

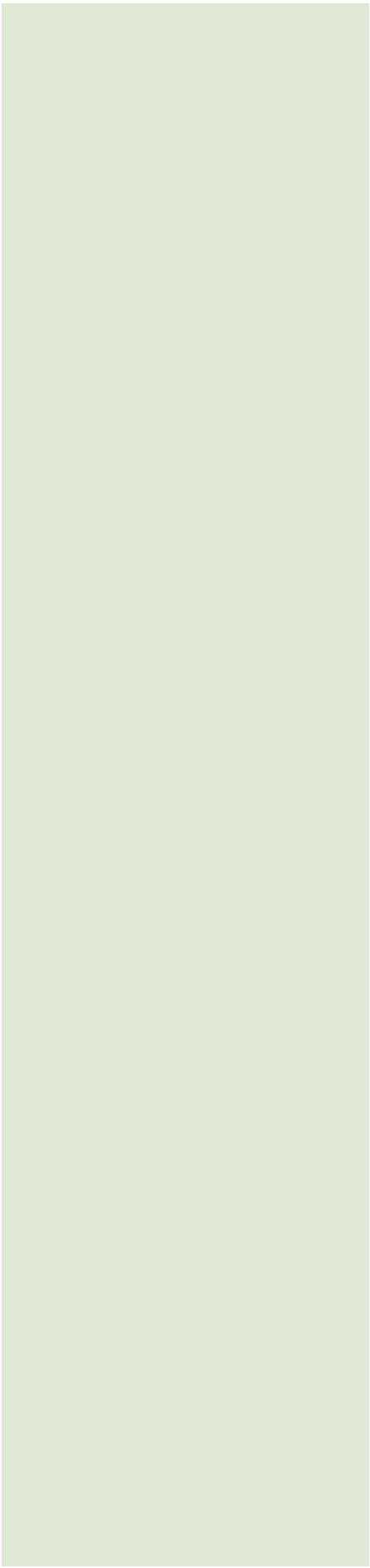
LIVING / WELL

Healthy, Safe and Connected

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

V.0623



















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**:

<input type="checkbox"/>	 Protection within the law and within your services.	<input type="checkbox"/>	 Go to school.
<input type="checkbox"/>	 Control your money.	<input type="checkbox"/>	 Get a job.
<input type="checkbox"/>	 Say what you want and to express yourself.	<input type="checkbox"/>	 Rest and do things you like to do.
<input type="checkbox"/>	 Your faith beliefs.	<input type="checkbox"/>	 Get medicine and help from doctors that you need.
<input type="checkbox"/>	 Vote.	<input type="checkbox"/>	 Live where you want and with people you want.
<input type="checkbox"/>	 Have privacy.	<input type="checkbox"/>	 Choose the services you want.
<input type="checkbox"/>	 Talk to and be around the people you want.	<input type="checkbox"/>	 Decide your own schedule.
<input type="checkbox"/>	 Be free from people hurting you.	<input type="checkbox"/>	 Make your own choices about life.
<input type="checkbox"/>	 Own the things you want.	These are your Rights! Make a plan to use them!	

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

THINGS PEOPLE WHO SUPPORT YOU SHOULD DO:

- 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



Check out our video on Protection within the Law and Your Services on the Self-Determination Channel!



Protection Within the Law or Your Services

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 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



THINGS PEOPLE WHO SUPPORT SHOULD DO:

- 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



Check out our video on Controlling Your Money on the Self-Determination Channel!



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

THINGS PEOPLE WHO SUPPORT YOU SHOULD DO:

- 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!



**Check out our video on Expressing Yourself
on the Self-Determination Channel!**



Express Yourself

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 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

• THINGS PEOPLE WHO SUPPORT YOU SHOULD DO:

- 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



**Check out our video on Your Right to Faith Beliefs
on the Self-Determination Channel!**



Faith Beliefs

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 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

THINGS PEOPLE WHO SUPPORT YOU SHOULD DO:

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



Check out our video on Voting on the Self-Determination Channel!





Vote

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 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

THINGS PEOPLE WHO SUPPORT YOU SHOULD DO:

- 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



Check out our video on Privacy on the Self-Determination Channel!



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

THINGS PEOPLE WHO SUPPORT YOU SHOULD DO:

- 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



Check out our video on Being Around the People You Choose on the Self-Determination Channel!



Talk to or Be Around the People you Choose

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 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



Check out our video on Being Free from People Hurting You on the Self-Determination Channel!

