

Your Life, Your Rights: DD Services Bill of Rights

Easy Read Guidebook



Rhode Island Department of Behavioral Healthcare, Developmental Disabilities & Hospitals

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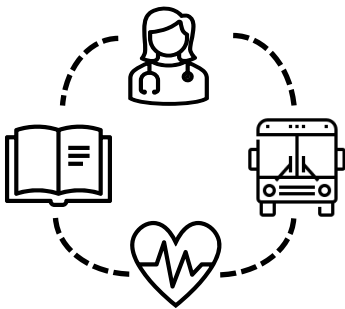
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How to Use This Guidebook



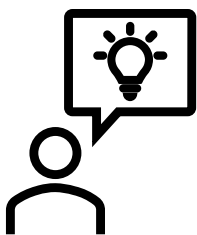
This Guidebook is about your DD Services Bill of Rights.



Your DD Services Bill of Rights are the rights you have as a person that gets developmental disability (DD) services.



It is important to learn what your rights are.



When you learn what your rights are you are better able to protect them.



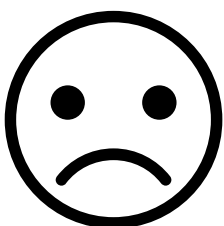
This guidebook will explain what your different DD service rights are.



You can use this guidebook as a tool to make sure you get what you need from your DD services.



Some of the information in this guidebook talks about abuse.



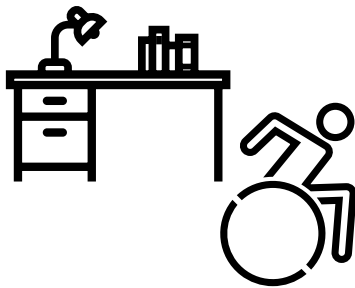
Learning about this information may make you sad or upset.



Please remember to take care of yourself as you read this guidebook.



Stop reading this guidebook and ask for support if you start to feel upset.

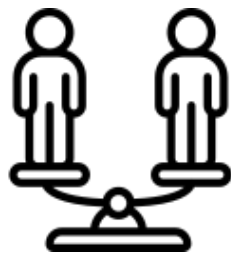


You do not have to read this guidebook all at once.



It is okay to take breaks as you read this guidebook.

Part 1: Your Human Rights



All people with disabilities have the same rights as anyone else.



The rights you have are called human rights.



Human rights are protected by laws, like the Civil Rights Act, Americans with Disabilities Act (ADA), and Rehabilitation Act.



Being denied any of your human rights is against the law.

Your Human Rights are:



1. Freedom to be yourself and make decisions.



This means you have the right to say what you want to say and do things you want to do.



2. Not to be treated unfairly because of who you are.



You should never be treated unfairly because of your race, gender, disability, age, and more.



You should be treated fairly no matter what you look like, where you are from, or what you believe in.



Being treated unfairly because of who you are is called discrimination.



Discrimination keeps certain groups of people from services and experiences.



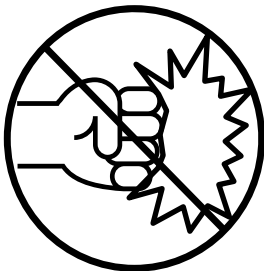
Discrimination is against the law.



3. Live a safe, meaningful, and free life.



No one should hurt your feelings by calling you names or yelling at you.



It is never okay for someone to harm your body.



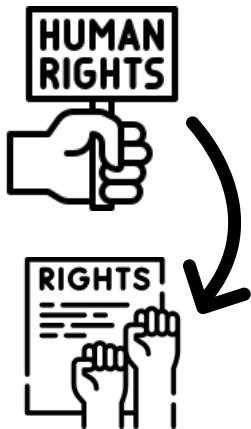
You should have the chance to make your own choices about your life and feel safe.



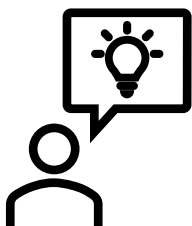
4. Be treated with dignity and respect.



You deserve to be treated with kindness.



Your human rights were used to create your DD Services Bill of Rights.

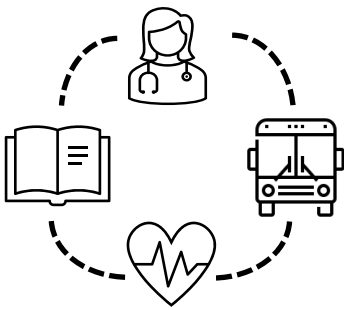


You will learn about your DD Services Bill of Rights in the next section.

Part 2: Your DD Services Bill of Rights



Your life is your choice.



This is also true for DD services you get.



You have rights when it comes to your DD services that are called the **DD Services Bill of Rights**.



The DD Services Bill of Rights make sure you are treated well and get the help you want so you can live the life you choose.

The DD Services Bill of Rights are:



1. You plan your life and pick your services and providers.



You will choose if you want to self-direct your services, go to an agency for services, or both.



You will get help making choices about your services and providers if you want it.



People who can help you are family members, support staff, plan writers, and other people you choose.



2. You understand your services and can ask questions at anytime.



The people that help you will encourage you to ask questions to better understand your services and rights.



3. You can let your provider or DDD know if you are unhappy with your services.



You can stop services at anytime and turn down services you do not want.



