# LIVING/WELL

**Healthy, Safe and Connected** 

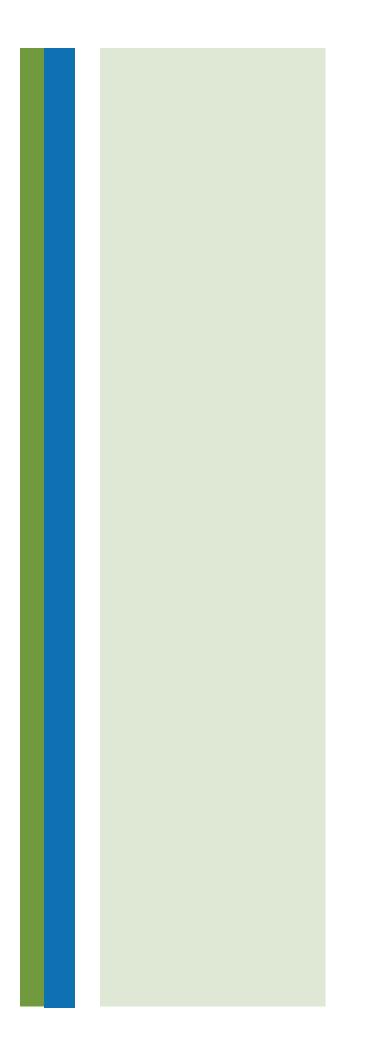
## Let's Talk About Rights: A Guide for Self-Advocates

V.9.22





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## **INTRODUCTION**

Rights are things that people can have or do. People with disabilities should be allowed to have and do all the same things as people without disabilities.

When people understand their rights, they have better lives! This book will help you learn about your rights and make plans to use your rights.

Rights are decided by International laws, United States laws and State laws. The rights we will talk about in this book are **your right to**:

	Protection within the law and within your services.		Go to school.
6	Control your money.	JOB	Get a job.
	Say what you want and to express yourself.		Rest and do things you like to do.
† <b>6 4 4</b>	Your faith beliefs.		Get medicine and help from doctors that you need.
	/ote.		Live where you want and with people you want.
(A)	Have privacy.	*	Choose the services you want.
	Falk to and be around the beople you want.		Decide your own schedule.
	Be free from people nurting you.	*	Make your own choices about life.
	Own the things you want.	ese are e them!	your Rights! Make a plan to

LET'S GET STARTED. LET'S TALK ABOUT YOUR RIGHTS.

# You have the right to protection within the law and within your services.

This means people are not allowed to discriminate or treat you differently than people without disabilities. It means you have the right to be heard. People should go through a process to help you



understand what is happening to you. They should treat you fairly. This can be in courtroom or with your services. This is called "due process" in a courtroom.

#### THINGS YOU CAN DO:

- Speak up when you are not happy with your services and if you don't understand why something is happening
- Take time to learn about all of your rights
- Be at all the meetings about you. Ask questions if you do not understand what people are saying or why things are happening

- Never discriminate against you or treat you different
- · Give you information in a way you can understand it
- Take time to help you learn about your rights
- Include you in your meetings
- Take the time to ask you questions and listen to you
- Support you to be more independent and use your rights

## **Protection Within the Law or Your Services**

Can you thin wanted to?	k of a time	in your life	e when yo	u have used	this right or
How can you	ı be suppor	ted to use	this right	?	

## You have the right to control your money.

You can know about your money. You can have it when you want. You can spend it how you want. Everyone needs to learn how to manage money. It takes longer for some people to learn how to manage money wisely. This is true whether they have a disability or not. Do you want to learn how to manage your money? People who support you can help you learn how to do this if you want to.

#### THINGS YOU CAN DO:

- · Learn more about your money and benefits
- Ask about the limits you have with your money. Ask who decided them and why they are there
- Speak up about what you want with your money
- Make plans with the people that support so you can learn

- Explain why you cannot have control of your money if your guardian has made this decision for you
- Not judge how you spend your money
- Support you to learn how to manage your money and benefits if you need help
- Help you learn how to keep your money safe
- Allow you to be more and more independent as you learn money skills



## **Control Your Money**

Can you think of a time in your life when you have used this right or wanted to?					
How can you be supported to use this right?					

