



Your Life, Your Rights: DD Services Bill of Rights
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Rhode Island
Department of Behavioral
Healthcare, Developmental
Disabilities & Hospitals
(BHDDH)

Title: Your Life, Your Rights: DD Services Bill of Rights

Presenter names:

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Image: there is a picture of a group of people with disabilities waving and smiling on the slide.

Talking points: In this session we are going to talk about the rights you have under your developmental disability (DD) services. Your DD services are the services you get from the Division of Developmental Disabilities.

Rights are privileges everyone in our country has. They are not things that only certain people have that makes them better or more powerful than others. Rights come from laws.

It is important for you to know what your rights are so you can protect them and live the life you choose.

We want to learn from you in this lesson, too. When and if you share a question, story, or comment, please don't say any names. This helps us protect one another's privacy.

Class rules

Here are some **helpful virtual class rules**:

- Be prepared and ready to learn
- Respect everyone in the group
- Speak up and participate
- Stay focused
- Take care of yourself
- Have fun and be yourself!



Title: Class Rules

Image: a person taking an online class, raising their hand

Talking points: Here are some helpful virtual class rules:

1. **Be prepared and ready to learn:** Have your materials nearby. Make sure your device is charged. Find a quiet place where you can focus.
2. **Respect everyone in the group:** Listen when someone is speaking. Be kind and patient with others. Use polite words and gestures. This also means protecting one another's privacy. If are sharing a story, try not say any names. If someone else is sharing, try not to repeat it outside of this class.
3. **Speak up and participate:** Share your thoughts in a way that works for you—talking, typing in the chat, or using reactions. Ask questions when you need help. It's okay to take your time to answer!
4. **Stay focused and on-task:** Try to avoid distractions. Keep phones and other devices off unless they're needed. Follow along with the lesson and activities. Stay muted when you're not speaking to help keep background noise low.
5. **Take care of yourself:** If you need a break, let us know. Use headphones or closed captions if you need to. Feel free to use a fidget tool or move around as needed.
6. **Have fun and be yourself!** Virtual learning should be **engaging and comfortable** for everyone. Be yourself, share ideas, and enjoy learning with others!

Welcome ice breaker!

Let's get started with a smile!
What's something that always
makes you smile?



Title: Welcome! Ice Breaker!

Image: a group of people getting to know one another.

Talking points: Let's get to know each other and start this class with a smile! Everyone has something that makes their day brighter! It could be:

- A favorite song
- A pet
- A fun memory
- A favorite food

Let us go around the screen and introduce ourselves, say our name and one thing that makes you smile.

What you will learn today



All about your DD service rights:

- What they are
- Why they matter
- What to do when someone violates your rights
- Where to learn more

Title: What you will learn today

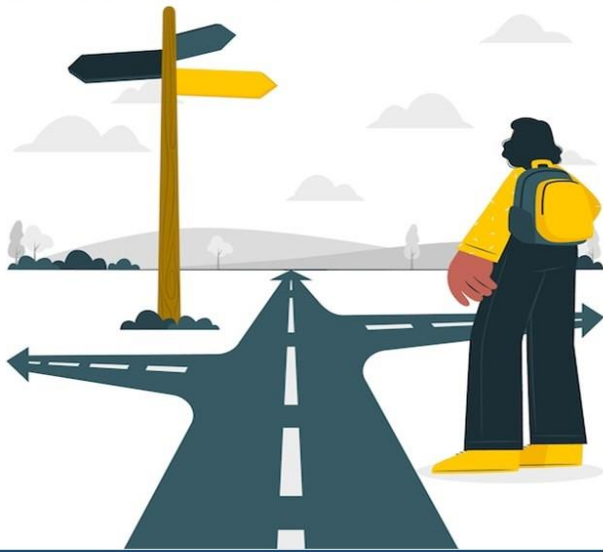
Image: 5 raised fists. The raised fists are a symbol of support.

