



My Life,

My Rights,

My Way!

A Human Rights Training for Self-Advocates

What are we talking about today?



- Dignity
 - Self-determination
 - Our human rights
 - Exercising our human rights
 - Restrictions placed on our rights
 - Who can help me to learn more about my rights?
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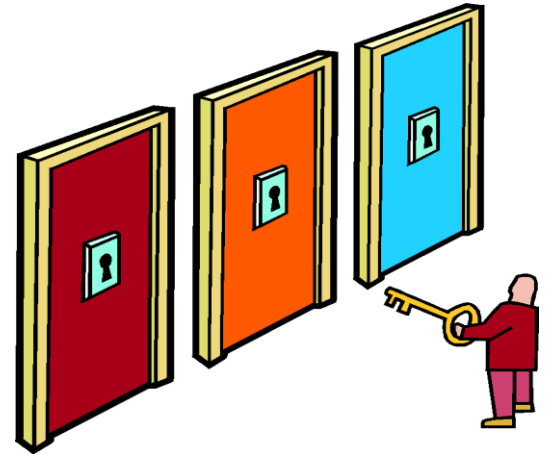
My Services



The services I receive should promote human dignity and self-determination.

My Services Should:

- Meet my needs
- Help me to develop skills
- Help me to increase my independence
- Support me to make independent choices



What is dignity?



- When I respect myself
 - When I have confidence in myself
 - When I am proud of what I can do
 - When other people admire me and treat me with respect
-

I know I am respected when:

- People treat me like I am important
- People pay attention to me
- People listen to me and look me in the eye
- People don't interrupt me when I am talking
- People don't try to finish my sentences
- People care about what I think



Let's say this together...

I am a person

I have confidence in myself and in my abilities

People should have confidence in me

I respect myself

People should treat me with respect

What is Self-Determination?



Freedom to do things and make
decisions about my life

Freedom to live as I choose

Let's say this together...

It's my life

I know what I want

I make my own decisions

Ask me

Listen to me

I choose

These are my Rights:

- I get the services and support that I need
- Where I live is my home
- I am a part of my community
- I choose activities that I like
- I wear the clothing that I want
- I keep my own stuff
- I eat healthy food that I like
- I talk to the people I want to
- I get privacy
- People can visit me



- My services and supports should be explained to me so that I understand what's going on.
- People should be respectful when communicating with me.
- I should be treated like the adult that I am.



Services and Supports

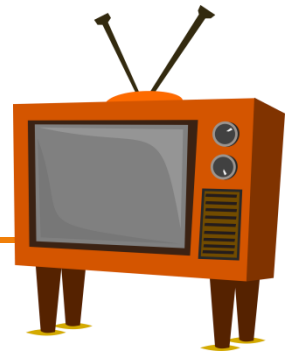
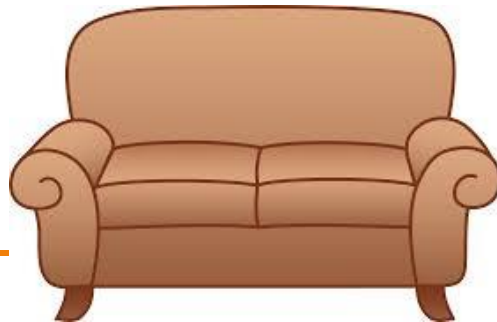
What can I do?



- Read the plans people write about me
 - Ask questions
 - Ask people to explain what I don't understand
 - Ask for changes if I don't agree
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Home

- My home should be located in a safe neighborhood.
- My home should be comfortable and nicely decorated.
- My bedroom should be decorated the way that I want.

