

Self AdvocateNet.com

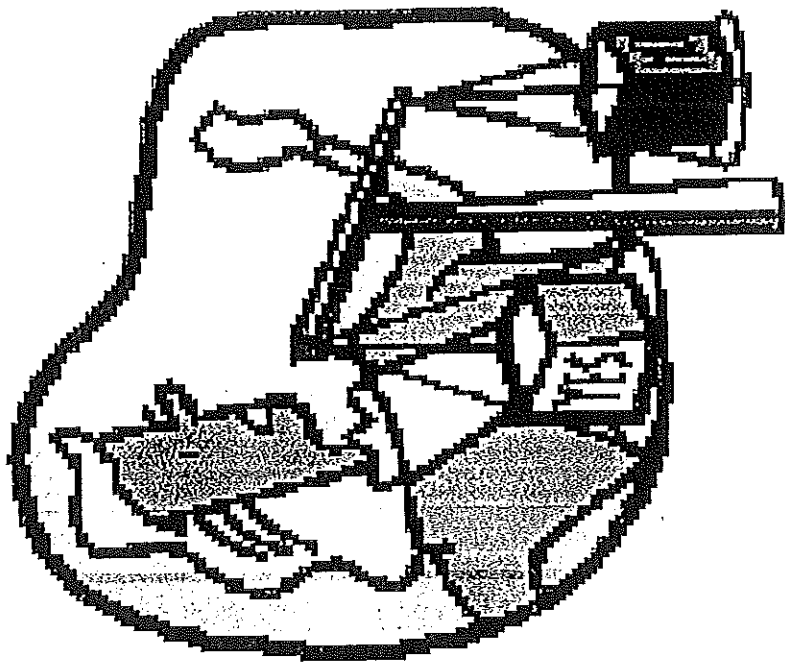


in partnership with



The H.O.M.E. Society

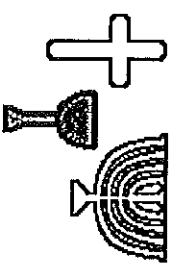
My Rights!



Illustrations provided by James Jansen.

Spiritual Growth

- Learn more about yourself and others
- Learn about a higher power
- Learn about other religions and faith



Support Network

- People involved in my life that I choose

Unconditional

- No matter what, without boundaries

Validated

- Acknowledged & Confirmed by others.

MY RIGHTS

Representative

- Support person
- Friend
- Person I trust

Respect

- Value
- Show consideration for

Rights

- Human rights
- Privileges
- What is fair

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Some words may be hard to understand. Ask someone you trust to go over this booklet with you. Words that are in **dark letters** are found at the back under "Plain Language Words."

Mission Statement

To live the **philosophy** of Gentle Teaching, and ensure my **dignity, privacy, and confidentiality** by respecting my **individual rights**.

Philosophy

- Attitude and ways of thinking
- Viewpoint
- Belief
- Values

Possessions

- Belongings
- My stuff

Privacy

- Time alone with people I care about
- Time and space to do my own things
- Having my own thoughts and feelings

Knowledge

- Information
- Education

Participate

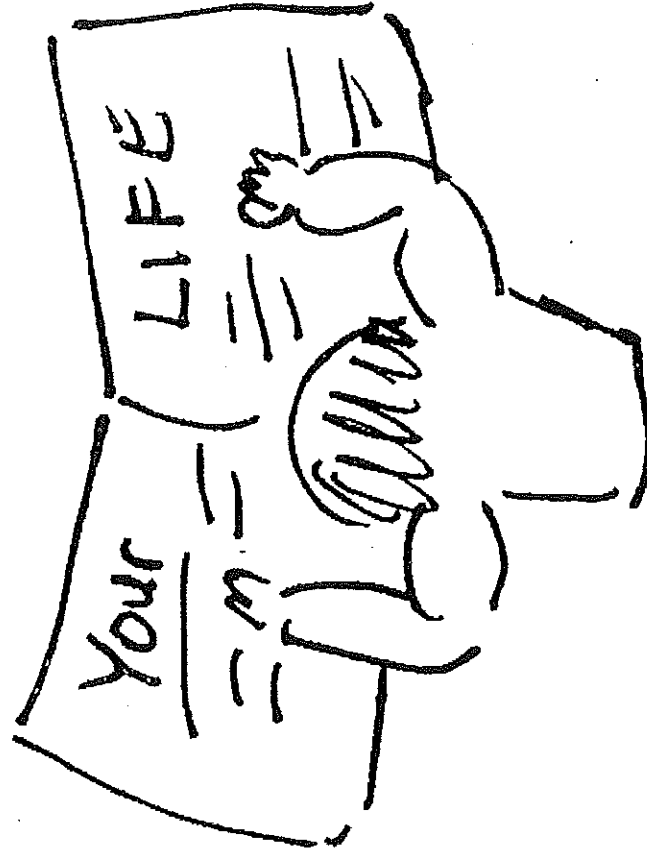
- Take part
- Join in

Permission

- Ask me
- Get my ok
- Consent

Unconditional Love

I have the right to:



...be accepted for who I am!

