

My Rights



This is the property of:

Page 2

*We would like to offer our Special
Thanks to the WNYDDSO.
We followed their format to create this
booklet.*

– Melissa Vennard Human Rights Committee Chairperson

Allegany Arc

My Rights

This is the property of:

My Rights and Responsibilities

Introduction

Every effort should be made to inform the individual of his or her rights in a manner which corresponds to their levels of understanding. Staff, family or friends should use teachable moments to facilitate the expression of individual rights.

As citizens of the United States, we all have certain inherent rights. Persons living under the support of Allegany Arc maintain all of those same rights. It is the policy of Allegany Arc that no person shall be deprived of any civil or legal right guaranteed to all persons solely because of a diagnosis of a developmental disability. All shall be given the respect and dignity that is extended to every person regardless of race, religion, national origin, creed, age, gender, ethnic background or other disability. Everyone shall be provided with privacy and confidentiality in all aspects of their lives.

Person(s) receiving services, along with their families, friends, and staff must be kept informed of those rights and how to exercise them. Within the pages of this guidebook are some examples of the rights and responsibilities which belong to all of us.

People need to know what their rights and responsibilities are, and how to exercise those rights and responsibilities. They also need to know what to do when their rights have been violated.

We all need more information about our rights. Sometimes we don't know how to find that information, we are not sure what questions to ask or whom to ask.

One way to learn more about your rights is to read this guide book. It is written to help you understand your rights. There may be words and pictures which you do not understand. Please ask someone to help you; a friend, a staff person or a family member.

In learning about our rights, we must also learn about our responsibilities. When we make our own choices, we are responsible for them. Rights and responsibilities go together.

Example: If you agree to do a job, you have the responsibility to do the work.

Making choices is not always easy and making decisions can sometimes be very frightening. But, remember, mistakes can happen, they happen to everyone and that is why you have the right to make your own mistakes. It is part of the way you learn. When you make your own choices, you are responsible for them, and it is always a good idea to talk to people when you have an important decision to make.

Talk with people you trust.

People have the same rights, and they also have responsibilities. Individuals may have personal property; they should take care of it, and protect it from theft or loss to the best of their ability. People should know the laws. They may be held responsible if they deliberately hurt another individual or if they destroy or steal property. They may need to be responsible for replacement costs. They must respond to summonses, warrants and subpoenas.

A person may not use his or her rights to justify actions which may harm the health, safety, welfare or morals of others.

Common sense tells us there are exceptions to the general rule that all rights have equal importance.

Being responsible means being trusted.

Responsible people know what their own rights are and respect the rights of others.

If we show respect for each other we make our community a good place for all to live.

Implementation of many of your rights entails inherent risks, such risks shall be described to you and your parents, guardians, advocate or correspondent.

Some rights may need to be adapted to meet the needs of certain people whose need for protection, safety and health care will justify such adaptation. For other individuals, rights may have to be limited. To limit your right, there must be a specific reason and a specific time for this limit.

My Right:

I have the right to a clean and safe environment.

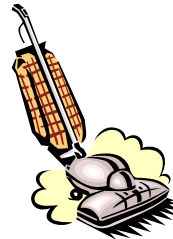


My Responsibility Is:

To keep my own things picked up and put away.



To do household chores, to the best of my ability. To keep my home clean.



My Right:

I have the right to be free from physical and psychological abuse and mechanical restraint.



I have the right to be protected from exploitation and manipulation.



My Responsibility Is:

To be polite and courteous to others and to try to the best of my ability to work out my problems without hurting others.



My Right:

I have the right to good health care, and the opportunity to get a second opinion.



To be free from receiving too much medication I do not need.



To have information about CPR and Health Care Proxy decisions.



My Responsibility Is:

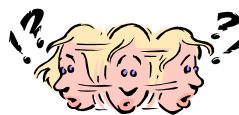
To take my prescribed medications, to the best of my ability.



To bathe and do my other personal, daily hygiene activities.



To ask questions about my medical care and to form good health habits.



My Right:

To have all my personal records held in confidence, including HIV information, and not to have it released without permission.



To be treated with dignity and respect.



My Responsibility Is:

Not to talk or complain about others in a harmful or hurtful way.



My Right:

To participate in the development of my program plan and the right to express grievances and concerns, and object with those which I don't agree.



To have meaningful and productive activities and opportunities to receive clinical services as needed.



I have the right to request a change in residence or roommates.



My Responsibility Is:

To the best of my ability to participate in my program planning and to attend my meetings.

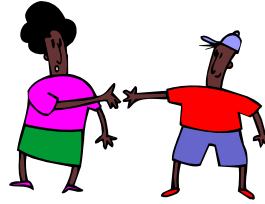


To carry out those activities which will help me learn.