## You have the right to say what you want and express yourself.

You have the right to think what you want. You have the right to say what you want. No one should stop you from saying what you want to say. And they should not punish you for expressing yourself.

You have the right to have private conversations. You have the right to use the phone or computer to express yourself.

#### THINGS YOU CAN DO:

- Speak up! Express your thoughts and ideas
- Learn about the self-advocacy
- Connect to a self-advocacy group
- Accept responsibility for what you do and say
- Learn to listen to others and hear what they are saying

- Take time to support you to say what you want
- Not speak for you
- · Listen to what you have to say
- Make sure you have the communication tools you need (device, sign language, picture book, etc.)
- Support you to be part of your meetings
- Help you learn about self-advocacy or join a group
- Encourage you to speak up!



## **Express Yourself**

Can you think of a time in your life when you have used this right or wanted to?					
ow can you be supported to use this right?					

## You have the right to your faith beliefs.

You can believe in God if you want. You can go to the church you want when you want to. You can also decide not to believe in God or go to church. You do not have to believe in something just because people who support you believe in it.

#### THINGS YOU CAN DO:

- Let people know if you want to go to church
- You can choose not to have a faith belief
- Find a church you want to belong to
- · Learn about different religions if you want to find something different
- Tell people if you do not want to go to church
- Respect other peoples' beliefs

- · Listen to you
- · Not judge you for what you believe
- Help you attend the church you want, when you want
- Help you learn about religions and churches





## **Faith Beliefs**

Can you t wanted to		ime in you	r life when	you have	used this	right o
How can y	/ou be sup	oported to	use this ri	ght?		

## You have the right to vote.

People 18 years and older have the right to vote. Some people with disabilities cannot vote because a judge has taken away this right. Sometimes this is done through guardianship. Sometimes it is because the person has done a serious crime. Even if this happens there are ways that people can get back their right to vote. And they can get support to vote even if they cannot read or write.

#### THINGS YOU CAN DO:

- Find out if you can vote
- If you cannot vote, find out why this right has been taken away from you
- Go to www.disabilityvote.org to learn more about voting
- Ask your guardian to help you get back your right to vote
- Learn about voting and who you want to vote for
- Vote in the way that makes you the most comfortable (absentee, in-person, early, with support, with an accessible voting machine)
- Respect other peoples' opinions

- Help you to learn about voting
- Support you to vote
- Respect your opinions



## **Vote**

	you think of a ti	me in your l	life when yo	ou have used	d this right o
How	can you be sup	ported to u	se this righ	t?	

## You have the right to privacy.

Privacy is when you want to keep information to yourself, spend time alone, or not have people read what you write.

No one should share information about you without you saying it is ok. You can ask to see the information people are saying or sharing about you. You do not have to share any information with staff, family members, friends, or other people that you do not want to.

People should knock on your door before they enter your house or the room you are in. People should let you be alone if you want when you are with someone or talking on the phone.

People should not read your mail, your messages or go through your things. You have can spend time alone when you want.

#### **THINGS YOU CAN DO:**

- Decide what you want private and let people in your life know
- Speak up when you want privacy
- Speak up if someone does not give you the privacy you want. If they do not listen, tell someone else who can help
- · Learn how doctors and service agencies share information about you

- Learn what you want private and how you want to be treated
- Never talk to other people outside the agency about you unless you give permission
- Never say bad things about you to other people or share information you do not want shared
- Help you learn about your privacy rights
- Always do personal cares in private places



## **Privacy**

Can you think of a time in your life when you have used this right or wanted to?
How can you be supported to use this right?

## You have the right to talk to and be around the people you want.

You can choose the people you want to be with. You can choose your friends. You can choose who you love. You can join the groups you want to. You can have the visitors you want at your house. No one should limit who you have connections with or the groups you belong to.

