

## Rights and Responsibilities

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**Purpose** *To make sure that everyone knows what rights are. To make sure rights are respected.*

**Policy Statement** *Under the Canadian Charter of Rights and Freedoms, all persons have the same rights and responsibilities. The chart below shows some of those rights and responsibilities that I feel are most important to me.*

<b>MY RIGHTS</b>	<b>MY RESPONSIBILITIES</b>
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### Home Life



*To choose where I live*

- *Make sure that I can afford the rent and it fits my budget*
- *Make sure that it is safe for me and my visitors, keep it clean and healthy*
- *Make sure that I follow my landlord's rules if I choose to rent*

*To run my house my way*

- *If I have staff or a roommate, I have to respect their rights too. This may mean that I have to take my turn doing a chore. I should have a say in deciding on the chores and the times when I do them, but have to follow a list that I help set*
- *Keep my house clean enough for my roommate and myself to feel comfortable in it*

*To have my own space*

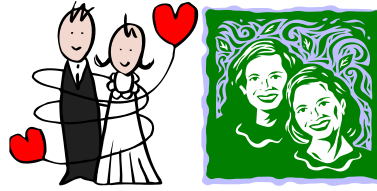
- *Keep my space clean*
- *Respect other peoples' space*

*To own a pet*

- *Water and feed every day*
- *Clean the litter box, cage or bowl regularly*
- *Cuddle and love my pet*
- *Keep my pet healthy*
- *Make sure that someone is there to fill in for me when I am going to be away*
- *Learn and follow the laws for pet owners*

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## Relationships



*To see/talk/visit with my family and friends*

- *Arrange my own transportation to visit*
- *Write letters and send letters*
- *Call at a good time of day*

*To call my friends*

- *Respect my friends when I am talking on the phone with them*
- *Pay attention to my friends while I am talking on the phone with them – not eating, reading or watching TV at the same time*
- *Listen to what friends are saying to me*

*To disagree*

- *Respect other people's opinions when I do disagree*
- *Speak politely*
- *Be polite to others when they disagree with me*

*To listen and be listened to*

- *Share information equally with others*
- *Listen when other people are talking*
- *Speak up when the time is right*

*To get married*

- *Talk to each other and care for each other*
- *Make sure you love each other*
- *Share*
- *Plan for the future*

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**Recreation and Leisure**



- To go swimming*
  - *Have enough money to pay for swimming and any other costs*
  - *Wear a bathing suit that fits or shorts*
- To spend my own time alone if I choose to*
  - *Respect other people's rights to spend time alone as well*
- To go camping*
  - *Respect other campers*
  - *Clean up my garbage when I leave*
  - *Make sure that my campfire is out when I head home so that I do not start a forest fire*
- To take part in special events that are offered in the community*
  - *Have fun*
  - *Dress properly*
  - *Respect other people that are also enjoying the event*
- To do what I want to in my own time*
  - *Make sure that it is safe*
  - *Make sure that someone (friend, parent, guardian) knows where I am in case they need to reach me*
  - *To ask for support if I need it*

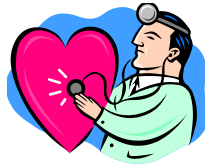
**Education**



- To come to meetings*
  - *Be on time for all meetings*
  - *Respect the meeting rules*
  - *Do any work that I say I will for each meeting*
- To learn whatever I want to*
  - *Be able to pay for classes, books and any other costs*
  - *Be at every class and be on time*
  - *Let the teacher know you cannot come if you are sick*
  - *Find out about classes being offered*
  - *Get information about the classes that I would like to take*
- To teach*
  - *Be a good listener*
  - *Understand what it is that I am teaching – to be the expert*
  - *Make sure that other people understand what I am trying to teach them*

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**Health and Wellness**



*To choose my own doctor, dentist or eye doctor*

- *Speak to my doctor – make sure that they treat me with respect*
- *Treat my doctor with respect*
- *Ask for help to make appointments if needed*
- *Be on time for any appointments that I make*
- *Follow the advice that I get from a doctor that I trust – take medication on time*
- *Try to take needles/treatments without too much complaining*

*To choose what I want to eat*

- *Clean up my mess if I have made one*
- *Make healthy food choices*
- *Be polite and eat properly*
- *Have enough money to pay for my food before I order it*

*To have a healthy lifestyle*

- *Exercise*
- *Lose weight properly*
- *Eat healthy and follow Canada’s Food Guide*

