

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

Act like an adult

- I am aware that everyone has the same rights and responsibilities regardless of age, ability, religion, race, gender, job/position or how a person looks
- Respect the rights of others
- Speak to others in a polite and nice way
- Treat others in a fair way and with respect
- To be honest
- To be a good friend
- To not hurt other people physically or with my words
- Not discriminate against anyone who is different than me

Be a citizen of my community

- Not break the law and if I do, I know that I will be treated the same as any other person who breaks the law, i.e. I will get a fine if I do not pay for riding on transit
- Only call 9-1-1 when there is an emergency
- Not hurt others or take things that do not belong to me
- Look for work if I am able
- Do a good job and work hard for the money I make
- Participate and study hard if I go to school
- Not take chances that place myself or others at risk of being hurt
- Not do anything that will take away the rights of others

Access and contribute to my community

- Help others understand what I need to access my community
- Be a friendly and helpful neighbor
- Contribute to my community in any way that I can

Keep myself and others safe

- Make good decisions that will keep me safe
- Tell someone if I feel unsafe
- Tell someone if I have been hurt or abused
- Let someone know where I am going so they do not worry
- Not to get into a stranger's car
- Not hurt others, damage their things or take things that do not belong to me
- Not go anywhere, for any reason, with someone that I do not know or my team does not know

Be a contributing member of my household

- Participate in making house rules together with everyone living in my home
- Help out with chores around my home
- Work hard to keep myself and my personal space clean, i.e. my body, my clothes, my bedroom

I CAN

- Wait until it is my turn to speak
- Talk about or show others what is making me angry
- Be angry without yelling, hitting, kicking or breaking things
- Close my door or go somewhere quiet if I want some alone time or privacy
- Ask my team questions about my service or support and any directions given to me

I WILL

- Make decisions about my own life
- Be accountable for my decisions and choices
- Ask for help if I do not understand my choices
- Know that if I make a bad decision, that I will have to work through the consequences
- Know that my staff are here to help me not to entertain me
- Know that other people have feelings too
- Let someone know if I want to make changes in my life, i.e. where I want to live, who I live with, etc.
- Tell someone if I am hurt or sick and need to see a doctor
- Let someone know when I do not want or need help
- Listen when I have asked for help or advice
- Listen to others when they speak and give their opinions
- Let someone know when I need time alone
- Respect others when they need time alone or privacy
- Knock before entering someone else's space
- Use the telephone in a respectful manner
- Follow directions given to me by my team, including taking my medications