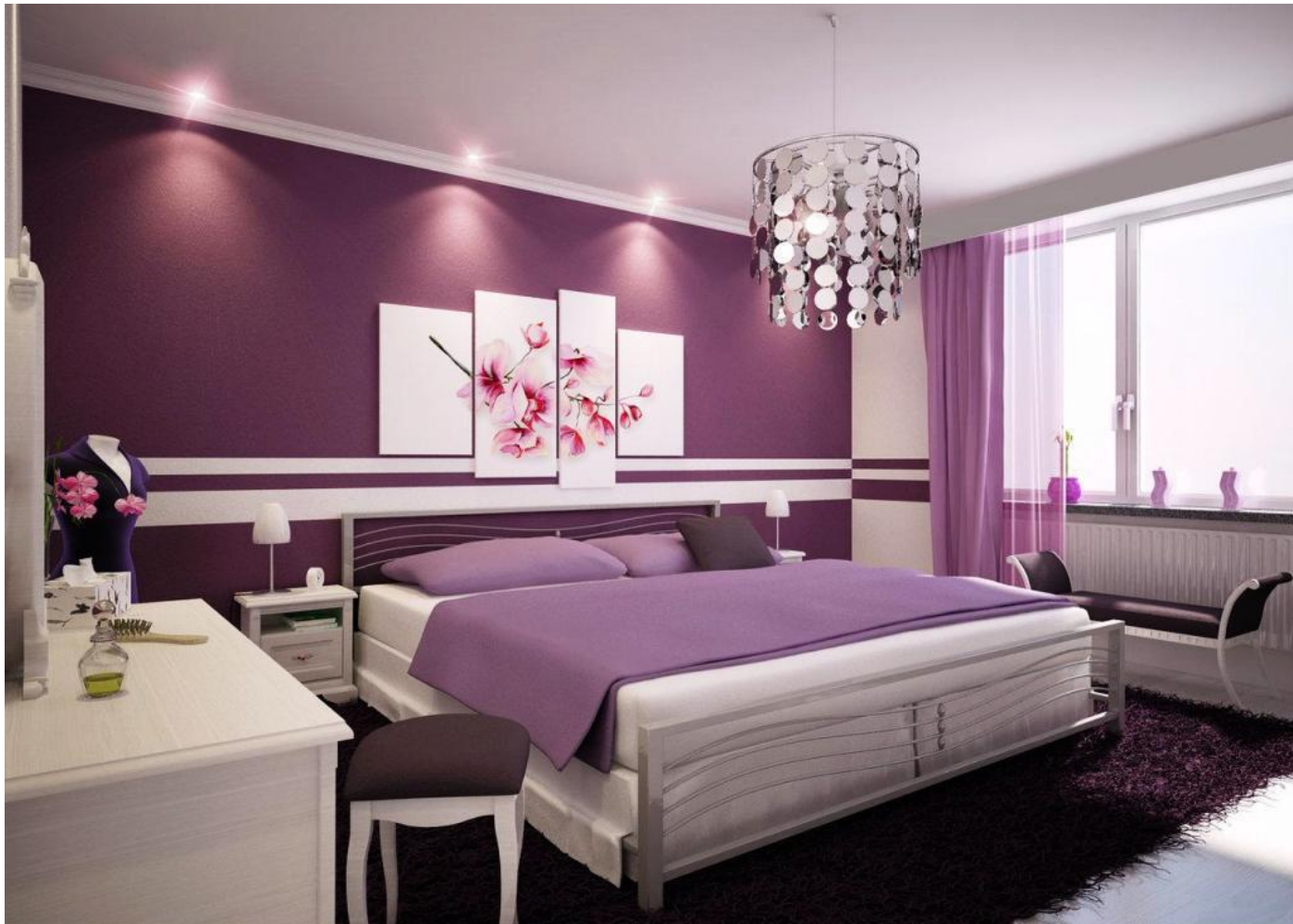




Do I like this bedroom?

Do I like this bedroom?





Do I like this bedroom?

What can I do?

- Think about what I want my room to look like
- Look through magazines
- Go online to download pictures
- Take pictures of the displays at stores like Ikea and Jordan's Furniture
- Buy the things I need
- Decorate my room the way I want
- Ask for help if I need it





Community

- I should be familiar with the community I live in.
 - I should be a part of my community.
 - I should have opportunities to meet other people living in my community.
-

What can I do?