Being involved in Making Decisions

Esteemed

- Admired
- Respected
- Valued
- Honored

Express

To say your thoughts

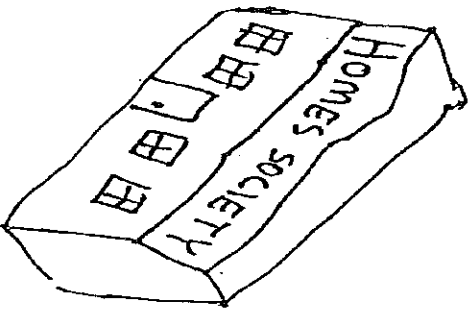
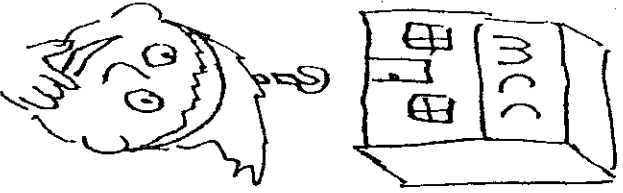
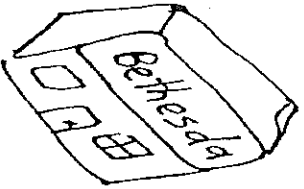


Goals

Things I want and plan for

Honored

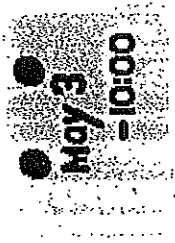
- A feeling of pride
- Privileged



Plain Language Words

Advance Notice

- Let me know before it happens.

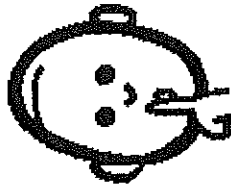


Acknowledge

- To Notice
- To Accept

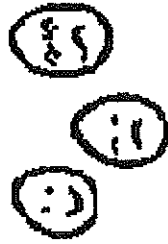
Confidentiality

- Privacy
- Discretion
- Don't talk about me



Emotions

- Feelings



I am involved and make decisions for my health, welfare and safety.

I have the right to:

- ...**Express** my opinions regarding my health care and professional supports.
- ...Be involved in choices about my home, work and daily activities.
- ...**Express** myself when I do not feel safe.
- ...Be given information and assistance to protect myself from abuse and mistreatment.

Strengths, Gifts and Abilities



- Respect other people's rights.
- These are rights shared by all!

Other People's Rights

My strengths, gifts and abilities are
never ending.

I have the right to:

- ...Express them.
- ...Share them.
- ...Have them accepted, validated,
and celebrated.



Values

I have the right to:

...have my privacy respected.

- This is my home. Ensure my privacy by **honoring** my choices for support.

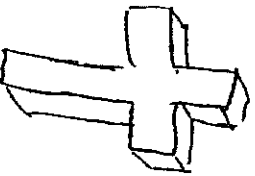
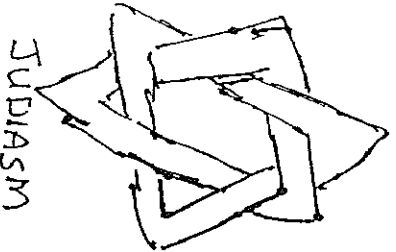
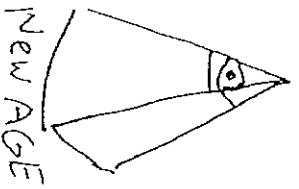
- I have the right to be alone.

- My **possessions** belong to me and can be shared with whom I want.

- I have the right to private visits with family and friends.

- My right to privacy includes **advanced notice** for tours and visits of my home.

- I understand that I may need assistance with personal care and I have the right for the support to be carried out in a respectful manner.

