

**I AM AN ADULT WITH AN INTELLECTUAL DISABILITY AND THESE ARE MY RIGHTS AND RESPONSIBILITIES:**

RIGHTS	RESPONSIBILITIES
<p>I have the right to be treated as a valuable person, in a fair manner and with respect. Example: not to be teased, called names, or hurt in other ways.</p>	
<p>I have the right to be protected by the laws that protect all Canadians against discrimination based on sex, racial origin, religious beliefs or skin colour. I have the right to expect to be safe from physical harm at home, at work and when I am in the community. I have the right to be paid a fair wage for work done, to have the same benefits as other workers. I have the right to be cared for when I'm sick in the same way others are cared for when they are sick. Example: coffee and lunch breaks, medical benefits, vacation time and maternity leave.</p>	
<p>As my own guardian, I have the right to make choices once I have learned about decision-making, and understand the consequences of my choices. I have the right to make mistakes and change my mind. If I am not my own guardian, I have the right to express my wants and I also have the right to information about decisions that are made for me. I have the right to have a say even if I need help making decisions.</p>	<p>I have the responsibility to listen to other people's point of view and think about the ideas they present.</p>
<p>I have a right to positive physical and emotional support from family, friends</p>	<p>I have the responsibility to treat with respect the family, friends and</p>

<p>and professionals. Example: to choose the support people who are going to be in my life.</p> <p>I have the right to speak for myself with the expectation that I will be listened to. I have the right to disagree and say “no”, to express my feelings and opinions, and not be judged by those listening to me. Example: making a complaint when I’m not happy.</p> <p>I have the right to be a member of my community, to participate in community activities, to use public transportation, to go to school, and to join clubs.</p> <p>I have a right to privacy, to spend time alone, to be confident that my personal space at work and home will not be violated. I have the right to expect that my mail, telephone conversations, personal and medical history are private and will not be shared without my consent. Example: any information about me belongs to me and people must ask me before they see it or use it.</p> <p>I have the right to have children.</p> <p><b>I HAVE RIGHTS, AND OTHER PEOPLE HAVE RIGHTS TOO, AND THESE RIGHTS ARE EQUAL.</b></p>	<p>professionals who give me support.</p> <p>I have the responsibility to tell the people who support me information about me.</p> <p>I have the responsibility to respect the facilities that I use, and the people who work there. I have the responsibility to follow through on my commitment.</p> <p>I have the responsibility to respect other people’s privacy.</p> <p>I have the responsibility to raise my children in a safe and nurturing environment.</p> <p><b>I DESERVE TO BE TREATED FAIRLY, AND I MUST TREAT OTHERS FAIRLY TOO.</b></p>
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These rights and responsibilities were developed by the staff/consultants of CONNECTIONS COUNSELLING AND CONSULTING.

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