My Right:

I have the right to friendships and the freedom to express my feelings about friends and make decisions within my ability to do so.



My Responsibility Is:

To respect the rights of others by treating people nicely and by refusing unwanted touches.



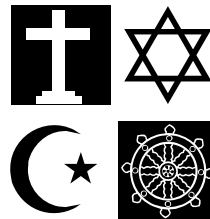
My Right:

I have the right to participate in the religion of my choice.



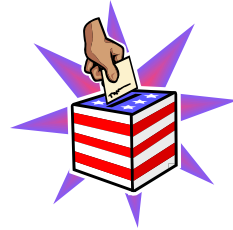
My Responsibility Is:

To respect those people and religions which are different from mine.



My Right:

I have the right to vote as a citizen of the United States. It is the American Way.



My Responsibility Is:

To learn about the issues, the candidates and how to cast my vote.



To learn about current events and the community where I live.



My Right:

I have the right to own personal property and to receive assistance in the use of money.



To receive information about how much money I have and how it is spent.



My Responsibility Is:

To respect my property and that of others.

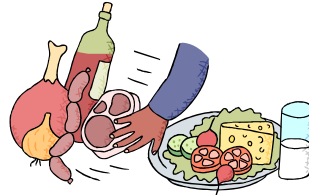


To spend my money wisely and to help develop a budget for myself.



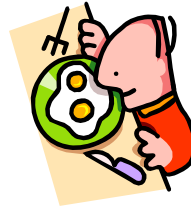
My Right:

I have the right to a balanced and nutritious diet with choices of foods. Food may not be denied for behavior management purposes.



My Responsibility Is:

To eat my own food using my best skills and to allow others to do the same.



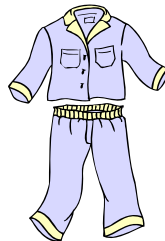
To follow my diet.

To be courteous during meal time.



My Right:

I have the right to own and access properly fitting clothing and personal grooming aids.



I have a right to have a place to store those items.



My Responsibility Is:

To care for my clothes and not to destroy or take other people's clothing.

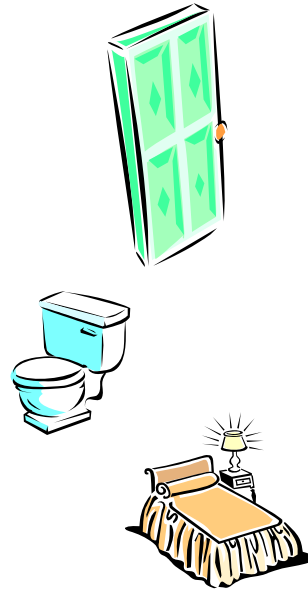


To wear socially acceptable and weather appropriate clothing.



My Right:

I have the right to privacy while sleeping, bathing, toileting, grooming and receiving treatments.



My Responsibility Is:

To close the door when I use the bathroom.

To knock on closed doors.

To not disturb others receiving treatments or in their private rooms.



My Right:

I have the right to communicate freely, receive visitors and have privacy when visited or using the phone.



My Responsibility Is:

To treat my visitors nicely.

To respect visitors and mail received by others.

To use the phone appropriately.



Learning about your Rights and Responsibilities will help you become a stronger Self-Advocate.

Self-Advocacy will lead to Self-Determination.

“If you can imagine it, you can create it. If you can dream it, you can become it.”

-William Arthur Ward

In addition to all of your rights, there are people that you may contact in order to discuss your complaint or concerns. You may speak with the person Managing or Directing your program, or your Medicaid Service Coordinator. Other parties who will help and may be contacted at any time are listed on this page (you may request assistance by contacting any of the following people)

CEO Allegany Arc
240 O'Connor Street
Wellsville, New York 14895
Phone (585) 593-5700 ext 512

Corporate Compliance Officer Allegany Arc
240 O'Connor Street
Wellsville, New York 14895
Phone (585) 593-3005 ext. 258
Confidential Hotline (585) 610-0240

WNY DDSO
1200 East and West Road
West Seneca, NY 14224
Phone (716) 517-2000

Justice Center for the Protection of People with Special Needs
161 Delaware Avenue
Delmar, New York 12054
Phone (855) 373-2122

Commissioner of OPWDD
44 Holland Avenue
Albany, NY 12229
Phone (518) 473-1997

Mental Hygiene Legal Services
438 Main Street, Suite 400
Buffalo, NY 14202-3211
Phone (716) 845-3650

Human Rights Committee Chairperson Allegany Arc
240 O'Connor Street
Wellsville, NY 14895
Phone (585) 593-3005 ext. 255

Notes:

