

# **Community Living Parry Sound Bill of Rights**

## **The Rights and What They Mean:**

### **1. The right to make a decision and change your mind.**

This means that I get to make decisions about my life but having made a decision, I need to be able to change my mind if I want to. Sometimes when I make a decision I don't know what it will be like to try something or do something new, after trying I may want to change my mind.

### **2. The right to learn about personal power and how to use it every day.**

This means that I need to learn about my rights and the power I have to live my life the way I want to. It means that I need to practice using my voice, my power and my rights on a daily basis.

### **3. The right to express all of our feelings.**

We have rights to all of our feelings, everyone wants us to be happy all the time, but sometimes we feel angry or sad or frightened. We need to be able to express these feelings and to learn how to deal with them.

### **4. The right to say what's on your mind and to disagree with staff, therapists, etc.**

The only person who knows what's right for me is me. I need to listen to what other people have to say but other people have to listen to what I have to say too. When I disagree, it needs to be taken seriously.

### **5. The right to work.**

People with disabilities are often discriminated against in employment. We want the right to work. It doesn't have to be paid work but it must be valued work.

### **6. The right to get paid.**

When we work, we need to be paid for the work we do.

### **7. The right to go into the community and prove that you are able to; the right to review restrictions on access to the community.**

There are all sorts of rules about living in the community that we need to learn. It is important that we be taught how to live safely in the community and as we learn new skills we need to be given the opportunity to practice them independently. If there are restrictions, they need to be explained and goals set for independence.

### **8. The right to tell the truth in court when a crime has been committed against us.**

We want to be able to tell our stories in court when someone has committed a crime against us. We want to be seen and treated as an adult.

**9. The right to spend our money as we choose.**

Part of being an adult is managing our own money. We want to learn these skills and we want our decisions to matter when it comes to spending our own money.

**10. The right to watch what we want on TV.**

Our time, our choice

**11. The right to be part of the discussion as to where we live.**

We know that we don't always have a choice about where we are going to live but we'd like to have people talk to us about where we will live and with whom. Take our wishes into consideration.

**12. The right to choices, including right to risk.**

Life is full of choices, we want to make as many as we can. We know we have to understand consequences but that's part of living and learning. I have the right to try new things and to learn from my mistakes and to be able to celebrate my accomplishments.

**13. The right to be treated respectfully by staff.**

It is important that staff talk to us kindly and be patient with us when we need it. Sometimes it seems that people forget we have a disability and it takes us time to understand and time to figure things out. Remember to give us the extra five minutes we need to think.

**14. The right to relationships: friends, husbands/wives, boyfriends/girlfriends.**

Like everyone else we want a full range of relationships in our lives. We want to have friendships, dating relationships and marriages.

**15. The right to be treated respectfully in the community.**

We get teased and bullied a lot in the community. People call us names and people trick us on purpose. It is wrong to be discriminated against. We want it to stop.

**16. The right to call the police when we're being threatened (unless it is a treatment issue).**

If we feel that we are in danger we want to be able to freely call the police. If we have a problem with calling the police because we do it for attention, then we want to learn to control our behaviour so that in future we will be able to do this.

**17. The right to be treated equally.**

All people deserve the right to be treated equally, with respect and dignity.

**18. The right to have our decisions respected and backed by CLPS. If necessary, a meeting with our family will be held.**

When we have a disagreement with someone else about our rights, we want CLPS to back us up when we ask. Sometimes we need help in standing up for ourselves.

**19. The right to visit family.**

We have a right to visit our family and our family has a right to visit us. Because we live in a group home does not mean we no longer are part of a family.

**20. The right to stay up at night.**

We have a right to stay up late at night; we have a right to determine our own bedtimes.

**21. The right to shelter.**

We have a right to housing and support.

**22. The right to an education.**

We have a right to chose things we want to learn and to have the opportunities to pursue these goals.

**23. The right to treatment.**

Sometimes we receive supports and need treatment for serious issues. We know that this means that sometimes we have to have restrictions for our own good and to keep us safe. When there are restrictions they need to be explained, they need to be reviewed and I still have to agree.

**24. The right to privacy:**

Privacy means a lot of things like:

- determining who has access to our rooms or apartments
- staff need permission to enter our room and apartments
- staff need to knock prior to going into our room
- use washroom privately
- people to ask before touching our stuff.

**25. The right to attend scheduled activities.**

We have a right to go to activities that we've planned. Staffing needs to be flexible so that we can be part of activities that are ongoing.

**26. The Right to dream:**

I have the right to my own hopes and goals and to try and make them happen with the help that I want if needed.

## **Next Steps**

These rights will be reviewed annually and updated as necessary. The Bill of Rights needs to become part of staff training and part of the way that CLPS provides service. The Rights should be put up in every location to remind both staff and members of what we said we wanted.

### **INTERNAL RIGHTS COMMITTEE**

If you feel that one or more of your rights has not been honoured, Community Living staff will attempt to address the concerns internally in a timely manner, to your satisfaction. Failing that, you may request a review by the Internal Rights Committee.

The role of the Internal Rights Committee is to safeguard the rights of all people who receive support from Community Living Parry Sound. Where the rights have been restricted, the committee will review the reasons for the restrictions and the plans set out to enable people to regain their rights.

**Please note that the Internal Rights Committee cannot uphold a rights restriction.**

### **HOW DO I REQUEST A REVIEW OF A RIGHTS RESTRICTION?**

**There are two ways to submit a request for the Internal Rights Committee to review a rights restriction:**

1. By delivering the referral to the Manager, Quality Assurance or by mailing it to 38 Joseph Street;
2. By delivering the referral to the Executive Director, or any Director at Community Living Parry Sound, who shall immediately forward it to the Manager, Quality Assurance.

### **WHERE DO I GET THE FORM TO COMPLETE AND, WHO CAN HELP ME FILL IT OUT?**

If you would like a formal review of a rights restriction you can get a form to be completed from the receptionist at 38 Joseph Street. Other people such as your support worker, Supervisors, Planners, and Directors also can get you a form.

If you would like some assistance in completing the form you can ask any employee that you feel comfortable with to help you complete the form. You can also have someone outside the agency that you feel comfortable with.