

New Hampshire's Rights

&

Responsibilities Booklet

For Individuals Receiving Developmental or Acquired
Brain Disorder Services



It is important to learn about your rights, and how to talk to others about them.

You should speak up for yourself if you are not being treated the way that an adult should be treated.

You need to remember that you must be responsible for yourself and for the choices that you make.

You need to treat others with respect - just like you want people to treat you.

What is.....

Abuse

When something happens on purpose and harms or threatens the safety of a person.

Verbal or emotional abuse makes you feel bad.

Things like yelling, threats, bullying, or making you feel bad about yourself.



Physical Abuse

When someone hurts you, leaves bruises, or causes injury to your body.



Sexual Abuse

When someone touches your private body parts, does inappropriate things, asks you for or shows you inappropriate pictures of themselves or other people.



Neglect

When you are not given what you need
to be healthy and safe.

That means things like...

Not being able to get food or drink when
you are hungry or thirsty

Being left alone or ignored

Someone forgot that you need help or
someone to keep you safe



Exploitation

When someone benefits by taking advantage of you.

Examples: a person asking for gifts or gift cards, borrowing or asking for money or favors.



You have the **right to...**

Be free from all types of abuse, neglect, and exploitation.



Personal Rights

You have the right to keep your personal life



and your personal information private.

You decide who can look at your records.
You can look at them yourself.

You have the right to...

be treated with dignity and respect.



Give respect Get respect





We all have human rights when we are born.

We also have CIVIL Rights.

Civil rights are legal rights. In the United States that means that you are protected against discrimination.

Discrimination means

No one should treat you differently from others because of a certain thing about you, like your religion, age, gender, appearance, or disability.

Remember though that there are laws and rules that everyone must follow. Like if your landlord says your apartment must be clean and safe, or safety rules at work or in the community.

Fundamental Rights

You have the right to....

Choose, and take part in your religion.



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You can choose to go to the church or service of your choice.

You have the right to....

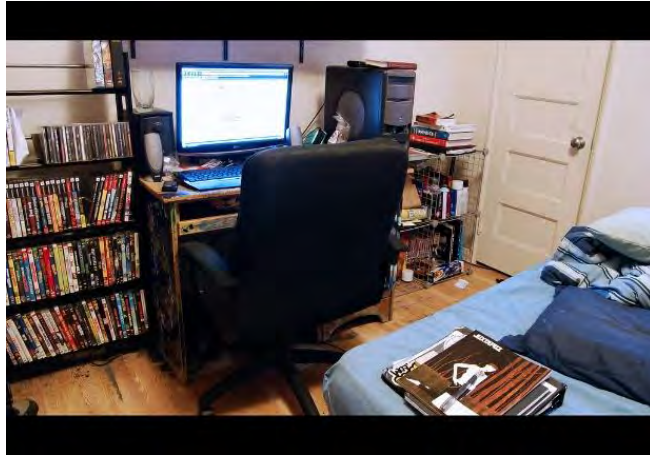
VOTE and for the person you feel is best.



You have the right to earn licenses, like a CPR card, **driver's** license, or a marriage license, IF you can meet the requirements to earn them - and pay for them - just like every other adult.

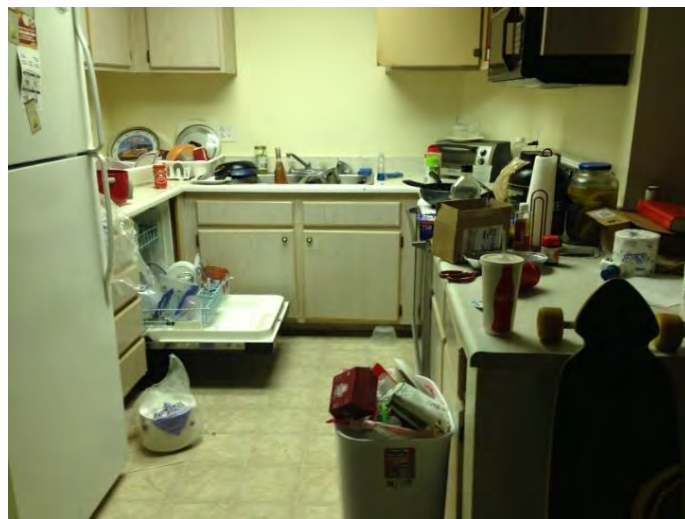


You can have things that you like and organize them the way you want to.