- Take a ride around the neighborhood
- Write down the names of places I would like to visit
- Make a map of the neighborhood
- Be friendly and say “hello” to neighbors
- Search online or in the newspaper for events happening near me
- Ask for help finding events and opportunities to meet people



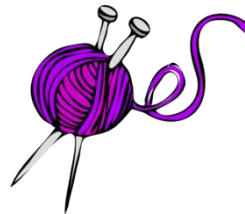
My neighborhood



Activities



- I should be able to participate in activities I like.
- I should have opportunities for exercise and fun each day.





Sometimes, people choose to participate in risky activities like skydiving and jet skiing. I should be able to participate in these types of activities, too, as long as I am safe.

What can I do?

- Create a list of activities I would like to participate in
- Go online and search for “fun things to do in _____”
- Ask for ideas
- Come up with a schedule and plan for participating in these activities
- Discuss my schedule and plan with my caregivers, family, friends and my ISP team

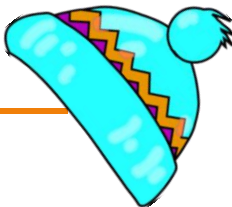




Clothing



- What I wear is my choice.
- I can shop for my own clothes and pick out what I think looks good.
- My caregivers should support me to make sure my clothing is always neat and clean.
- I should have clothes for every season.



What can I do?

- Look online and in magazines for fashion ideas
- Window shop
- Try on different things
- If I see someone wearing something I like, it's okay to compliment them and ask where I can find the same thing
- Ask for opinions (if I want them)





What is my most prized possession?



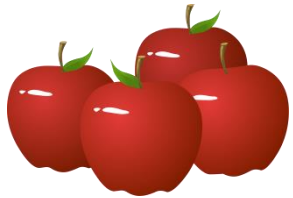
Possessions

- If I buy something, then it's mine.
- I can use my possessions whenever I want to.
- I should have a place to store my possessions, where I can get to them when I want them.





- My kitchen cabinets and refrigerator should be full of foods that are good for me.
- I should help with the grocery shopping so that I can buy the foods and drinks I like.
- Sometimes, I want to eat cookies and ice cream and that's okay.



Nutrition

What if my doctor puts me on a diet?

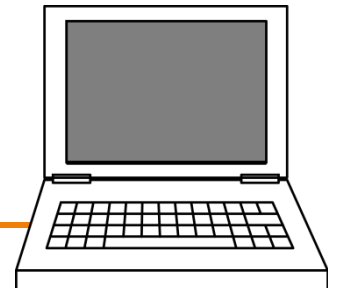


- A doctor usually makes a recommendation that will help me to be healthy.
 - I can choose whether to follow his or her advice.
 - If my doctor makes a recommendation I don't agree with, I should discuss it with him or her (and with my team) and try to come up with something I can follow.
-

Communication



- I should always be able to contact the people I want to talk to.
- I should have privacy whenever I'm using the phone, texting, sending email, using social media or any other form of communication.



- No one should post my picture online or in any place outside of my own home without my consent.
- No one should give my address to anyone without my consent.

Privacy



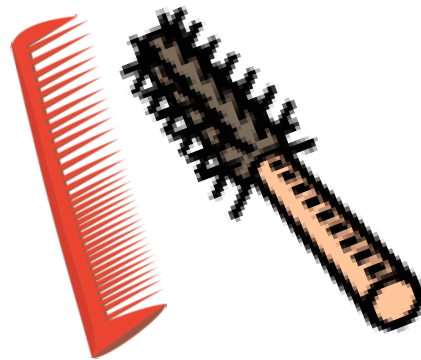
Privacy



- I should have privacy when I sleep.
- I should also have privacy when I am taking care of my hygiene, getting dressed, and using the bathroom.



- If I need help with hygiene, getting dressed or using the bathroom, I should feel comfortable with the staff person who is helping me.
- If I am uncomfortable with a particular staff helping me, then someone else should step in to help.



Privacy



Visits

- I should be able to have visitors in my home.
 - If a visitor comes to see me, then staff should find me to ask if I want that person to come in.
 - I should have privacy when visitors come to see me.
 - I should also be able to have visitors in my bedroom.
-

What are restrictions?