#### THINGS YOU CAN DO:

- Let people know who your friends and loved ones are
- Tell people if you want to meet new people
- Explore new activities and groups if you want to meet new people
- Learn about healthy relationships and boundaries
- Speak up if someone is keeping you from seeing someone you want to see

- Learn about who you want to see and when you want to see them
- Support you to spend time with your friends and loved ones
- Help you meet new people
- Help you join clubs and be part of activities you want to do
- Support you to learn about relationships and dating
- Not judge your decisions
- Give you privacy to spend time with friends or intimate partners



## Talk to or Be Around the People you Choose

	you think of a time in your life when you have used this right or nted to?
Ηον	v can you be supported to use this right?

## You have the right to be free from people hurting you.

No one has the right to hurt you or abuse you. Hurt and abuse can be physical, like hitting, slapping, or pushing. It can be emotional, like yelling at you, putting you down or calling you names. It can be sexual, like touching you where you don't want to be touched, making you touch the person, or having sex with you.

There are also other ways that people can be hurt. They can be neglected. This happens if family or staff don't feed you, clean you, give you the medicine you need or take care of you.

If someone is taking your money or your things, making you do things that are not safe, hurting your body, or causing you emotional problems, this is abuse. You have the right to report it and get help to get away from it.

#### THINGS YOU CAN DO:

- Learn what abuse means
- Ask people who support you who you should tell if something bad happens to you
- Speak up if people you tell don't believe you
- Call Disability Rights Wisconsin for help: 800-928-8778

## WHAT PEOPLE WHO SUPPORT YOU SHOULD DO:

- Support you to learn about abuse
- Explain to you how to tell someone if something bad happens to you
- Listen to you
- Support you to get the help you need to get away from the abuse
- Get help for you to talk to someone and feel better if something bad happens



## **Be Free From People Hurting You**

Can you wanted	u think of a I to?	time in yo	ur life whe	en you have	used this	right o
How ca	ın you be su	ipported to	o use this	right?		

## You have the right to go to school.

People with disabilities can go to school and get services they need to learn. Students with disabilities do not have to be in separate classrooms. The law says that schools need to help students with disabilities learn how to live and work in the community.

After leaving high school, people with disabilities can ask for accommodations to go to colleges and universities. There are more and more college options for intellectual and developmental disabilities.

#### **THINGS YOU CAN DO:**

- Decide what your goals are and if you want to take classes or go to college
- · Learn about your rights as a student
- Meet with the disability resource services at the college to ask for accommodations
- If you need help, speak up and ask the school, your family or support staff

- Support you to explore your goals and your school options
- Support you to learn about your rights and how to ask for accommodations
- Support you to find tutors or mentors



## **Go to School**

Can you think of a time in your life when you have used this right or wanted to?					
How can you be supported to use this right?					

## You have the right to get a job.

All people can have a job. All people can work, no matter what their disability is.

You can get a job you like. You can get a job you are good at. You should be paid the same amount of money that people without disabilities are paid. You can get a job in your community. You do not have to work in a work center for people with disabilities if you do not want to.

There are laws to keep people safe at work. There are also laws to keep people from being discriminated against at work. The Americans with Disabilities Act protects people with disabilities at work. The Workforce Innovation and Opportunity Act helps people with disabilities get jobs. It is important for self-advocates to know a little bit about these two laws.

#### **THINGS YOU CAN DO:**

- Learn about different jobs and decide what you like and don't like
- Try new things. When you do, tell people what you like and don't like
- Learn new skills that will help you keep a job
- Ask for support or accommodations to make you successful at your job
- Do your part to find a job. Don't wait for someone else to find it for you
- Speak up if you need help or do not understand something

- · Help you get services to get a job
- Talk to you about what you want to do for a job
- Help you learn about your job options
- Support you to learn skills that will help you keep a job
- Give you support on the job if you need it –
   this is called job coaching
- Help you understand how work can change your benefits
- Help you learn important laws about working



## **Get A Job**

Can you think of a time in your life wanted to?	when you have used this right or
How can you be supported to use	this right?