Be Free From People Hurting You

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 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

THINGS PEOPLE WHO SUPPORT YOU CAN DO:

- 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



Check out our video on Going to School on the Self-Determination Channel!



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

THINGS PEOPLE WHO SUPPORT YOU CAN DO:

- 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



Check out our video on Getting a Job on the Self-Determination Channel!



Get A Job

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 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

THINGS PEOPLE WHO SUPPORT YOU CAN DO:

- 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



Check out our video on Resting and Doing the Things You Like on the Self-Determination Channel!

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 supported 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

THINGS PEOPLE WHO SUPPORT YOU CAN DO:

- 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



Check out our video on Getting Medicine or Help from Doctors on the Self-Determination Channel!



Get Medicine or Help from Doctors

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 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

THINGS PEOPLE WHO SUPPORT YOU CAN DO:

- 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



Check out our video on Living Where You Want and With Who You Want on the Self-Determination Channel!



Live Where You Want and With People 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?

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

THINGS PEOPLE WHO SUPPORT YOU CAN DO:

- 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



Check out our video on Choosing the Supports and Services You Want on the Self-Determination Channel!

Choose the Supports and Services 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?

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

THINGS PEOPLE WHO SUPPORT YOU CAN 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



Check out our video on Deciding Your Own Schedule on the Self-Determination Channel!



Decide Your Own Schedule

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 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!

THINGS PEOPLE WHO SUPPORT YOU CAN DO:

- 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



Check out our video on Making Choices on the Self-Determination Channel!

Make Choices About Life

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 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



THINGS PEOPLE WHO SUPPORT YOU SHOULD DO:

- 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



Check out our video on Owning the Things You Want on the Self-Determination Channel!

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?

MY RIGHTS ACTION PLAN

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.






Protection Within the Law and Within Your Services

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 			















Control Your Money

Your Rights	I can do this alone	I need support	What kind of support do I need?
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 who support you to learn money skills 			

MY RIGHTS ACTION PLAN









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.

 Say What You Want and Express Yourself				
Your Rights		I can do this alone	I need support	What kind of support do I need?
Speak up! Express your thoughts and ideas				
Learn about self-advocacy group				
Connect with self-advocacy group				
Accept responsibility for you can do and say				
Learn to listen to others and hear what they are saying.				

 Your Faith Beliefs				
Your Rights		I can do this alone	I need support	What kind of support do I need?
Let people know you want to go to church				
Find a church to belong to				
Learn about different religions.				
Tell people you do not want to go to church				
Respect other peoples' beliefs				













MY RIGHTS ACTION PLAN

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 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 			

MY RIGHTS ACTION PLAN

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 Have Privacy			
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 			
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 			
Traveling to places I go often (for example, getting to work, stores, friends' homes) 			
 Talk To and be Around 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 			
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 			

MY RIGHTS ACTION PLAN

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.



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 			
Ask the people who support you who you should tell if something bad happens to you 			
Learn who to call if you need help 			
Speak up if people you tell do not believe you 			















Choose To Go to School

Your Rights	I can do this alone	I need support	What kind of support do I need?
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 disability resources at the college to get accommodations 			
Speak up and ask for help 			







MY RIGHTS ACTION PLAN






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.

 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 			
 Resting 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 			

MY RIGHTS ACTION PLAN

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.

 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) 			
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 Want and 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 			

MY RIGHTS ACTION PLAN

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.






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 Decision 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 			










MY RIGHTS ACTION PLAN

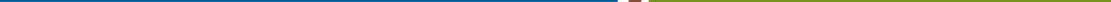
You have learned about your rights. You have learned that you have a lot of choices. Look over the pages and write down what is most important to you. Write down how you want your staff to support you. This helps you have your plan all in one place.

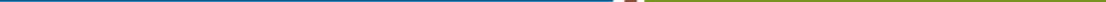
 Make Your Own Choices About Life			
Your Rights	I can do this alone	I need support	What kind of support do I need?
Speak up. Tell people what you want and why you want it. 			
If people tell you that you cannot do something, ask them why. 			
Make informed decisions. This means finding out what ALL of 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! 			

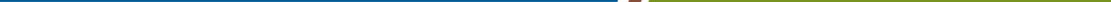
MY RIGHTS ACTION PLAN

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 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. 			
Learn more about renting versus owning a home. 			
Learn about insurance and if you want it. 			
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. 			

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This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

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