- Restrictions are limitations or controls placed on someone or something.
- Sometimes, our rights may be limited to keep us safe.
- Those who support me should make sure that any restrictions are the LEAST restrictive ones.



Example

I have the right to have visitors.



...but what if my friend shows up at the house and is drunk and threatening to hurt me?

I have the right to use the telephone.



...but what if I use the phone to call 911 a lot,
just because I like to, and when there really is
no emergency?

Example

I have the right to use my possessions when I want.



...but what if I wanted to use my iPad to get on the internet to contact strangers and invite them to my house?

Example

Before a restriction is official, this is what must happen:



- I (or my guardian) must give consent
- My ISP team must approve
- The Human Rights Committee must approve
- My doctor (sometimes) has to approve

Restrictions

What can I do?



- I can ask questions about why the restriction is necessary.
 - I can help the team to develop a plan to get rid of the restriction.
 - I can talk to my Human Rights Advocate if I don't feel the restriction is necessary.
-



My Responsibilities

- Know my rights
- Know who to go to for help
- Speak up to let others know what I need
- Be active in my services and supports

Speak Up

My Responsibilities



- Treat others with respect
 - Understand that I share my home or space with others
 - Use my possessions in legal, safe and proper ways
 - Understand that I may have to wait for some of the things I want
-

I must also understand that my choices have consequences

Choice	Consequence
If I stay awake all night...	I may be too tired to go to work the next day.
If I spend all of my money on cigarettes...	I may not have enough money to go to the movies with my friends.
If I don't do my laundry...	I may not have clean clothes to wear when I want to go out.

Who can help me?

- Human Rights Officer (Advocate)
 - Human Rights Coordinator
 - Human Rights Specialist
 - Staff
 - Service Coordinator
 - Family member
 - Friend
 - Someone I feel comfortable with
-



Who else can help me?

Department of Developmental Services
Office for Human Rights

Director's Office: (617) 624-7738

Human Rights Specialists

Central/West Region: (413) 205-0892

Northeast Region: (978) 774-5000 ext. 528

Southeast Region: (508) 866-8916

Metro Region: (781) 788-5261

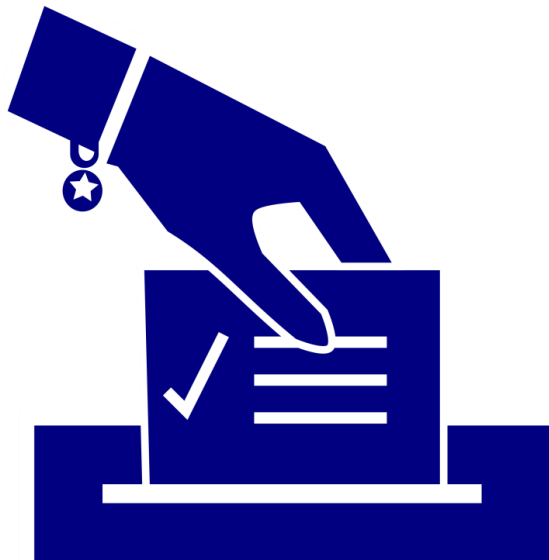


Frequently Asked Questions



- The answers to the following questions may be different for someone who needs more support or assistance with safety.
 - If these answers are not true for me, then I should notify my Human Rights Advocate and then contact my Service Coordinator to find out why.
-

Do I have the right to vote?

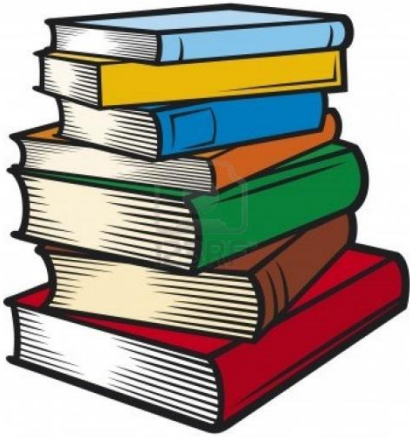


YES!