## You have the right to rest and do things you like to do.

People are happy when they have time to rest and do things they like. You have the right to decide how you spend your time. You can take vacation. You can do things in the community that you like. People who take care of themselves are healthier and happier.

If people are not supporting you to rest and do things you enjoy, ask them why. Speak up. Tell them what you want to do and ask them to support you.

## **THINGS YOU CAN DO:**

- Find hobbies and things you like to do
- Rest and take time to relax
- Exercise and get outside for fresh air
- Tell people if you are feeling stressed out
- Tell people what you want your day or week to be like

- Support you to find new activities and hobbies
- Support you to do things you chose
- Help you plan ahead
- Take you to do things in the community if you need support
- Support you to save money for vacation



## Rest and Do the Things You Like to Do

Can you think of a time in your life when you have used this right or wanted to?					
How can you	be supporte	ed to use	this right?	?	

## You have the right to get medicine and help from doctors.

Being healthy is important in life. If you need medicine or services to be healthy, you should be able to get them. You can make choices about your health. You can choose your doctors and the people who help with your medical needs.

Your health information should be private. If you need help making appointments or going to the doctor, you should be able to get support for that. You can also choose not to get medical treatment.

If people are telling you to take medicines or do treatments find out why. If you don't like it, let them know. Ask what else you could do.

#### **THINGS YOU CAN DO:**

- Learn about your disability and what you should do to be healthy (for example, what to eat and how much exercise to get)
- Learn about the medicines and treatments that can help you be healthy
- Choose the doctors and people who support your health
- Tell people what you want to do to stay healthy
- Ask for help if you are not feeling well

- Learn about your health needs and choices
- Support you to learn how to take care of yourself
- Support you to go to your medical appointments
- Keep your information private
- Respect your decisions



## **Get Medicine or Help from Doctors**

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low can you	ı be suppo	rted to us	se this righ	nt?	

## You have the right to live where you want and with people you want.

People get to choose where they live and who they live with. If you want to move out of your family's house, you can plan to do that. You can choose to live alone or with someone else.

People with disabilities have choices where they live. You can live in a group home with many other people. You can live in your own apartment. You can save money and buy a house. You can get support to live where you want and with who you want.

#### **THINGS YOU CAN DO:**

- Ask your family or staff to help you learn about different places you could live
- Think about your future and where you want to live
- Set goals and learn skills to be more independent
- Learn about how you can save money if you need money to move out or buy a house
- Ask people who support you to help you live where you want

- Support you to learn about the different places you could live
- Support you to make goals and learn new skills
- Look into housing resources with you
- Listen to you and help you plan to live where you want



## **Live Where You Want and With People You Want**

Can you think of a time in your life when you have used this right o wanted to?
How can you be supported to use this right?

## You have the right to choose the supports and services you want.

Everyone has a right to choose where they shop or get services from. This can include where you get a haircut, where you eat, and where you buy your clothes. It also means you can choose the services you get because you have a disability. You can choose who supports you. If you do not like a staff person, you should speak up and let the agency know.

#### THINGS YOU CAN DO:

- Talk to agencies about how they can support you before you agree to get support from them
- Tell people who support you where you want to shop, get your haircut, go to eat and more
- If they are not letting you go to those places, ask them why
- Tell your case manager if you do not like someone who is supporting you

- Learn about you and what you want
- Support you to shop and get services where you want
- · Explain why your choices might be limited
- Help you get other staff
  or services if you do not
  like the ones you have
  now



## **Choose the Supports and Services You Want**

Can you think of a time in your life whe wanted to?	n you have used this right or
	<del></del>
How can you be supported to use this i	right?

## You have the right to decide your own schedule.

Adults get to choose how they spend their day. You can decide when you go to bed. You can decide when you eat. You can decide the things you do and the places you go. You should have access to the places in your home and community that allow you to spend the day how you want.