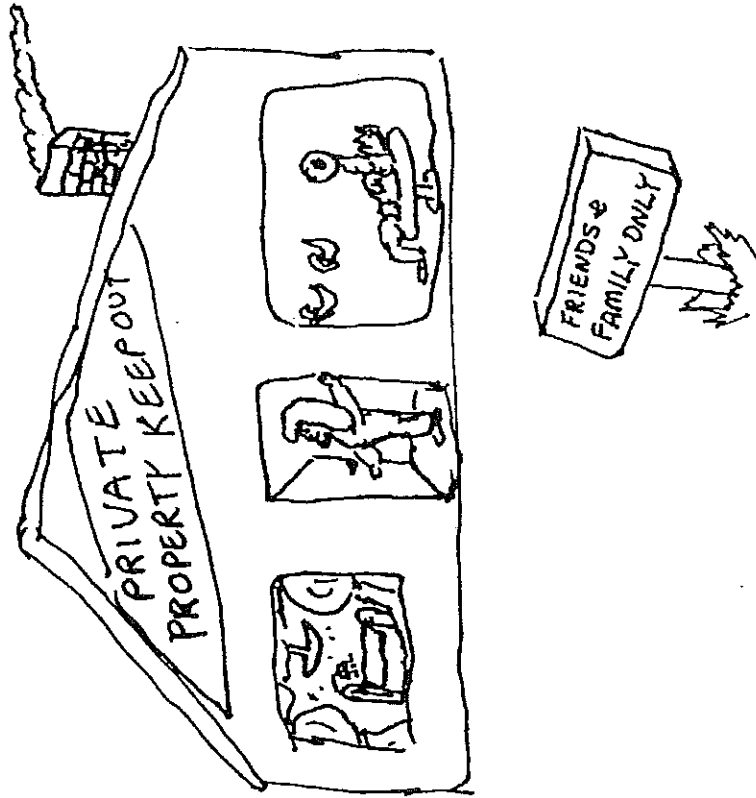


Privacy

My traditional, spiritual and cultural values are supported.

I have the right to:

- ...Have a circle of family and friends
- ...Celebrate and share special events with my family and friends.
- ...Express my cultural and traditional values
- ...Have opportunities presented so that I may choose and participate in my spiritual growth.

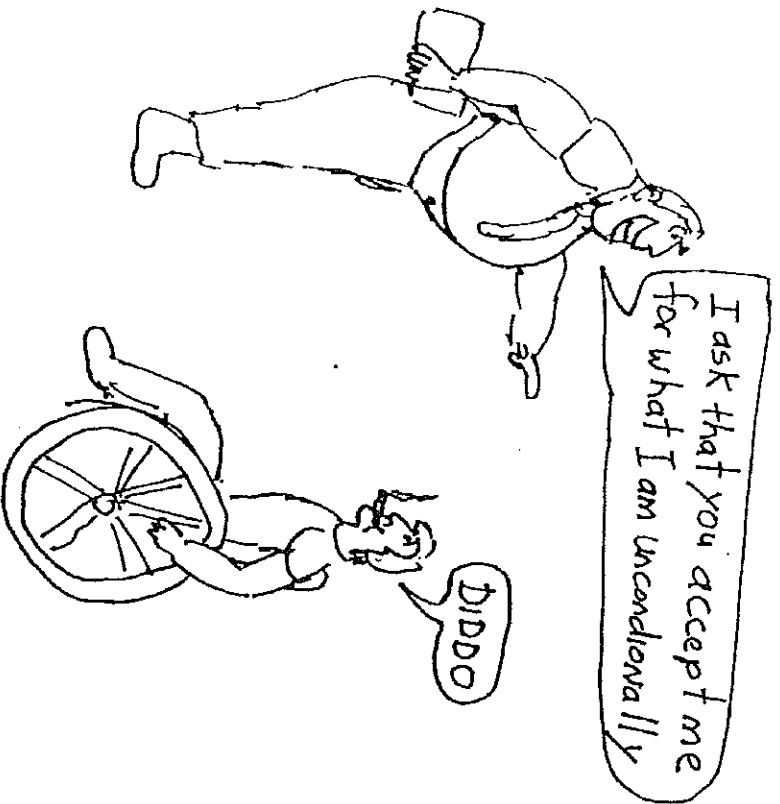


Feelings

I have the opportunity to dream and
explore endlessly.

I have the right to:

- ...Be involved and express my dreams with people I trust and respect.
- ...Have support to assist me in reaching my daily and long-term goals.