Talking points:

Today's lesson all about your DD service rights.

- We are going to start by telling you what your DD service rights are and why they matter.
- Then, we will talk about what to do when someone violates, or breaks, your rights by playing a game.
- Last, we will share where you can go to learn more about your rights.

DD service rights about choice



Plan your life and pick your services.

Pick your outfits, food, and other wants.

Choose who to spend time with.

Choose community activities to do.

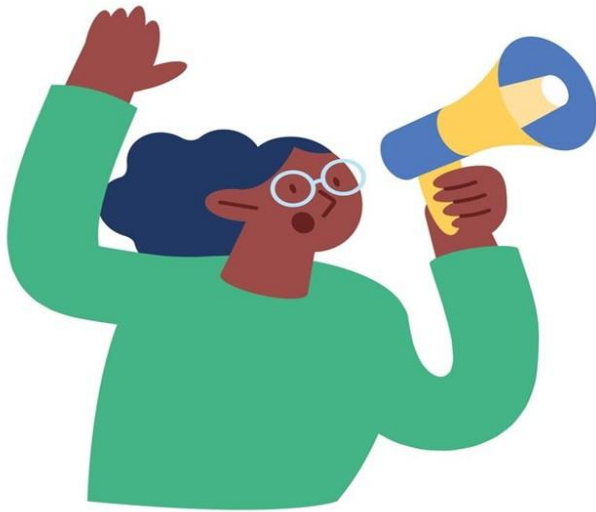
Title: DD service rights about choice

Image: The picture on the screen is of a person standing on the side of a road. The road breaks off into 3 different directions. The person is choosing which way to go.

Talking points: The first group of rights we will talk about is your right to make choices.

1. You have the right to plan your life and pick your services. For example, you meet with your support team to write your Person-Centered Plan (PCP) at least once a year. In your PCP meetings, one of your support people might tell you that you should get a job. You have the right to say no if you do not want to work.
2. You have the right to pick your outfits, food, and other wants. This is true no matter where you live or who you live with. For example, if you live in a group home your group home providers may say you have to eat what is on the menu that night. You have the right to say no and pick your own meal.
3. You have the right to choose who to spend time with. This includes not spending time with people you don't want to spend time with. Do you get to choose who to spend time with?
4. You have the right to choose community activities to do. For example, you may get services from an agency. Your agency staff might tell you that you can't go to an event because they are short staffed. You have the right to still go to the event. Your agency staff must work with you to make sure you can go.

DD service rights about voice



Ask questions about your services.

Give feedback about your services.

Get your record at anytime.

Take risks and make mistakes.

Title: DD service rights about voice

Image: a person speaking with a megaphone

Talking points: The second group of rights we will tell you about is your right to speak up and use your voice. This can be by talking, writing, drawing pictures, or using communication tools.

1. You have the right to ask questions about your services. Have you ever come across or been told about a service but had no idea what it was? Or maybe you joined a new service for the first time, but it is different from what you thought it would be. You have the right to ask your support team questions.
2. You have the right to give feedback about your services. You can tell your support team what you like and dislike about a service at any time.
3. You have the right to get your record at any time. This can include your service plan and any notes your providers have written about your progress. The agency must give your record in a way you can read it.
4. You have the right to take risks and make mistakes. How many of you have made a mistake? Maybe we made the wrong choice or did the wrong thing. It is part of learning, and you have the right to do it.

DD service rights about safety



Live a safe life free from abuse.

Your privacy is protected.

Live in a safe, comfortable home.

Have the least restrictions in your plan.

Title: DD service rights about safety

Image: a person in a wheelchair smiling while using a laptop. The person looks comfortable and safe.

Talking points: the last group of rights we will tell you about is around your right to safety.

