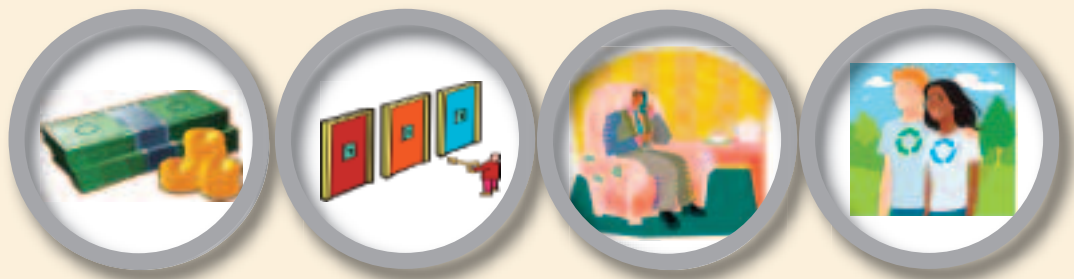


# Hey, Don't Be Getting My "Rights" All Wrong...

My money, my choices, my privacy, my relationships and more



This booklet is intended to help you learn how well you are exercising your rights. It can also help your staff determine how well they are supporting you to exercise your rights.

Some people will want to answer the questions on their own. You can decide if you need any help or if you want to share the results. Other people may want some support to answer the questions. Family members, friends or direct support professionals can provide support by reading the questions or rephrasing the questions so that you understand what is being asked.

The results can be used to identify rights that are most important to you and areas where you need more support to fully exercise your rights.



The Council on Quality  
and Leadership

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# 1. Cha-ching... when it comes to money \$...



- a. What money? I'm out of that loop.**
  - I have to ask when I want/need money.
  - I rarely, if ever, go to the bank.
  - Someone else keeps my money for me (other than some spare change I may carry around with me now and again – if I am lucky).
  
- b. Yes, I keep some cash on hand, yet someone else keeps my checkbook and pays my bills. I'm not really involved.**
  
- c. Yahoo! I have control over my money.**
  - I do my banking and have a checking or savings account in my name.
  - I keep my money and checkbook (or a debit card).
  - I am primarily responsible to decide how I want to budget and spend my money.
  
- d. I would really like to have more experience and control over my money. Maybe people thought that I wasn't interested in learning about it.**

## 2. In my home...



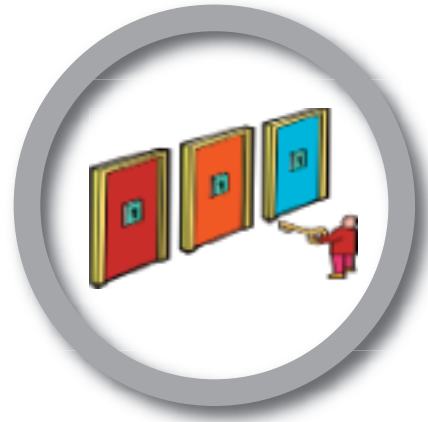
- a. I'm not able to get to items like cleaning supplies, sharp objects, medications, (and perhaps even a food cupboard or two) because they are locked.
- b. Supplies, etc. are locked, but I can usually access them when/if I want to.
- c. I am able to access everything in my home freely and when I desire because no areas are locked from me.
- d. Someone else does all the cleaning and cooking – not me, so I don't really have access. Perhaps people have thought that I wouldn't be interested in cooking, cleaning and having full access to my home.

### 3. Having my privacy...



- a. Sometimes people bother me and come into my bedroom when I want to be alone and have some privacy.
- b. I use the home phone privately when I want to.
- c. I carry my own key(s), open my own mail, have my own phone I use when I want to. My personal privacy is respected the way I want it to be.
- d. People bother me when I want to have privacy in the bathroom.

## 4. About making choices...



- a. I don't usually get the support I need to do the things I want to.
- b. I am informed of some options available to me and I get some help when making big decisions.
- c. People (like my family, friends and staff members) ask me what is most important to me. They support me to accomplish my goals despite barriers. I am advocating for the life I want and making informed choices with support as needed.
- d. Gosh, it sure seems that a lot of people are telling me what to do and asking me to follow rules that seem unfair to me.

## 5. On the subject of my faith...



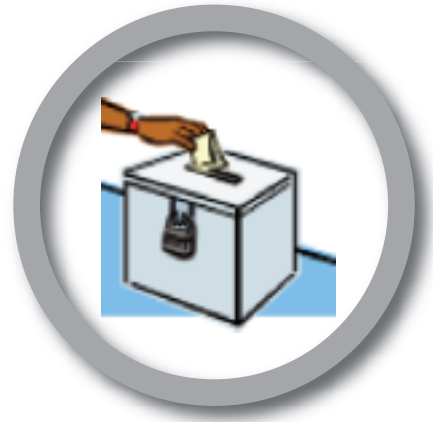
- a. I wish I could be attending services of my particular faith or religion, but that hasn't happened yet.
- b. Many of us attend a faith or religious service with our staff at their place of worship.
- c. I practice/attend the faith I choose as often as I desire.  
Or, I am fully aware of faith-based options, and I choose not to participate.
- d. I would really like more information to explore faith-based options.