You do not have to put everything away, but you need to clean up after yourself to stay safe and be a good housemate.

It's important to be safe and to follow the rules for where you live, just like other adults must do.



You have the right to....

Have loving relationships, to marry the person you wish, as long they are a consenting adult.

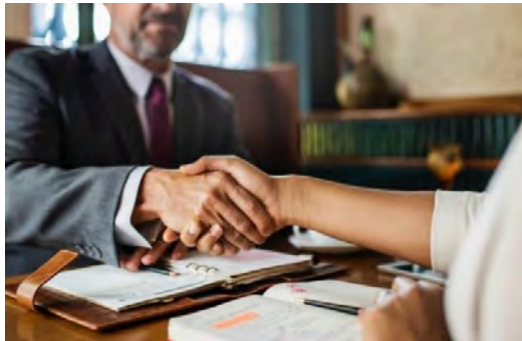
There are many types of loving relationships - Heterosexual, Lesbian, Gay, Bi-sexual, Transsexual, Queer, Intersex, Asexual (LGBTQIA+)



You might even decide not to be in a relationship at all, to split up or even to get a divorce.



You have the right to sign contracts and be legally responsible.



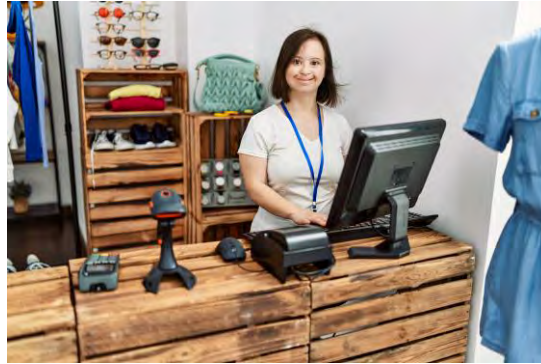
You can choose your friends ...



and where you want to live



and where you might want to work.



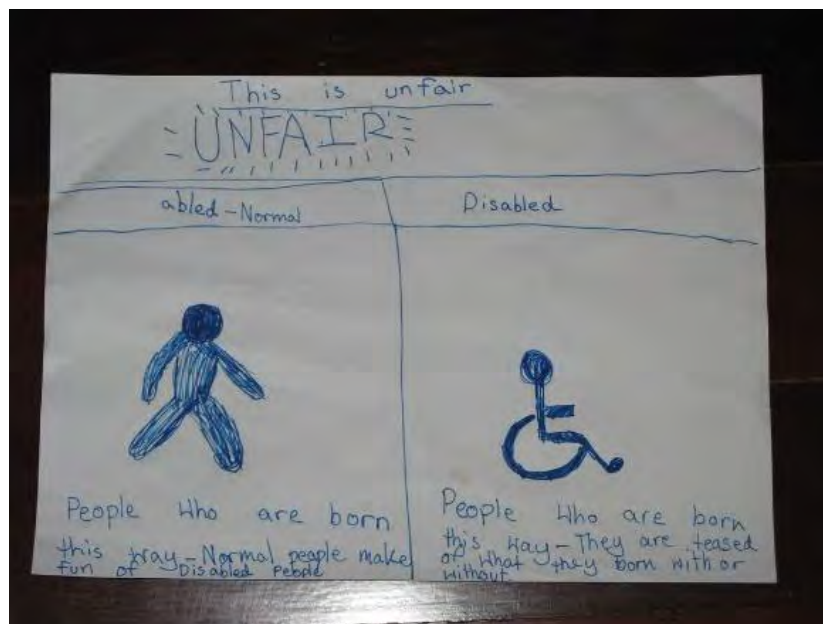
What is your idea of a good life?

Help others understand this.

Remember ...

All adults have the same rights.

You should not be treated unfairly for any reason.

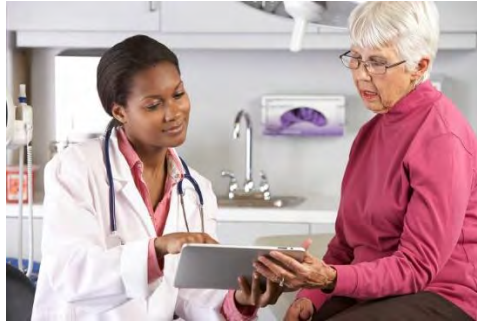


You need to treat other people fairly too.
You cannot take someone else's rights away because you disagree or do not like something.

Be respectful!