*To go to a gym*

- *Share the equipment in gym*
- *Keep the equipment clean*
- *Follow the rules of the gym*
- *To pay to go to the gym*

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**Self-Awareness**



*To choose my clothes*

- *Keep my clothes clean and wear the proper size*
- *Keep my clothes in good condition*

*To my sexuality*

- *Keep my body healthy and clean*
- *Feel good about myself*
- *Respect other people's sexuality*
- *Remember that some things are private*

*To be touched the way that I want to be touched*

- *Respect other people's rights to be touched the way that they would like to be touched*
- *Ask for help if someone is abusing me*

**Political**



*To vote*

- *Understand why I am voting*
- *Understand what I am voting for*
- *Understand the voting process and rules*

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**Legal / Self-Advocacy**



*To retire*

- *Save enough money for retirement*
- *Plan what I want to do when I retire*
- *Plan where I will live*
- *Plan how much help I will need as I get older*

*To stand up for myself*

- *Be polite and respect other people’s opinions*
- *Know why I am standing up for myself*
- *Get information and the facts*

*To be treated fairly*

- *Treat others the way you want to be treated*
- *Know my rights*
- *Advocate for my rights in a calm way*
- *Know how to stand up for myself*

*To get help when I need it*

- *Know who I can ask for help*
- *Ask for help when I need it*
- *Ask nicely and respect the person helping me*
- *Be willing to help if someone else needs it*
- *Speak clearly and slowly*

*To make informed decisions that affect my life*

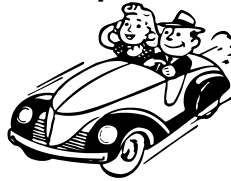
- *Get information to plan and make decisions*
- *Know how my decisions might change my life*
- *Get help to make decisions if I want or need to*
- *Discuss these decisions with my guardian*

*To have a will in place*

- *Make sure that it is legal*
- *Write it – I decide what happens to my body and my things when I die*

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**Transportation**



*To get my driver's license*

- *Pass a driving test*
- *Make sure the car is safe*
- *Have enough money to buy a vehicle and keep it running properly*
- *Make sure that I can afford gas/insurance/repairs to the car*

*To ride a bike*

- *Obey the traffic laws and signs, be safe*
- *Wear a helmet to protect my head*
- *Learn how to ride a bike properly*
- *Ride my bike only when safe – when it is not snowing or icy*

*To use other forms of transportation*

- *Be able to pay for transportation*
- *Learn what forms of transportation are available for me*
- *Respect other people using the same transportation*

**Employment / Volunteerism**



*To own/operate my own business*

- *Make sure that I know how to manage my books*
- *Be sure that I do the work that I say that I will do for my customers*
- *Learn and follow business laws*
- *Operate my business and manage my books*

*To volunteer*

- *Be on time*
- *Volunteer for positions that I am interested in*
- *Be helpful and do a good job*

*To receive the same benefits as anyone else on the job*

- *Work as hard as everyone else*
- *Know what the benefits are*
- *Ask for help on the job if I need it*
- *Know how to do the job*

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**Finance**



*To do my own banking*

- *Budget and keep track of my money*
- *Ask for help if I need it*
- *Pay all of my bills on time*
- *Choose a bank that helps me and treats me well*
- *Know about my money*

*To apply for a credit card*

- *Pass the application form*
- *Ask for help if I need it*
- *Keep my card in a safe place where it will not get lost or stolen*
- *Pay bills on time*
- *Keep my spending within my budget*

**Community**



*To be safe*

- *Follow rules and laws that help keep me safe*
- *Help keep others safe*
- *Know how to call the ambulance, police or fire department*
- *Know who else can help me if I need it*

**Culturalism**



*To choose my own religion, cultural practices and beliefs*

- *Respect other people's beliefs*
- *Respect other people's culture*
- *Get to services on time*
- *Learn about other religions, practices and cultural beliefs*

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## **Rights and Responsibilities**

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1. These rights are part of the information package that is given to people when they ask about services or start services with Accredited Supports to the Community.
2. When a support person starts working they will be told about these rights. They will also have to write their initials on a page to say they have read and understood these. They must respect these rights.
3. Volunteers who give support to a person receiving services must also be told about these rights. Volunteers must read and initial these rights. They must respect these rights.
4. Support people also may need to teach me about my rights and responsibilities if I do not know about them or forget about them. They must also support these rights.
5. Sometimes it is necessary to teach other people about these rights. These rights are also for other people.

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