If you work, your boss makes your schedule. But if you do not like the schedule, you can choose to find a different job. If you go to a day program, they might have a schedule, but if you don't like the schedule you can choose to do something else. You have choices.

#### **THINGS YOU CAN DO:**

- Make a list of the things you want to do every week
- Tell people who support you what you want to do
- Make a schedule for when you will do them
- Speak up if you do not like the schedule you have now
- Ask for help if you want help making a new schedule or finding new things to do

- Learn how you want to spend your time
- Support you to make a schedule
- Help you find new things and change your schedule if you want



## **Decide Your Own Schedule**

	ou think of a tied to?	ime in your	life when yo	ou have used	this right o
How	can you be sup	ported to u	se this right	t?	

## You have the right to make your own choices about life.

EVERYONE has the right to make choices about how they live and what they do. This is called Self-Determination. Even if you get help to make decisions or if you have a guardian, you have the right to be heard. You have the right to make decisions.

Making decisions – both big decisions and small decisions – come with risks. These can be big risks or small risks. People with disabilities have the same rights as everyone to take risks and chances. This right is called "Dignity of Risk."

Family members and staff who care about you might tell you that you can't do something. They do this because they want to keep you safe and protected. If you do not like it, there are things you can do to protect your right to make choices.

#### **THINGS YOU CAN DO:**

- Speak up. Tell people what you want and why you want it.
- If people tell you that you cannot do something, ask them why.
- Make informed decisions. This means finding out what ALL of your options are and picking the one that is best for you.
- Set your goals and work on them. Work hard and be patient and you will get there!

- Learn about you and what you want
- Support you to make informed choices
- Respect your decisions
- Explain why a choice might be limited
- Support you to work toward your goals



## **Make Choices About Life**

Can yo wanted	u think of a d to?	time in you	ur life whe	n you have	used this I	right o
How ca	an you be su	pported to	use this I	right?		

## You have the right to own the things you want.

You can shop for what you want. You can own a house and a car. You can buy the food and clothes you want. You can decide who uses or borrows your things. You can also get rid of or sell the things you do not want anymore.

#### THINGS YOU CAN DO:

- Decide what things are important to you and let people who support you know
- Buy things you choose
- Get rid of things you do not use or want anymore
- Decide who gets to use your things
- Learn about renting versus owning a home
- Learn about insurance and if you want to get it
- If you are told you cannot have something, ask why, and ask what you can do to get it
- Speak up if you do not agree with any limits put on you

- Learn about what is important to you
- Respect your decisions on what to buy, keep or get rid of
- Help you learn how to manage your money and spending if you need help
- Help you learn about renting or owning a home
- Help you learn about insurance
- If you they say you cannot have something, help you understand why and what you can do to get it
- Not put limits on you unless you are at risk and they talk to you about why



# Right to Own the Things You Want

Can you think of a time in your life when you have used this right or wanted to?
How can you be supported to use this right?

<b>Protection Within the Law and Within Your Services</b>				
Your Rights	I can do this alone	I need support	What kind of support do I need?	
Speak up when you are not happy with your services and if you do not understand why something is happening				
Take time to learn about all of your rights				
Be at all the meetings about you. Ask questions if you do not understand what people are saying or why things are happening				
	Contro	ol Your	Money	
Your Rights	I can do this alone	I need support	What kind of support do I need?	
			uo i liccu:	
Ask about the limits you have with your money. Ask who decided them and why they are there			uo i necu:	
with your money. Ask who decided them and why they			uo i necu:	

Say What You Want and Express Yourself				
Your Rights	S	I can do this alone	I need support	What kind of support do I need?
Speak up! Express your thoughts and ideas	(رر ک (۱۰ ک			
Learn about self-advocacy group				
Connect with self-advocacy group				
Accept responsibility for you can do and say				
Learn to listen to others a hear what they are saying				
Your Faith Beliefs				
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<b>骨</b> ⑤ (★ ☆ Your Rights		our Fait I can do this alone	th Beli I need support	efs What kind of support do I need?
Your Rights  Let people know you want to go to church		I can do	I need	What kind of support
Let people know you	S	I can do	I need	What kind of support
Let people know you want to go to church Find a church	S	I can do	I need	What kind of support
Let people know you want to go to church Find a church to belong to Learn about different	("Z + ©	I can do	I need	What kind of support