- if I am a US citizen
 - if I have registered to vote
-

...but what if I have a guardian?

- Most people who have a guardian can still vote.
 - Check your guardianship decree. If it doesn't say you can't vote...then YOU CAN.
-



Can I go to school?

YES!

- if I have the money to pay for tuition and expenses
 - if I apply and get accepted
-

Can I get a job?

JOB OPENINGS



YES!

- If I apply and get hired

Can I buy a car and a house?

YES!

- if I have the money to buy them
- if all other necessary bills are paid



**Do I have the right to have a
girlfriend or boyfriend?**

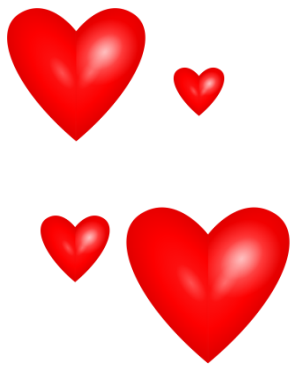


YES!

YES!

YES!

I can even get married!

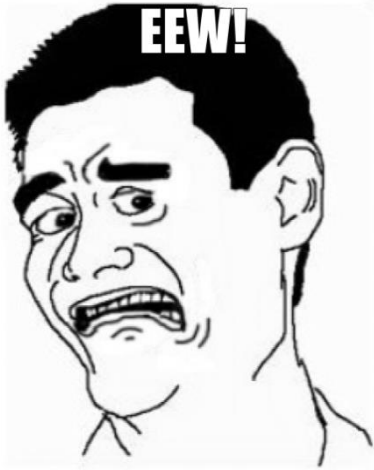




Can I have a pet?

YES!

- if I have the money to buy one
 - if I (not my staff) am able to care for the pet
 - food & water
 - medicine/vet visits
 - cleaning
 - if my landlord agrees
 - if my housemates agree
-



**Do I have to eat what
my staff made for
dinner?**

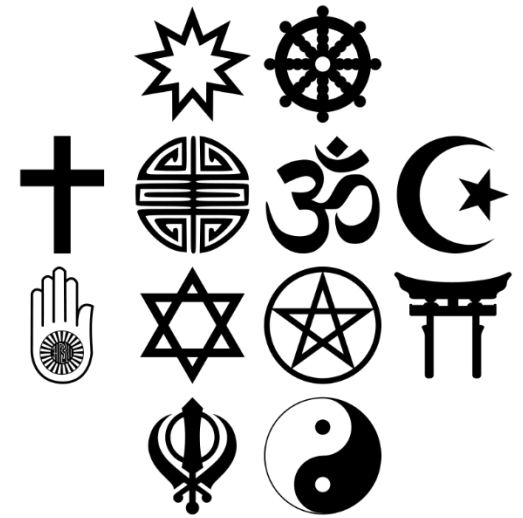
NO!

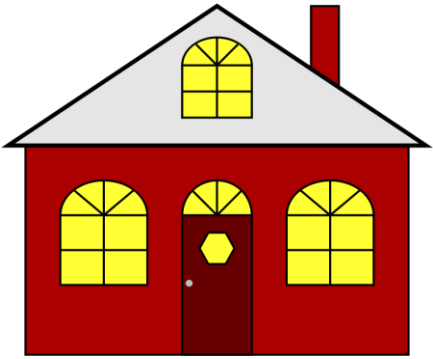
- I should eat what I want.
 - I should be offered something different.
 - If I can, I should be involved in the cooking, so that I can make sure my meals are prepared the way I want.
-

If my staff don't practice the same religion as me, do they still have to take me to my church?

YES!

- My staff are paid to support me, and to help me to get the things I need.
- I should be supported to get to my place of worship.






**What if I don't like my house.
Can I move?**

YES!

- if there is an available room in a house that meets my needs
 - I should bring this up at my ISP meeting
-



If your question was not included in
this presentation, then contact your
Human Rights Advocate.

That person can help you to get the
answers you need.

Thank you.
