

# Your Rights and Freedom

1. I have access to mail, email, text messages and phone calls and I have privacy when I am speaking to friends and family. If I need help from someone, I am able to ask for support.
2. I fully participate in my own planning and I am free to choose who is part of my Circle of Support Team
3. When I receive training and support, I only receive the amount of support I need so I can be as independent as possible.
4. I have privacy with my personal care, belongings, and personal matters.
5. I am free to choose my belongings and wear my own clothes.
6. I have my own personal property in my room
7. I don't experience abuse and neglect.
8. I only take the medications I need. I receive support from others only if I need it
9. I can make, or participate in making, decisions about buying and owning my personal property.
10. I can vote in elections for my city, province and country.

11. I am free to practice my own religion/faith.
12. I receive information in a way I can understand about my personal and health care on a regular basis.
13. I am free to make choices about where I go and what I want or don't want to do. I have the right to refuse service.
14. I am free to act for myself, but I may choose someone to support me as an advocate, representative or guardian.
15. I am able to have contracts with others.
16. I am free to express my thoughts and ideas openly without restriction
17. I am free to responsibly express my sexuality.
18. I have the right to be treated with respect by the staff and other people within Bethesda. I am treated like other people my age.
19. I am able to move without any objects, people, or medications stopping me, unless I need them to keep me and others safe.
20. I and my family are able to tell Bethesda staff if we have a concern or complaint about the service I am getting. They take my concerns seriously and get back to me quickly without making me feel bad.