

## **A-3: Rights and Freedoms of Persons Supported**

### **Policy**

Bethesda is committed to assist each person receiving services in exercising their rights and responsibilities. Bethesda recognizes the fact that people receiving support have the same basic fundamental rights as all community citizens. These rights include but are not limited to the right to freedom from unlawful discrimination based on culture, age, gender, sexual orientation, spiritual beliefs, socioeconomic status, or language. Bethesda recognizes that with each right there are generally accepted responsibilities. The person's Circle of Support Team has the responsibility to regularly review the issue of individual rights to determine if any modifications are necessary. The review will be documented on the person's Rights and Freedoms Checklist. Any modifications of the person's rights must be approved by the Circle of Support and must have informed consent from the person receiving services or their legal representative. Where a restrictive practice is required, a Safety Plan must also be developed by a qualified Behavioural Consultant. Restoration of a right must be documented in the person's Person-Centred Plan (PCP).

### **Individual Rights**

1. *"I have the right to send and receive mail, email, texts and messages to receive and place private telephone calls, to visit privately with my family and friends, and to communicate with legal counsel and my referring worker."*
2. *"I have the right to full participation on my Circle of Support Team, to be actively involved in my plan development and to select one or more individuals as support team members."*
3. *"I have the right to receive training and support in the least restrictive environment/most facilitative environment."*
4. *"I have the right to privacy."*
5. *"I have the right to choose and wear my own clothing."*
6. *"I have the right to have my own personal property."*
7. *"I have the right to be free of all abuse and neglect."*
8. *"I have the right to be free of all unnecessary prescribed drugs and I also have the right to administer my own medications."*
9. *"I have the right to manage my own money and to make decisions regarding the purchase and possession of my personal property."*
10. *"I have the right as a citizen to participate in the electoral process including the right to vote, at the municipal, provincial and federal levels."*
11. *"I have the right to practice my own religion/faith."*

12. *"I have the right to receive information regarding my personal health care and medical procedures in a way that I can understand."*
13. *"I have the right to freedom of choice that shall include movement, self-determination in activities of daily living, and the right to refuse services. (A part of freedom of choice is the responsibility to adhere to training guidelines and rules that are part of my living environment)."*
14. *"I have the right to receive assistance in the form of an advocate, representative or guardian."  
(Representation and guardianship must be determined through a legal process).*
15. *"I have the right to enter into contracts."*
16. *"I have the right to express my thoughts and ideas openly."*
17. *"I have the right to responsibly express my sexuality."*
18. *"I have the right to be treated with the utmost respect by the staff and other individuals. This includes being treated in a chronological, age-appropriate manner."*
19. *"I have the right to be free of unnecessary mechanical, physical, or chemical (medication) restraints."*
20. *"I have the right to express dissatisfaction with the service being provided and that my concern/complaint is addressed seriously without delay or reprisal. I have the right to confirm that the staff addresses my concern/complaint seriously, fairly and in a timely manner."*