## 6. Regarding relationships...



- a. I need more information about having a good relationship with my boyfriend or girlfriend, including having safe sex, or learning more about getting married, and being involved in a serious relationship, etc.
- b. I do my best to be connected to my family, friends and those who are closest to me, it's just not always as much as I'd like.
- c. I have excellent support in all my relationships with all of my friends and all of my family, and in dating and getting married if I so desire.
- d. I mostly associate with the people I live with, or the people who I work with during the day; or I may go on an occasional "home visit".

## 7. When it comes to voting...



- a. I want more information on voting, elections, and on the issues that affect me.
- b. I have learned a bit about voting but I'm not registered. Or, I'm a registered voter but I don't vote regularly.
- c. I am registered voter. I vote whenever I can, and I support the candidates and issues I believe in.
- d. People may have thought that I wouldn't be interested in voting, so I haven't had an opportunity to learn about this yet.

## 8. And about guardianship...



- a. I don't have much involvement in decisions. Someone else (for example: my mother or father, a staff member, another family member or surrogate guardian representative) makes most all the decisions for me.
- b. I may have a guardian or surrogate decision-maker, but I am consulted and involved in all decision making.
- c. I make all my decisions for myself (maybe sometimes by taking in the suggestions of others.)
- d. Sometimes I feel that others try to influence or control me to make the decisions they like the best instead of what I want.

## 9. Regarding my personal information...



- a. Sometimes I hear staff members speaking about me and/or others I live/work with as if we weren't there. It makes me feel weird and uncomfortable.
- b. I am beginning to learn more about my records and personal information.
- c. I think the staff and professionals that work with me are very respectful of my private information. For example:
  - They keep things confidential (private).
  - I am included when they access any of my records or information, and I may be involved in some way in record-keeping.
  - They make sure that my consent is given before any information is shared.
- d. In common areas where I live or work, there are lists with people's names and information up on the walls, refrigerators and bulletin boards.

# 10. Oh no, what about rights restrictions...



- a. **My goodness, am I ever experiencing some rights restrictions. Some of these might include:**
  - Restrictions to my right to privacy
  - Taking medications to control my behavior
  - Having physical holds used on me for behavior management
  - Having locked areas in my home (such as food cupboards/ locked rooms/doors)
  - Being on a restricted diet ?
  - Not being able to keep my money. Etc., etc.....Phew!! ?
  
- b. **I am involved in the due process that has occurred on any restrictions to my rights that I have experienced. I am satisfied with the lessening of these restrictions. My team members and I are working hard to decrease and eliminate any restrictions on my rights.**
  
- c. **I am not experiencing any restrictions in my life. I can move around whenever and wherever I want. I am treated fairly and I know what steps to take if someone does try to treat me unfairly.**
  
- d. **I feel that my rights are being limited for no good reason at all. I have no source of help or effective due process available to me. HELP!!**

# How did you answer?

QUESTION	YOU ANSWERED... (circle one)	POINTS
1. Cha-ching... when it comes to money \$	a    b    c    d	<input type="checkbox"/> <span style="font-size: 2em; vertical-align: middle;">}</span> a = 0 b = 1 c = 2 d = 3
2. In my home	a    b    c    d	<input type="checkbox"/>
3. Having my privacy	a    b    c    d	<input type="checkbox"/>
4. About making choices	a    b    c    d	<input type="checkbox"/>
5. On the subject of faith	a    b    c    d	<input type="checkbox"/>
6. Regarding relationships	a    b    c    d	<input type="checkbox"/>
7. When it comes to voting	a    b    c    d	<input type="checkbox"/>
8. And about guardianship	a    b    c    d	<input type="checkbox"/>
9. Regarding my personal information	a    b    c    d	<input type="checkbox"/>
10. Oh no, what about rights restrictions	a    b    c    d	<input type="checkbox"/>
		<input style="border: 2px solid red;" type="checkbox"/> <b>TOTAL POINTS</b>

# Scoring...



## If your total points are between:

**0 – 5 points**

YIKES!! My rights are being trampled on. I need help and so do my staff!!!

**6 – 10 points**

Oh dear, I still don't have enough support to get my "Rights" right.

**11 – 15 points**

I'm seeing some improvement in my life in the area of "Rights". The overall awareness of my supporters is getting better.

**16 – 20 points**

Hooray for Social Justice and Self Advocacy!! For the most part, I am exercising the rights that are important to me and I have great support to do so!!!