Treatment Rights

You have the right to have a plan for medical treatment.



If you receive services through an Area Agency or provider agency, you must have a Service Agreement that explains your services and what you can expect.

Speak up if your service agreement does not say what you want/need for supports and services.

Individual		Mickey Mouse	
Start Date	--	End Date	--
Waiver	Developmental Disability	Delivered by PDMS	

1. General Information

Meeting Date: 07/29/2022

Start Date: --

Certification Begin Date: --

End Date: --

Certification End Date: --

First Name: Mickey

Middle Name: J

Last Name: Mouse

DOB: 05/01/2000

Email: mickey2disney.com

Phone: 603-3333333

MID Number: 24i0928092840982509384

Mailing Address: put in the address because it prints on the... Orlando City St. ZIP

Residential Address: 1 Disney Lane

Residential City St. ZIP: Orlando FL, 91056

DUCK#: New Hampshire

Region: Reg 5 MDS

Waiver: Developmental Disability

Are these services delivered by PDMS?

You have the right to make your own decisions whenever you can.



I like



I don't like

There are many different kinds of decisions and many different ways to make them...

Talk to your parents, Service Coordinator, team members or a person that you trust to help you decide what will work best for you.



Most of us will need help sometimes.

Knowing how to get help and how much help you need is important.

Here are some of the ways ...

From least restrictive to most restrictive

Some of us will be able to make all of the decisions about how we live our lives and will be safe doing so.

Most people take risks and make mistakes. We learn from our mistakes.

You should try to make the best decisions you can to keep yourself and others safe.

Supported Decision Making



You can choose a person you trust to help support you in making decisions. This is Supported Decision Making.

That means you choose a person you trust to help you learn what you need to know, and help you figure things out - so YOU can make a good decision.

You should have a written agreement with the person/people you ask to help you.

You can change your mind about who you want to help you and end or change the agreement at any time

Representative Payee

Some of us may decide we want or need help to manage our money. There is something called a Representative Payee, who is a parent, family member, person or agency that Social Security appoints to receive your benefits, and assist you with budgeting, paying your bills and helping you with benefits.

Power of Attorney.

Some times things happen and you may need/want someone you trust to make some/all decisions for you or when you can not. This might mean you need a Power of Attorney (POA).

You decide who, when and what decisions a person can make for you.

There are different kinds of powers of attorney.

Power of Attorney gives a lot of power to another person to make your decisions for you, so be sure you understand what you are signing.

If someone is concerned that you may not be able to make all of the decisions about how you live your life, they might ask a judge to assign some of your rights to a guardian.

Some people may need a Guardian to make some or all decisions for them.

Guardianship

There will be a court hearing with a judge to decide this.

You will have a chance to speak about your abilities at the guardianship hearing.

Nobody can take away your right to make your own decisions, unless it is decided by a judge and there is a court order.

The court order will say what rights are given to the guardian. Any rights that are not given to the guardian in the court order are rights that you keep.

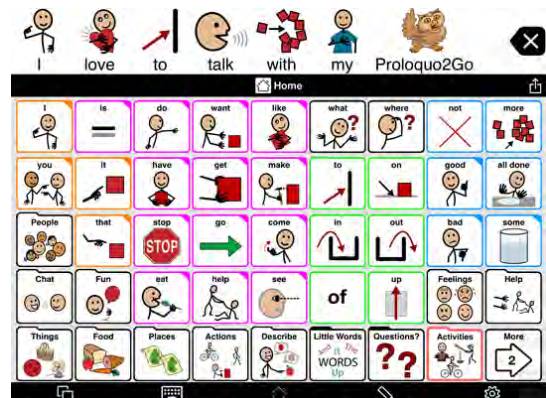
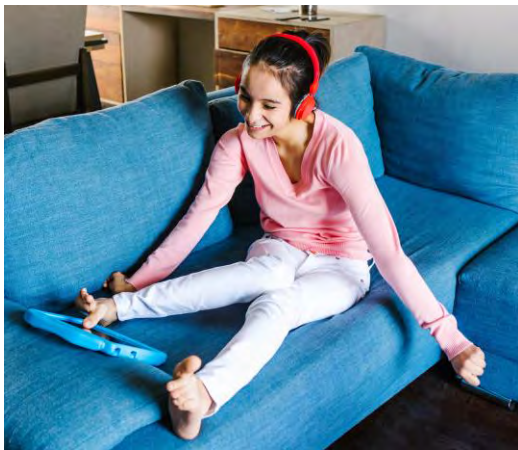


Guardians should listen to what you have to say, and follow your wishes as much as possible. The guardian should make the decisions that you would make for yourself, if you were able to.

