



## Your Life, Your Rights: Healthcare Rights

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Disabilities & Hospitals  
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**Title:** Your Life, Your Rights: Healthcare Rights

**Image:** A doctor, nurse, and patient during a medical exam

**Talking Points:**

Presenters are:

- Denise Flynn, Leadership Class of 2020 with Advocates in Action
- Amethys Nieves, Division of Developmental Disabilities
- Johanna Mercado, Division of Developmental Disabilities

In this session we are going to talk about the rights everyone has when it comes to healthcare services.

You have the right to healthcare services that meet your needs, including doctors who understand disabilities. Medical offices should provide accommodations, like interpreters, accessible buildings, and clear communication.

# Class Rules!

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

- Be Prepared & Ready to Learn
- Respect Everyone in the Group
- Speak Up & Participate
- Stay focused
- Take Care of Yourself
- Have Fun & Be Yourself!



**Title:** Class Rules!

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

**Talking Points:**

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.
3. Speak up and participate. Share your thoughts in a way that works for you, like 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 your teacher know. Use headphones or closed captions if they help you follow along better. 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 talk about feelings!

## One Word Check-In

Pick one word about how you feel when you go to a doctor's office or appointment. It could be **excited, curious, hopeful, scared, nervous**—or anything else!



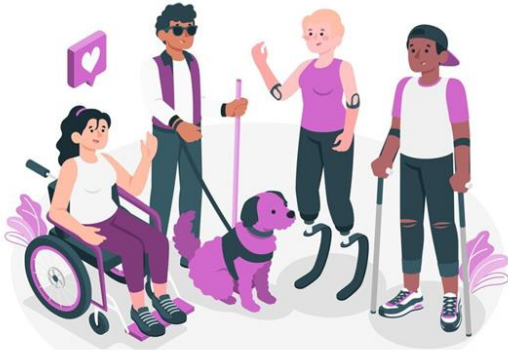
**Title:** Welcome! Ice Breaker!: Let's talk about feelings!

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

### Talking Points:

This activity is a One Word check-in so we can get to know each other. We will go around the screen, say our name, pick one word that tells how you feel when you go to a doctor's office or appointment. It could be excited, curious, hopeful, scared, nervous, or anything else!

# What You Will Learn Today



## All about your Healthcare rights:

- What is Healthcare rights
- Words to know!
- Why they matter
- How to stand up for your rights
- Game
- Where to learn more

**Title:** What You Will Learn Today

**Image:** a group of people with different abilities spending time together

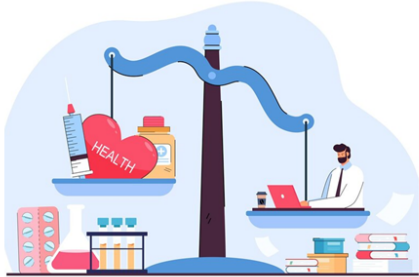
### Talking Points:

Everyone has the right to healthcare. This includes physical health and mental health services. We are going to go through words to know, what healthcare rights are and why they matter, and how to stand up for your rights.

We will also play a game. In the game we are going to go through different examples of situations that have happened to others at the doctor's office. You get to decide if they violated your rights or not. We will talk about what we could do to stand up for ourselves in each example.

The last thing we will share with you is where you can learn more about your rights.

# What is Healthcare Rights



Healthcare rights help protect **everyone**, including people with disabilities, so they get the **care and support** they need. These rights make sure:

- You can access healthcare services.
- Doctors and nurses treat you with respect.
- You get clear information to make decisions about your health.