		Vote	
Your Rights	I can do this alone	I need support	What kind of support do I need?
Find out if you can vote			
If you cannot vote, find out why the right was taken away.			
Learn more about voting at www.disabilityvote.org			
Learn about voting and who you want to vote for			
Ask your guardian to help you get back your right to vote			
Vote in the way that makes you the most comfortable (absentee, in-person, early, with support, with an accessible voting machine			
Respect other peoples' opinions			

You have learned about your rights. You have learned that you have a lot of choices. Look over the pages and write down what is most important to you. Write down how you want your staff to support you. This helps you have your plan all in one place.

Have Privacy

	По	ive Pri	lvacy
Your Rights	I can do this alone	I need support	What kind of support do I need?
Decide what you want private and let people in your life know (			
Speak up when you want privacy ((	۲۰ ا		
Speak up if someone does not give you the privacy you want. If they do not listen, tell someone else who can help	00		
Learn how doctors and service agencies share information about you	Q		
Traveling to places I go often (for example, getting to work, stores, friends' homes)			
Talk 7	Го and be	Arou	nd People You Want
Your Rights	I can do this alone	I need support	What kind of support do I need?
Let people know who your friends and loved ones are	<b>.</b>		
Tell people if you want to meet new people	00		
Explore new activities and groups if you want to meet new people			
Learn about healthy relationships and boundaries	6		
Speak up if someone is	1.		

Be Free from People Hurting You				
Your Rights		I can do this alone	I need support	What kind of support do I need?
Learn what abuse means	Fo			
Ask the people who support you who you should tell if something bad happens to	7			
Learn who to call if you need help				
Speak up if people you tell do not believe you	(ارح ۲۰			
Choose To Go to School				
	C	choose	To G	o to School
Your Rights	C	l can do this alone	I need	What kind of support do I need?
Your Rights  Decide what your goals are and if you want to take classes or go to college	C	I can do	I need	What kind of support
Decide what your goals are and if you want to take		I can do	I need	What kind of support
Decide what your goals are and if you want to take classes or go to college  Learn about your rights		I can do	I need	What kind of support

Getting a Job				
Your Rights	I can do this alone	I need support	What kind of support do I need?	
Learn about different jobs and decide what you like and don't like				
Try new things. When you do, tell people what you like and don't like)				
Learn new skills that will help you keep a job				
Ask for support or accommodations to make you successful at your job				
Do your part to find a job. Don't wait for someone else to find it for you				
	Restin	g and	Activities	
Your Rights	I can do this alone	I need support	What kind of support do I need?	
Find hobbies and things you like to do				
Rest and take time to relax				
Find ways to exercise				
Tell people if you are feeling stressed out				
Tell people what you want your day and week to be like				

Get Medicine and Help From Doctors			
Your Rights	I can do this alone	I need support	What kind of support do I need?
Learn about your disability and what you should do to be healthy (for example, what to eat and how much exercise to get)	l		
Learn about the medicines and treatments that can help you be healthy			
Choose the doctors and people who support your health			
Tell people what you want to do to stay healthy			
Ask for help if you are not feeling well			
Live Where	You Wa	nt an	d With People You Want
Your Rights	I can do this alone	I need support	What kind of support do I need?
Learn about different places you could live			
Think about your future and where you want to live			
Set goals and learn skills to be more independent			
Learn about how you can save money if you need money to move out or buy a house			

You Can Choose Your Supports and Services			
Your Rights	I can do this alone	I need support	What kind of support do I need?
Talk to agencies about how they can support you before you agree to get support from them			
Tell your staff where you want to shop, get your haircut, go to eat and more			
If they are not letting you go to those places, ask them why			
Tell your case manager if you do not like someone who is supporting you			
Make Your	Own De	ecisio	n About Your Schedule
Your Rights	I can do this alone	I need support	What kind of support do I need?
Make a list of the things you want to do every week			
Make a schedule for when you will do them			
Speak up if you do not like the schedule you have now			