Guardianship must let you keep as many rights as possible and must always support your civil rights. Guardianship should match your needs and will be different for everyone.

Be sure you ask for help to understand your options about decision making and to help you understand any agreements, contracts and guardianship orders.

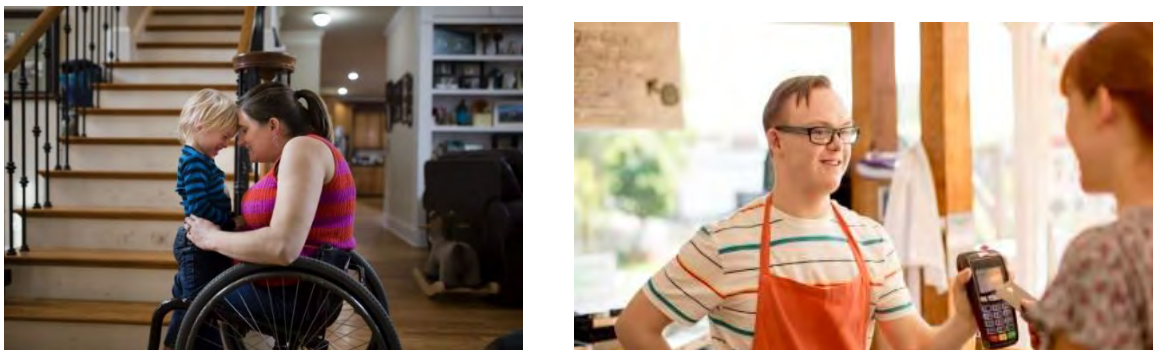
Remember, even if you can not talk, there are many ways to communicate, and people should listen and take into account what you tell them.



You have a right to choose and receive good treatment and services in your community, just like all other adults.



Use services that help you be independent and do not restrict or take away your rights.



You can choose to accept services and who will provide them or to say no thanks.

You should be able to do things and go places in your community just like other adults do as long as you can afford to and can do them safely.



You should have choices about where you might want to live or work and choose the best option for you.



Sometimes it may not be exactly what you want, but you can choose from what is available.

You have a right to have privacy



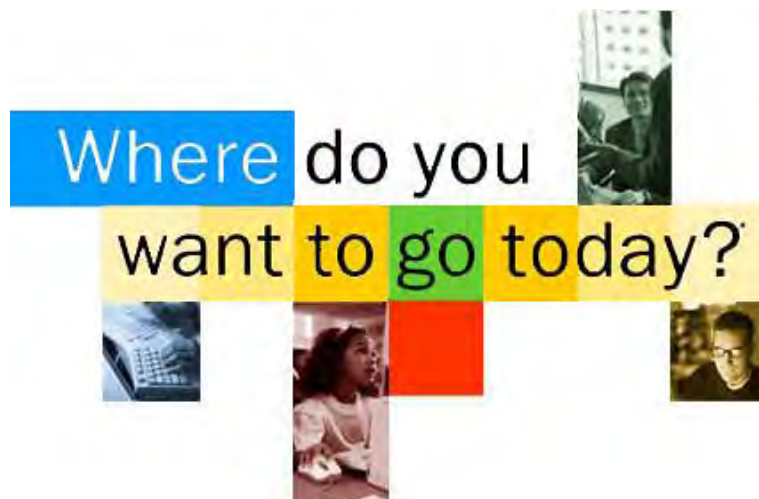
to be treated with dignity and respect,



and to not be bullied or feel afraid.