**Title:** What is Healthcare Rights

**Image:** a scale with health on one end and a person with a laptop on the other end

**Talking Points:**

Healthcare rights help protect everyone, including people with disabilities, so they get the care and support they need. These rights make sure:

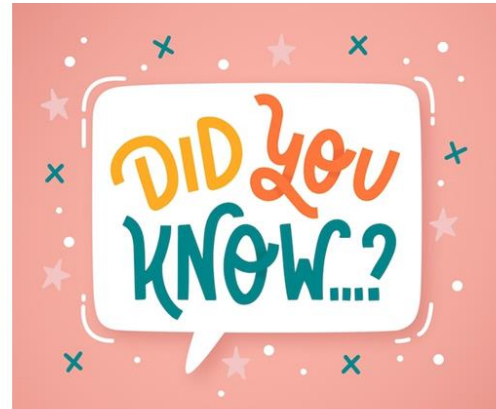
- You can access healthcare services.
- Doctors and nurses treat you with respect.
- You get clear information to make decisions about your health.

## Words to know!

**Healthcare:** is care or treatment you get from a health provider, like doctors and nurses, to feel your best.

**Physical health:** how well your body and organs are working.

**Mental health:** how well your mind is working so you can think and act.



**Title:** Words to know!

**Image:** an image with the words "Did you Know?" On it.

**Talking Points:**

- Healthcare is care or treatment you get from a health provider to feel your best.
- Physical health: how well your body and organs are working.
- Mental health: how well your mind is working so you can think and act.

## Why they matter?

Healthcare rights help **keep you safe** and **make sure your needs are met**. They allow people to get fair treatment, whether at a doctor's office, hospital, or when choosing a healthcare plan.



**Title:** Why they Matter?

**Image:** a person next to a shield with a heart on it in front of a scale.

**Talking Points:**

Healthcare rights help keep you safe and make sure your needs are met. They allow people to get fair treatment, whether at a doctor's office, hospital, or when choosing a healthcare plan.

- Has knowing your healthcare rights ever helped you or someone you know?
- What healthcare challenges do people with disabilities face, and how can knowing their rights help?

## How to stand up for your rights



- **Speak up!**
- **Know your choices.**
- **Ask for help.**

You deserve respect, clear information, and the right care. If you ever feel unsure, have the right to ask for help and stand up for yourself

"Your body is your biggest advocate!"

-Denise Flynn

**Title:** How to stand up for your rights

**Image:** a person holding a microphone with words saying "My body, my choice, my right."

### **Talking Points:**

Things you can do to stand up for your rights are to:

- **Speak up!** If something feels wrong or confusing, ask questions. It's okay to say, "I don't understand" or "Can you explain that in a different way?"
- **Know your choices.** There are programs and services made to support people with disabilities. Learning about these options can help you get the care you need.
- **Ask for help.** You don't have to do this alone! Advocacy groups like Advocates in Action or the Sherlock Center and support teams can help you understand your rights and speak up if something is unfair.

You deserve respect, clear information, and the right care. If you ever feel unsure, you have the right to ask for help and stand up for yourself

# "Healthy or Not?" Game

## Physical and Mental health!

- Eating vegetables
- Skipping sleep
- Exercising
- Feeling stressed



**Do's**



**Don'ts**

**Title:** "Healthy or Not?" Game

**Image:** a thumbs up and the word "do's" under it, and a thumbs down with the word "don'ts" under it.

### Talking Points:

Let us go through examples of actions where we decide if they are healthy or not. You can put a thumbs up if helps with your health or thumbs down if it does not.

- Eating vegetables. Is this good or bad? Does it help or harm your physical and/or mental health?
- Skipping sleep. Is this good or bad? Does it help or harm your physical and/or mental health?
- Exercising. Is this good or bad? Does it help or harm your physical and/or mental health?
- Feeling stressed. Is this good or bad? Does it help or harm your physical and/or mental health?

## Visual Matching Activity: Getting healthcare



**Title:** Visual Matching Activity: Getting Healthcare

**Image:** two pictures. One is of a person in a wheelchair facing stairs. The second is of a person in a wheelchair surrounded by nurses and doctors.

**Talking Points:**

In this visual matching activity, we have two pictures. The pictures show different examples of what can happen to people when they try to get healthcare.

Which picture do you think is a good or bad way to get healthcare?

