



## Your Rights During the Coronavirus

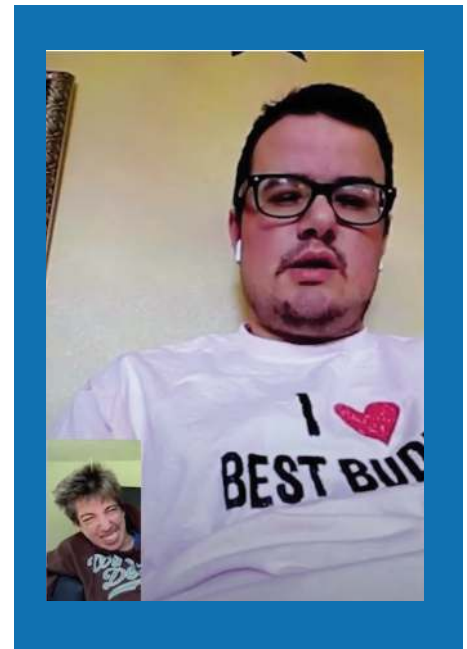
These can be scary times. This is a list of rights you have during the Coronavirus. Talk about these rights with your friends, family and people who support you.

### You have the right to get the help you need.

- You can get help from an advocate. An advocate is a person who helps people with disabilities. You can call Disability Rights Wisconsin at 800- 928-8778 or The Board on Aging at 800-815-0015 if you need an advocate.
- You can decide who will go with you if you have to go the hospital or see the doctor.
- You can have rules explained to you in a way you can understand. Tell someone if you do not understand.

### You have the right to connect with your friends and family.

- Your caregiver should help you use the computer or phone to see and talk to the people in your life.
- You can use the computer, phone, or iPad tablet in your home to say hello to people you want to talk to.
- If you do not have a computer, phone or iPad, you can ask your Care Manager, IRIS Consultant or care giver to help you get one.
- If you need help learning how to use a computer, phone, or iPad, you can ask your Care Manager, IRIS Consultant or caregiver how you can get help to learn.
- You can talk to friends and family without your staff in the room.
- If you want to see your family or friends, your caregiver can set up a way for you to say hello through a window or from a safe distance outside of your house. You can ask your care team to figure out what will be safest and fit your needs best.
- If you are upset that your friends or family can't visit you, your Care Manager, IRIS Consultant, or service provider should help you find a way to feel better.



**“I use [technology] for medication reminders... keeping myself safe... and meal planning”. – Matt**

# Your Rights During the Coronavirus

## You have the right to do safe activities.

- You can go outside and take a walk or get fresh air even if you need a caregiver with you.
- You can hang out with your roommates at home as long as no one is sick. You can have a meals together and watch TV together.
- You do not have to stay in your room alone all the time.

**“There are a lot of ways to stay connected”**  
– Kathryn

## You have a right to stay in your home.

- You have the right to stay in your house if you get sick. You do not have to move.
- You have the right to come back to the place you live if you have to go the hospital.
- If someone tells you that you have to move, you have the right to talk to the important people in your life like your family, friends, and caregivers before anyone makes you move. These people should help you.



## You have a right to be heard.

- You have the right to tell others how you feel. They should support you to express yourself.
- Sometimes people have trouble saying how they feel. You might feel angry and sad and act out strong feelings. No matter how you show your feelings, other people should not punish you.
- If you cannot tell people what you need with words, it is the job of your caregivers to figure out what you need and how to help you.