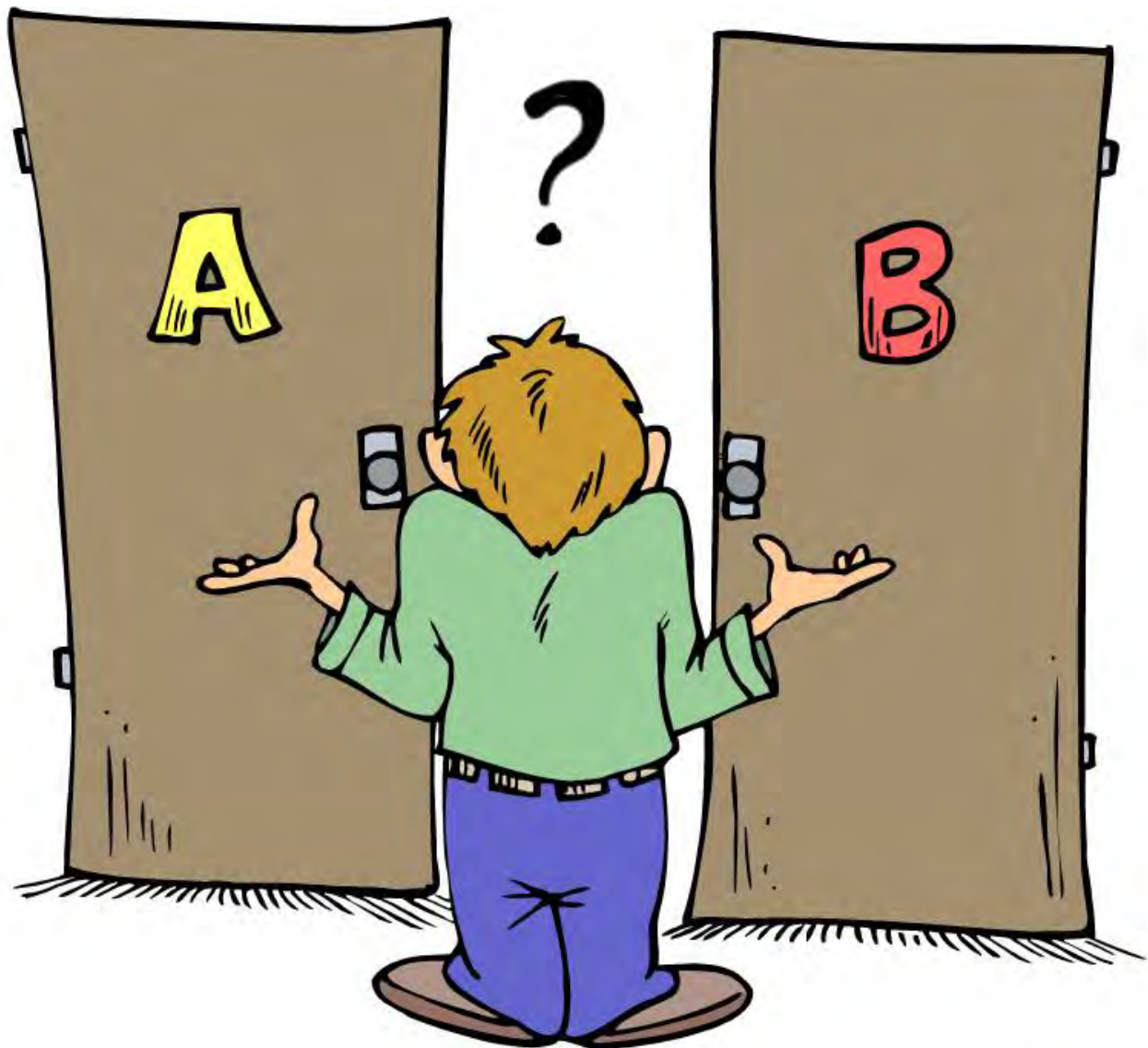
You should be allowed to be as independent as you can be and to make your own choices about your daily routine, activities, and who you spend your time with.



Sometimes you might need to be patient because there are some things or people that will not be available at that time.

You can make choices about your services and supports and who provides them.

Traditional Services or Self Directed Services



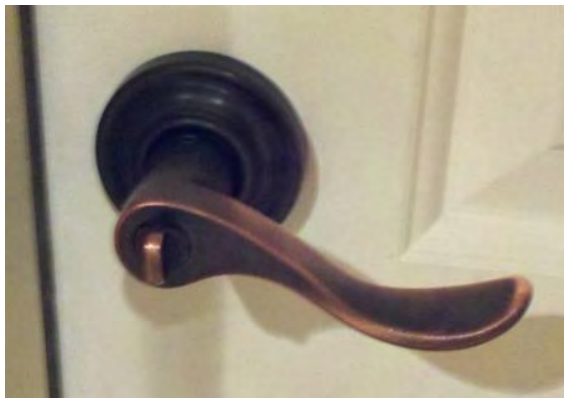
If you live independently or with family, you or your family member may have a lease or mortgage that tells you what the rules are, your responsibilities, and what your landlord is responsible for.