4. You are protected from abuse and mistreatment.



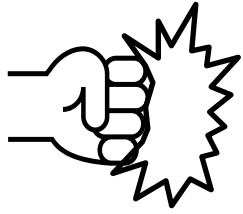
Abuse is when someone treats another person bad.



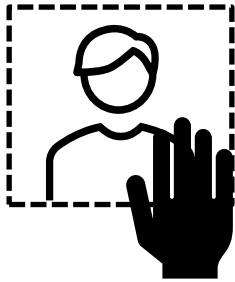
Abuse is harmful and can cause injuries.



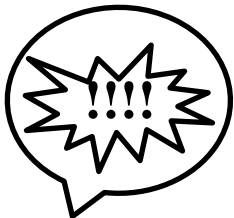
There are many forms of abuse including: neglect, or not taking care of someone you are supposed to take care of.



Physical abuse, like kicking or hitting someone.



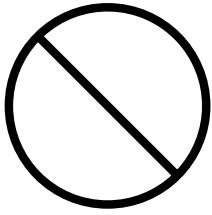
Sexual abuse, like unwanted sexual comments and activities.



Verbal or emotional abuse, like saying mean things to cause fear and sadness.



And exploitation, like taking advantage of someone else for personal gain.



No type of abuse is okay.



There are professionals that can help you if you or someone you know is being abused.



Call 911 for emergencies and you need help right away because you are in danger and hurt.



Call the BHDDH QA Hotline at 401-462-2629 to report abuse so it does not keep happening.



5. Your privacy is protected.



Any information about you and the services you get must be kept private.



Private information about you can only be shared if you approve it.



The only time your information can be shared without your permission is in an emergency so you can be taken care of.



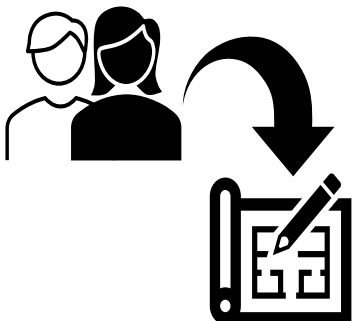
People you talk with and information that is sent to you must be kept private unless you want to share it.



6. You can get your record at anytime.



With your record you can review information about you and your services, including meeting notes written by your provider(s).



Your record also has information about your Individual Support Plan (ISP).



7. You live in a safe and comfortable home.



Your home should have clear paths to exits in case of fires or other emergencies.



You should have a place in your home where you can have privacy when you want it.



You should feel safe at home.



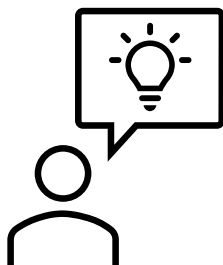
8. You can take risks and make mistakes.



Mistakes may happen from choices you make.



Everyone makes mistakes sometimes.



Mistakes are normal and help us learn.



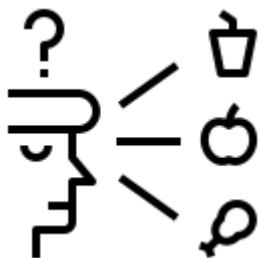
9. You wear clothing, own items, and eat food you want.



You can keep items you own in a private place, like bedroom closets and drawers.



You can decide what to wear each day.



You can decide the types of food you want to eat and the times you want to eat.



10. You can have relationships and people can visit you.



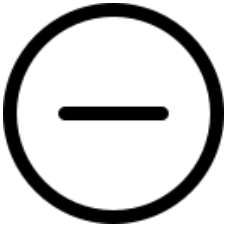
You should have the chance to make friends and spend time with them.



You can date people you choose.



People can visit you at any time.



11. You will have safety plans that have the least restrictions.



Restrictions are limits placed on activities.



Restrictions may impact your DD service rights.



Restrictions should only be placed on you to keep you safe.



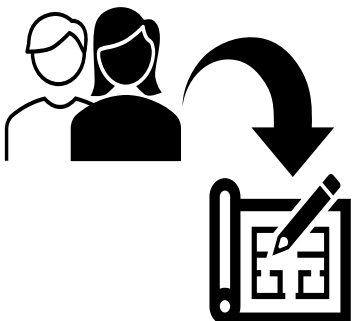
Your provider(s) should talk to you about any restrictions you have.



You can ask questions about any restrictions you have.



There should be a date listed for when restrictions end.



Your Individual Support Plan (ISP) should have information about restrictions like what they are, why you have them, and when they end.



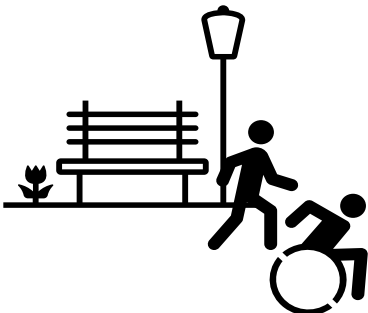
12. You are involved in your community and choose the activities you do.



You should have the chance to attend different events and activities.



You can go to church and practice the religion you choose.



You can decide who to spend time with and when to go out into the community.

Part 3: Protecting Your Rights



You are the best person to protect your rights.



Your family, friends, and other supports can help you protect your rights.



You should get help right away if you feel your rights have been broken.



Please contact [the Rhode Island Commission for Human Rights \(website\)](#) to report information about your broken rights.