

# Charter of Rights

(Adults)

I have the right...

## 1. To be respected and to have dignity

- ~ to be valued and treated as a person
- ~ to have my spiritual, cultural, and personal beliefs honoured
- ~ to be involved in the conversations and activities around me
- ~ to have privacy

## 2. To be who I am and not who you want me to be

- ~ to have no labels put on me—if you ask me who I am, I will tell you
- ~ to express myself and my feelings
- ~ to dream and to follow my dreams
- ~ to be proud of who I am and what I do

## 3. To understand information that is about me and my world

- ~ to be involved in meetings about me and my services
- ~ to get information in a way I can understand it
- ~ to get a person of my choice to represent me

## 4. To have choices and to make decisions about things that affect me

- ~ to have the information I need for making decisions
- ~ to decide who will be involved in supporting me with planning and decision-making
- ~ to have choices and involvement in all areas of my life—what I eat, where I live, who I live with, where I go, who will work with me, and the community services I get

- ~ to be as independent as I can and want to be
- ~ to change my mind
- ~ to take risks and to learn from my mistakes

## 5. To have experiences and opportunities similar to other's

- ~ to experience the same world as everyone else
- ~ to live in a home that is truly my home
- ~ to have an education
- ~ to work and earn the same pay for the same work
- ~ to have a variety of relationships, including intimate and/or sexual ones (agreed upon by participants)
- ~ to lead a life that is the way I want it to be

## 6. To receive quality services that fit me and my needs

- ~ to have my needs come before the service provider's needs
- ~ to be heard, to be understood, and to get a meaningful answer to my questions or concerns
- ~ to have you follow through on your commitments to me
- ~ to get supports that will change with me

## 7. To say "no" to supports and services

- ~ to refuse supports
- ~ to be offered other services

## 8. To be in a safe environment

- ~ to be safe
- ~ to feel safe
- ~ to learn how to be safe

## 9. To be treated as a full citizen

- ~ to be a participating member of my community
- ~ to understand my rights and to put my rights into practice
- ~ to understand my responsibilities and to be able to fulfill them