fun
- have someone to love
- get married
- have children
- take care of my own money
- have control in my own home

Laws that protect me (like the Canadian Charter of Rights and Freedoms)

- not be discriminated against for things like being female or male, the country my family comes from, my skin color, my religious beliefs, who I choose to love or my disability
- get fair wages
- get the same things as everyone else who does the same job (for example, coffee and lunch breaks, medical benefits, vacation time and maternity leave)
- get the same medical services and care as other people

Make informed choices and decisions in my life

- make decisions and choices based on my feelings, beliefs and what is important to me
- be told enough things to help me decide (make an informed choice)
- take chances (risks) once I know what might happen
- decide what I do on my own time
- decide what I do with my own things
- decide how I plan for my future (what goals I set and what I want to talk about when I plan)
- choose to live on my own or with others
- decide who comes into my home
- choose the services I use
- have choices when I use services, including where I live, who I live with, what I eat, what changes happen in my home, what work I do, when I go to the bathroom, what doctor I go to, what my doctor does to me, and many other things
- make mistakes
- change my mind
- decide to stop using a service
- choose when I need support

Support

- get help, if I need it, with things like finding a place to live, making a budget and learning what I need to learn
- have staff and other supporters (like family and friends) who treat me nice (kind, polite and with respect)
- have supporters who are helpful
- not be told off by supporters
- hear good things, not just bad things, about myself from supporters
- have enough money from the government to buy the services and support I need
- get help with making decisions (from my guardian and others), if I need it
- get help with taking care of money (from my trustee and other), if I need it
- have a say even if I need help making decisions

Speak for myself and be listened to

- speak my mind and give my opinions
- talk about my rights
- show my feelings
- make complaints if I am not happy
- say "no"
- disagree with people
- have people listen to me when I talk
- have people try to understand me

Access

- get services in my community
- have good special (accessible) transportation, if I need it
- use seating for people with a disability on regular transportation, if I need it
- get around easier if I use a wheelchair (for example, ramps, curb cuts)
- be part of and have access to the community (things like jobs and recreation)
- go to school and to get the training I need to learn new things

Privacy

- spend time alone, if I want
- have people get my O.K. to go into my locker at work
- have people knock or get my O.K. before they go into my room at home
- use the telephone without someone listening to what I am saying
- have the choice of going out without telling others where I am going
- have things my doctor knows about me be kept between us, unless I need help to understand

Safety and Protection

- feel safe when I use services
- feel safe when I am out in the community
- not be hurt, attacked or have my things taken from me
- learn how to take care of myself

Good Services

- have service providers I can count on
- be helped when it's my turn in line
- be given the same service as everyone else
- ask questions if I need to know more
- get a different doctor if I want
- ask another doctor to check what my doctor said (get a second opinion)
- have doctors and dentists explain to me (not just to my parents, staff and others) why I need to have something done, what it will cost and what will happen if I get it done
- say "no" to medical care once I know what will happen if I say "no"
- be treated gently if I get medical care

I ALSO KNOW THAT EVERYONE ELSE HAS RIGHTS, SO I WILL...

- not do things that take away other people's rights
- treat other people the way I want to be treated
- be a responsible adult