

Charter of Rights (Adults)

As an adult, you have the right to:

- **Be respected and to have dignity.**
 - to be valued and treated as a person
 - to have my spiritual, cultural, and personal beliefs honoured
 - to be involved in the conversations and activities around me
 - to have privacy
- **Be who I am and not who you want me to be.**
 - to have no labels put on me—if you ask me who I am, I will tell you
 - to express myself and my feelings
 - to dream and to follow my dreams
 - to be proud of who I am and what I do
- **Understand information that is about me and my world.**
 - to be involved in meetings about me and my services
 - to get information in a way I can understand it
 - to get a person of my choice to represent me
- **Have choices and to make decisions about things that affect me.**
 - to have the information I need for making decisions
 - to decide who will be involved in supporting me with planning and decision-making
 - to have choices and involvement in all areas of my life—what I eat, where I live, who I live with, where I go, who will work with me, and the community services I get
 - to be as independent as I can and want to be
 - to change my mind
 - to take risks and to learn from my mistakes
- **Have experiences and opportunities similar to others.**
 - to experience the same world as everyone else
 - to live in a home that is truly my home
 - to have an education
 - to work and earn the same pay for the same work
 - to have a variety of relationships, including intimate and/or sexual ones (agreed upon by participants)
 - to lead a life that is the way I want it to be
- **Receive quality services that fit me and my needs.**
 - to have my needs come before the service provider's needs
 - to be heard, to be understood, and to get a meaningful answer to my questions or concerns
 - to have you follow through on your commitments to me
 - to get supports that will change with me
- **Say “no” to supports and services.**
 - to refuse supports
 - to be offered other services
- **Be in a safe environment.**
 - to be safe
 - to feel safe
 - to learn how to be safe
- **Be treated as a full citizen.**
 - to be a participating member of my community
 - to understand my rights and to put my rights into practice
 - to understand my responsibilities and to be able to fulfill them