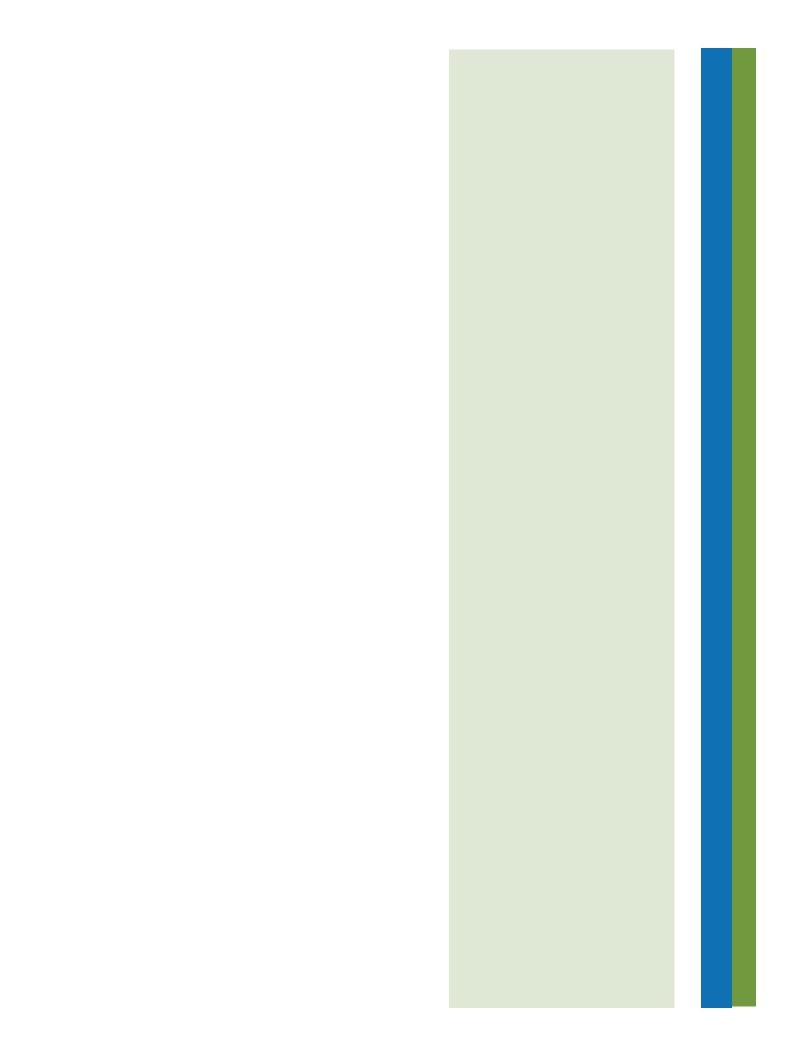
Make Your Own Choices About Life				
Your Rights  I can do this alone I need support do I need?  What kind of support do I need?				
Speak up. Tell people what you want and why you want it.				
If people tell you that you cannot do something, ask them why.				
Make informed decisions. This means finding out what ALL of your options are and picking the one that is best for you				
Set your goals and work on them. Work hard and be patient and you will get there!				

Own the Things You Want				
Your Rights		I can do this alone	I need support	What kind of support do I need?
Decide what things are important to you.				
Buy the things you choose.				
Get rid of things you do not use or want anymore.				
Decide who gets to use your things.	000			
Learn more about renting versus owning a home.				
Learn about insurance and if you want it.	Q			
If you are told you cannot have something, ask why and what you can do to get it.	?			
Speak up if you do not agree.	(ار کر ح			

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WISCONSIN BOARD FOR PEOPLE WITH DEVELOPMENTAL DISABILITIES