1. You have the right to live a safe life free from abuse. Abuse is when someone treats another person bad. It is harmful and can cause injuries. There are many different types of abuse. No type of abuse is okay.
2. You have the right to have your privacy protected. No one should open your mail without your permission or open your bedroom door without knocking. No one should share your personal information without your permission. Anything you want private should be kept private.
3. You have the right to live in a safe, comfortable home. What are some things that make you feel safe at home? Maybe you can relax at home and be yourself.
4. You have the right to have the least restrictions in your plan. Restrictions are limits to what you can and can't do. Sometimes people have them to keep them safe. You should never feel trapped or like you are in jail during your normal day.

Why your DD service rights matter



You become your own hero and stick up for yourself by:

- Fighting for what you want
- Telling others how you want to be treated
- Living a life you are proud of

Title: Why do your DD service rights matter?

Image: a person with their arms crossed smiling. The person is imagining themselves as a hero.

Talking points: Learning about your DD service rights is like a superpower.

Knowing your rights helps you advocate for yourself. **Advocating** for yourself means sticking up for yourself.

You become your own hero and stick up for yourself by:

- Fighting for what you want. You may do this by asking questions, sharing your comments, saying yes or no to certain things, and more.
- Telling others how you want to be treated. Sometimes, we might not know how we want to be treated. Pay attention to things that make you feel good or bad. Try to figure out what you were doing or who you were with when you felt good or bad.
- Living a life you are proud of. The best part about this is all of you will have a different idea about what this means and looks like.

Let's play a game



Level 1:
We will share an example



Level 2:
You tell us why what happened was wrong

Title: let's play a game

Talking points: This game has 2 levels. Each level has its own picture.

Level one: we will share a real-world example with you. For this level, the picture is a text bubble.

Level two: you will tell us why what happened in the example was wrong. There will be many correct answers, so don't be afraid of saying the wrong thing! For this level, the picture is a person smiling and making the peace sign with his hand. The person has the shadow of a superhero.

Round 1

Example



Why is this wrong?

Someone opens your mail without asking.



Title: Round 1.

Image: superhero flying

Talking points:

The example is: someone opens your mail without asking. There is a picture of an open envelope.

Why is this wrong?

This is an example of someone's privacy not being respected. If this happens to you, you can report that your privacy was broken to your plan writer, parent or guardian, or someone you know that works with disability law. Opening someone else's mail is against the law.

Round 2

Example



You are not taken to a community event because there is no staff support.

Why is this wrong?



Title: Round 2.

Image: superhero flying

Talking points:

The example is: You are not taken to a community event because there is no staff support. There is a picture of a person sitting in the living room at home.

Why is this wrong?

This is an example of your right to choose the activities you do not being respected. If this happens, remind staff that your services must involve the community. If that doesn't work, you can talk to the director of your program to help solve the problem. If this also does not work, you can try to find someone else that can take you out.

Round 3

Example



You are told you can't see your record.

Why is this wrong?



Title: Round 3.

Image: superhero flying

Talking points:

The example is: you are told you can't see your record. Your record is your support plan, and any notes providers have about you. There is a picture of a person saying no.

Why is this wrong?

This is an example of your right to get your records being broken. If this happens, let staff know it is illegal to keep your record from you. If staff gives you a hard time talk to their supervisor. You can talk to someone from disability law if you need to.

Round 4

Example



A person in your life makes choices for you without asking you.

Why is this wrong?



Title: Round 4.

Image: superhero flying

Talking points:

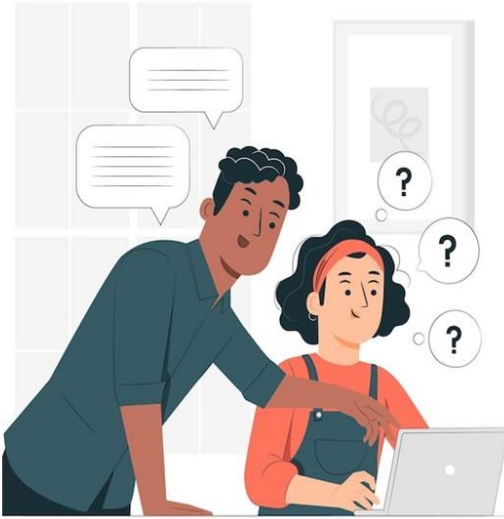
The example is: A person in your life makes choices for you without asking you. There is a picture of a person sitting alone on a bench. There are 2 other people nearby talking to each other.