If you live in a home that is owned or run by someone else, like a home provider or agency, you must have a written Residency Agreement with them.

You and your guardian, if you have one, must understand the rules and responsibilities, and must sign the residency agreement. The residency agreement protects you, the same way a lease protects other people.



You have the right to have privacy in your bedroom. You must be able to lock your door if you want to. If there is an emergency, your staff or provider must have a way to get in to help you. That might be a code, or a key, or pin to open the lock on your door.



You should have a key or another way to get into your home at any time, if you wish to go home.



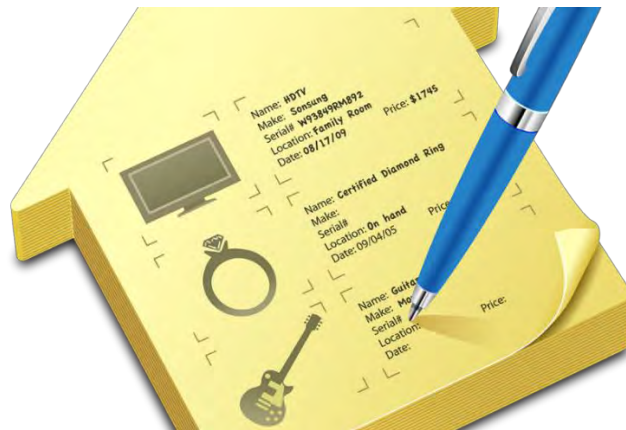
If you must share your bedroom, you can choose who you want your roommate to be.

You can decorate your room the way you would like as long as it is safe and does not damage anything.

If you live in a home that is owned or run by others, you and your providers need to keep a list of the things that you own. This is called an inventory.

You should put everything on your list that you own that costs more than \$25, and things that mean a lot to you, even if they cost less than that.

You and your provider should make sure the list is up to date every three months.



It's a good idea to keep an inventory list, no matter where you live. If you ever need to move, you will have a list of what you own and can be sure you take it all with you.

You have the right to control your own schedule.



All adults have things they need to do but sometimes it is okay to change when, what, and how you get them done.

“I’d rather take a walk today than go to the gym.”

“I need to clean the kitchen and go shopping, I think I will go shopping first.”

You have the right to have food and drink when you choose.



“I missed dinner, but I’m hungry now and I’d like an apple from the fruit bowl.”

“Thanks for cooking spaghetti but I’m really not hungry, I think I will just make a sandwich instead.”

You also have the right to have visitors any time, provided you are respectful to the others that you live with.



It Is okay if there are rules, as long as you get to help work on the rules and the rules are fair and the same for everyone where you live.

You can help by planning ahead and letting **others know what you'd like to do.**

Where you get your services and where you live must be physically accessible to you.



No one can take away your rights, or put restrictions on you unless there is a court order, or guardianship order **or....**

It is an emergency



you are unsafe to yourself or others, or have broken the law.



Remember that there are always rules that people must follow and if you break them, there may be consequences.

- Example: You live in an apartment and are very noisy at night. Your landlord may tell you that you need to be quieter to respect your neighbors. If you keep being noisy, you might have to move.

You might need equipment to keep you safe for a medical or safety reason, but equipment cannot be used in any way that keeps things away from you or to control which way you can go.



There must be a safety or medical reason for using equipment, locks, alarms, etc.

A written plan must be done. You and/or your guardian (if you have one), team members and the Human Rights Committee at your Area Agency must approve it.

Your Service Agreement must say if you have a safety or behavior plan.

Every year, your Service Coordinator and team must review these rights with you in a way that makes sense to you, and explain anything you may not understand.

Your annual meeting is a good time to do this.



That's what makes this book cool. It can help remind everyone.

You also have the right to complain and file a complaint:



If you have a concern about anyone who is paid to support you, or your services, you can make the call yourself or ask your Service Coordinator or other trusted person to help you.

New Hampshire Bureau of Developmental Services (BDS)

Phone: 1-(855) 450-3593

The investigator will call you back.

If your complaint is about abuse, neglect or exploitation, or people who are not paid to help you - you should also call the Bureau of Elderly and Adult Services (BEAS) as well.

603-271-7014

Notes:

My Service Coordinator is: _____

Phone Number: _____

Please contact your Service Coordinator if you have questions or would like to learn more.

This booklet was developed by:
Region 5 Self-Advocacy Connections
Monadnock Developmental Services
121 Railroad Street
Keene, NH 03431
www.mds-nh.org