

Rights & Responsibilities

#1. EVERYONE has the right to be safe.

I have **the responsibility** to say **"NO" TO ABUSE** and **TO TELL OTHERS** if I am being hurt in any way.



EVERYONE

DESERVES

RESPECT !!!!!!!

(The International Symbol for "NO" is placed before the word "ABUSE" – in graphic terms, this is very, very large, and takes up nearly one-third of the page. This graphic is not available in Braille.)

#2. EVERYONE has the right to try new things – even if that means making mistakes.

I have **the responsibility** to get advice from others that I trust before I do anything dangerous or before I make major decisions. When I do make mistakes, I have **the responsibility** to learn from them.

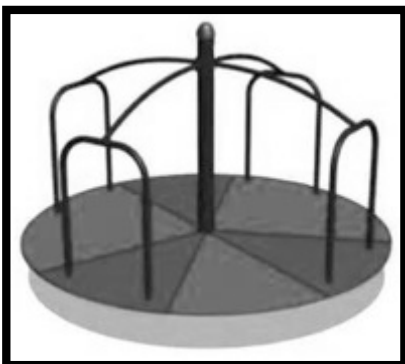
**EVERYONE
MAKES
MISTAKES!**

#3. EVERY ADULT has the right to be treated as a capable adult.

If you throw a temper tantrum (use bad language hit people, damage property, etc.), you will have your rights taken away.

#4. EVERYONE has the right to be a part of the community and have access to community services (banks, grocery stores, shopping malls, public transportation, doctors, etc.).

I have the responsibility to act like an adult. When I am in public, I have the responsibility to know and follow the law of the land (for example, I can't steal).



I have **the responsibility** to pay for the goods and services I want. I also have the responsibility to control my behavior if things don't go my way.

(Graphic of a bank and playground equipment not available in Braille.)

#5. EVERYONE has the right to express their opinions, and to have their ideas listened to and respected by others.

If I don't like a rule or a law, I have the right to TRY to change it!

I have **the responsibility** not to interrupt others when they talk, and to respect their ideas even when their ideas are different from mine. Crying or having temper tantrums in public are not adult ways to behave.



I understand that there are times when crying is OK - like when I am hurt or at the death of a loved one.

#6. I have the responsibility to understand that when I don't express my opinion, I may have to follow the wishes of the majority. **AND**, I may not get my way even when I do express my opinion.

#7. EVERYONE has the right to ask questions when they don't understand something.

I have **the responsibility** to ask for help whenever I need it.

It is probably not OK to ask for help with things that I already do well just to get attention.

I have **the responsibility** to ask for the information I need before I make any major decision from people that I trust.



(Cartoon of a man being very, very angry and having a "temper tantrum," not available in Braille. And, a stick figure scratching his head, wondering where to look next for information, also not available in Braille.)

#8. EVERYONE has the right to change their mind.

I have **the responsibility** to let others know as soon as I change my mind, especially when it may affect their plans. They can't read my mind!!!

#9. EVERYONE has the right to be independent.

I have **the responsibility** to make good decisions about my life. If I am unsure about something, I don't have to act on it until I get help from anyone I trust.



I have **the responsibility** to get the skills and supports needed to live where I want to live. I have **the responsibility** to pay my bills on time. I also have **the responsibility** to follow the rules of the place where I live or, when they are unfair, suggest new rules.

#10. I have **the right** to choose if I will live by myself, or with another person of my choosing.

I have **the responsibility** to get along with the people I choose to live. If I live with another person, we both have to agree to live together, decide who pays for what, and divide the chores.

#11. I have **the right** to choose what I will eat.

I have **the responsibility** to make healthy choices about the foods I eat.



(Graphic depiction of a woman using an ATM Machine who uses two forearm canes, and a gentleman using a "four-prong" cane" while carrying a sack of groceries both show people with disabilities living independently – these graphics are not available in Braille. Another graphic on this page is an apple showing healthy eating.)

#12. I have **the right** to choose what time I get up in the morning and go to bed at night.

I have **the responsibility** to make healthy choices about my sleeping habits. I have **the responsibility** to be quiet when others are sleeping. **I have the responsibility to get up in time for work and/or other appointments.**



(A graphic of a clock is not available in Braille.)

#13. I have **the right** to choose the kind of job I will have.

I have **the responsibility** to get the training, skills and knowledge for that job. I cannot expect employers to hire me if I am not qualified. I also have **the responsibility** to be on time for work and follow the work rules when I have a job.

#14. I have **the right** to ask for "reasonable accommodations under the ADA" when I need them.

ADA ACCOMMODATIONS are things like:

- Making the workplace accessible (putting in ramps, widening doors)
- Purchasing assistive technology or modifying existing equipment
- Restructuring the job (like "job carving"), or modifying work schedules (so there is a rest period)
- Making training materials and policies available in accessible formats (like Braille, large print, or putting information into electronic format for voice synthesizers)
- Providing qualified readers or interpreters during training times

I have the responsibility to know the law, and to make it work for me.

If I don't know my rights, it is my responsibility to get training or find information!

#15. I have **the right** to choose which health care treatments I want (including my doctors, dentists, and therapists), unless a judge requires me to have certain types of treatment. I also have **the right to NOT** be a "guinea pig" for medical experiments.

I have **the responsibility** to keep my appointments, or reschedule. I have the responsibility to pay my bills. I also have the responsibility to understand what these professionals plan to do for me and to refuse any procedure I don't think will help me. I can get a second opinion from another health professional.



(The symbol for Red Cross is not available in Braille and other alternative formats. This symbol is literally a large red cross.)

#16. I have **the right** to choose my friends. My friends may be people with disabilities and people without disabilities.

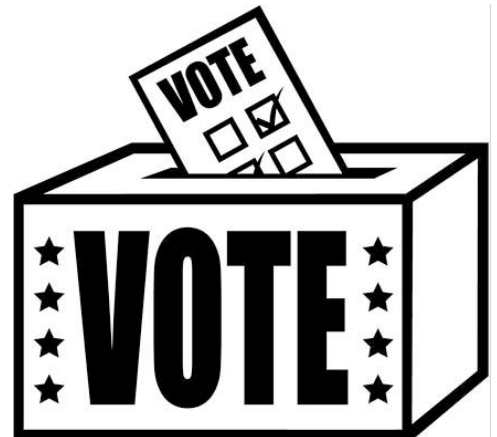
I have **the responsibility** to be a good friend in order to keep my friends. I must respect their property and their privacy. I have the responsibility to choose only friends who are safe for me to be with. I also have the responsibility to drop "so-called friends" who try to take advantage of me or my situation.

#17. EVERYONE has the right to choose their own recreational activities. I can choose to take part in activities specially designed for people with disabilities and non-specialized activities.

If I choose to take part in an activity, I am responsible for getting any specialized equipment and transportation I may need. I need to know the rules for that activity. I need to let others know where I am so I can be reached in case of an emergency.

#18. ALL AMERICAN CITIZEN ADULTS have the right to vote (unless a judge has taken that right away).

I have **the responsibility** to be an informed voter. It is my job to know the issues. It is my job to know the candidates and what they stand for. It is my job to register to vote.



(Graphic of a "Ballot Box" not available in Braille.)