Why is this wrong?

This is an example of your right to plan your life and pick your services and providers not being respected. Nothing about us without us. There are many ways you can respond to this.

- If it is something you sort of like, you can thank the person but remind them this is your life.
- If you don't like it, then you can just say that. You can tell the person you do not agree and any choices they want to make they need to ask you first.
- If you need to, get other staff involved to help you.
- Sometimes there may be exceptions if you have a guardian.

Where to learn more



Visit the [Division's website](#).

[Sign-up for the Division's newsletter](#).

Visit [Advocates in Action Rhode Island](#)

Talk to other people with lived experience.

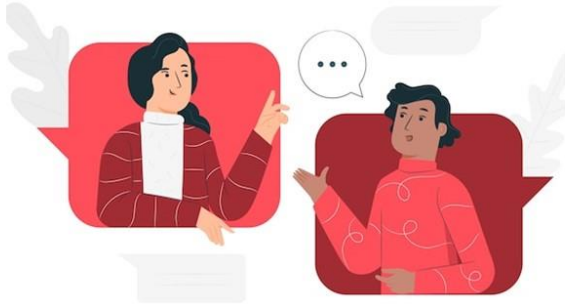
Title: Where to learn more?

Image: one person teaching another person how to do something on a laptop.

Talking points: To wrap up this session we are going to tell you where you can go to learn more about your rights.

- You can visit the [Division's website](#). We have a webpage that has flyers and guidebooks for the Your Life, Your Rights program.
- You can sign-up for the [Division's newsletter](#). It is free and sent by email twice a month.
- You can also visit the [Advocates in Action Rhode Island website](#). This is a local agency that offers training and tools to help you self-advocate.
- Last, you can talk to other people with lived experience. We all have something we can learn from each other.

Let's learn from you



1. How has learning about your rights helped you?
2. What is something you learned that you think others should know?
3. Has anyone in your life helped you protect your rights?

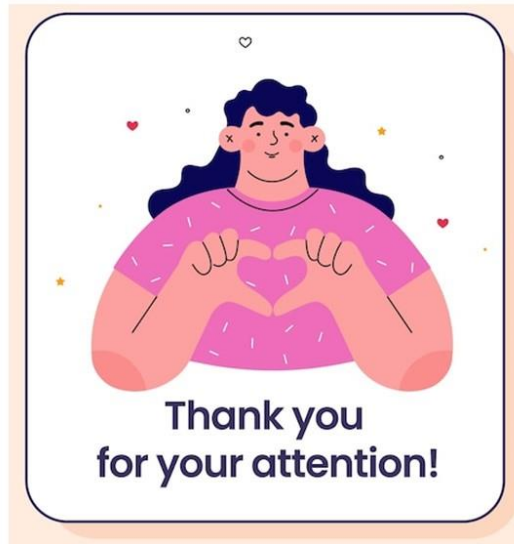
Title: Let's learn from you

Image: two people talking to each other.

Talking points: Speaking of learning from each other, we want to take a few minutes to learn from you. Here are some questions we want to ask you:

1. How has learning about your rights helped you?
2. What is something you learned that you think others should know?
3. Has anyone in your life helped you protect your rights?

The End



Title: The end

Image: a person smiling and making a heart shape with their hands. The words say, "Thank you for your attention."

Talking points: Thank everyone for joining us today. We are happy to take questions if you have any. If not, you can sign-off. We hope you enjoy the rest of your day.