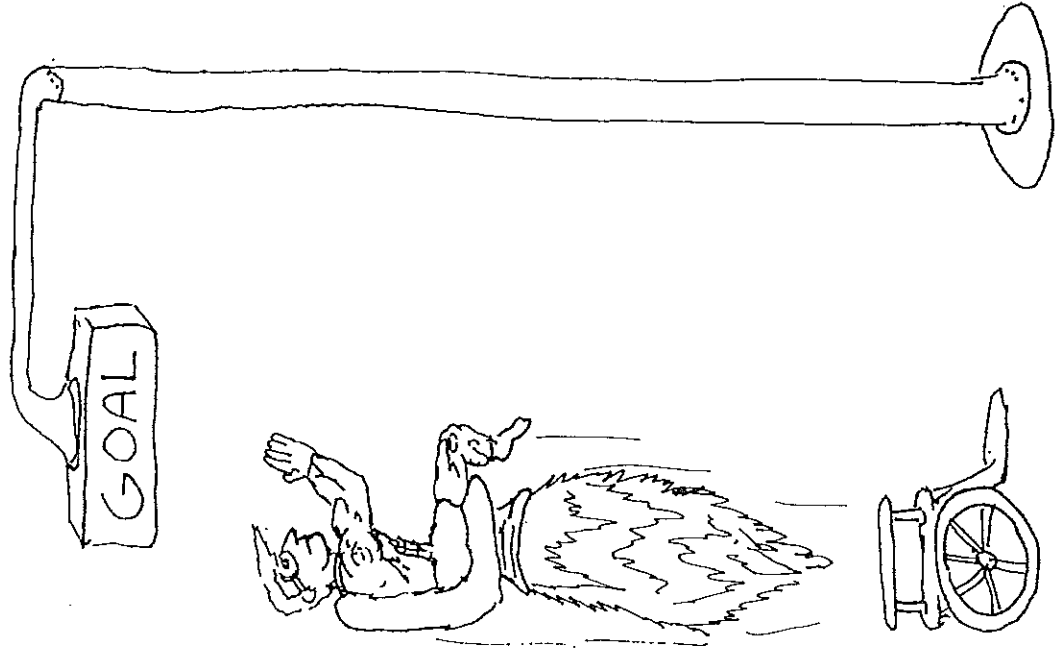


Dreaming and Exploring

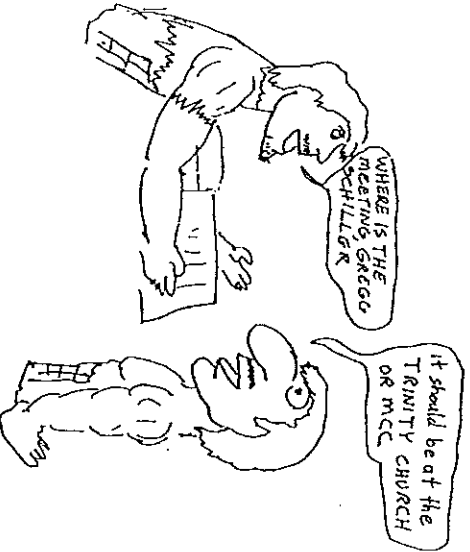
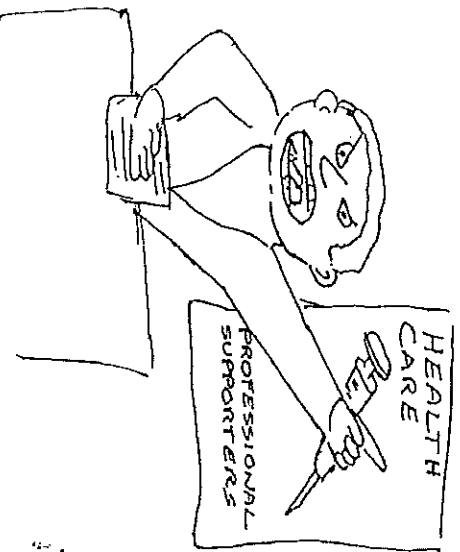
I have feelings and expressions.

I have the right to:

- ...Have my feelings and **expressions** heard
- ...Be free to **express** all my emotions in a safe way.
- ...Help others to understand, appreciate and recognize who I am with **unconditional** acceptance.



I Am A Person First



I have the right to:

- ...Be involved and participate in my community.
- ...Be involved in the choice of my support network.
- ...Have access to knowledge and education to assist me in making informed decisions.
- ...Speak for myself.