## Visual Matching Activity - Doctors & Nurses



**Title:** Visual Matching Activity: Doctors and nurses

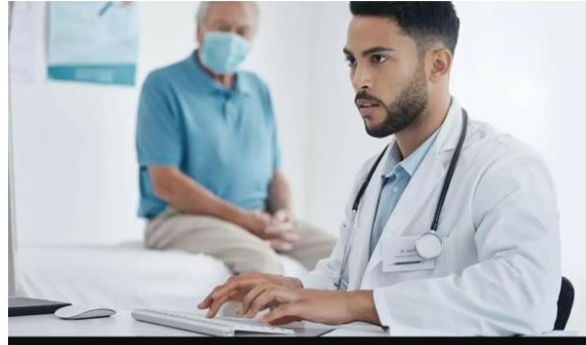
**Image:** there are two pictures. The first is of a doctor on the phone while in front of a patient who looks confused. The second is of a doctor sitting in front of a patient and listening to what the patient is saying while they take notes.

**Talking Points:**

In this visual matching activity, we have two pictures. The pictures show different examples of what can happen to people when they try to talk to their doctor.

Which picture do you think is a good or bad way to interact with your doctor?

## Visual Matching Activity: Getting Information



**Title:** Visual Matching Activity: Getting Information

**Image:** two pictures. The first is of a doctor explaining information to a patient while the patient follows along with the doctor. The second is of a doctor looking away from a patient typing on a computer.

**Talking Points:**

In this visual matching activity, we have two pictures. The pictures show different examples of how doctors may share information with you.

Which picture do you think is a good or bad way for your doctor to share information with you?

## Healthcare Rights: A list to remember!



- Healthcare for Everyone – Getting the care you need.
- Respect Matters – Everyone deserves kindness and fairness.
- Equal Treatment – No one should be treated differently because of a disability.
- Understand Your Care – You have the right to know what’s happening with your health.
- Support & Advocacy – You can get help to speak up for yourself.

**Title:** Healthcare Rights: A list of remember!

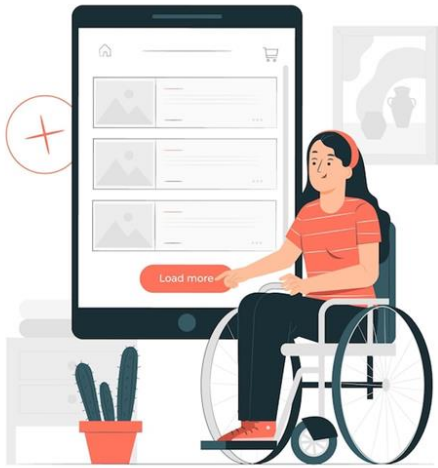
**Image:** 5 people standing around documents, books, and lists with a white and red hospital cross symbol.

### Talking Points:

Remember, you have:

- The right to accessible healthcare. You have the right to healthcare services that meet your needs, including doctors who understand disabilities. Medical facilities should provide accommodations, like interpreters, accessible buildings, and clear communication.
- The right to be treated with respect. Healthcare providers must treat you with dignity and listen to your concerns. You have the right to make decisions about your own health and care.
- The right to equal treatment. You cannot be denied care because of your disability. You have the right to affordable healthcare, including Medicaid and other programs that support people with disabilities.
- The right to understand your care. Doctors and nurses should explain medical information in a way you understand. You can ask for help if something is confusing or unclear.
- The right to support and advocacy. You can have a trusted person (family member, caregiver, or advocate) help you with medical decisions. Organizations like The Arc and disability rights groups can help you stand up for your healthcare rights.

## Where to learn more



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

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

Talk to other people with lived experience.

**Title:** Where to learn more

**Image:** a person in a wheelchair clicking a "learn more" button on their tablet.

**Talking Points:**

You can visit the [Division's website](#). We have a webpage that has flyers and guidebooks for the Your Life, Your Rights program.

Another resource is the [Division newsletter](#). You can sign up for the newsletter online. The newsletter is sent by email every two weeks.

Last, you can talk to other people with lived experience. We all have something we can learn from each other.

## The End



**Title:** The End

**Image:** Hands holding a sign that says, "thank you!"