

Alaska Living Well:

# I HAVE RIGHTS



**ACCESS**

**CHOICE**

**COMMUNITY**

**DIGNITY & RESPECT**

**PRIVACY**

**SAFETY**

**WORK**

## DD SHARED VISION



Alaskans share a vision of a flexible system in which each person directs their own supports, based on their strengths and abilities, toward a meaningful life in their home, their job and their community. Our vision includes supported families, professional staff and services available throughout the state now and into the future.



## I HAVE THE RIGHT TO ACCESS

- It is my right to have someone help me tell others what I need and want.
- It is my right to vote.
- It is my right to access my money and the things that belong to me.
- It is my right to get the information I need to make choices. It is my right to ask for an explanation if I do not understand something.
- It is my right to see my records.



## I HAVE THE RIGHT TO CHOICE

- It is my right to choose which services I use.
- It is my right to choose the companies and the people who provide my services.
- It is my right to have my own dreams and goals. I do not have to have the same dreams as everyone else.



## I HAVE THE RIGHT TO COMMUNITY

- It is my right to go to the doctor when I need to.
- It is my right to participate in community events if I choose to.



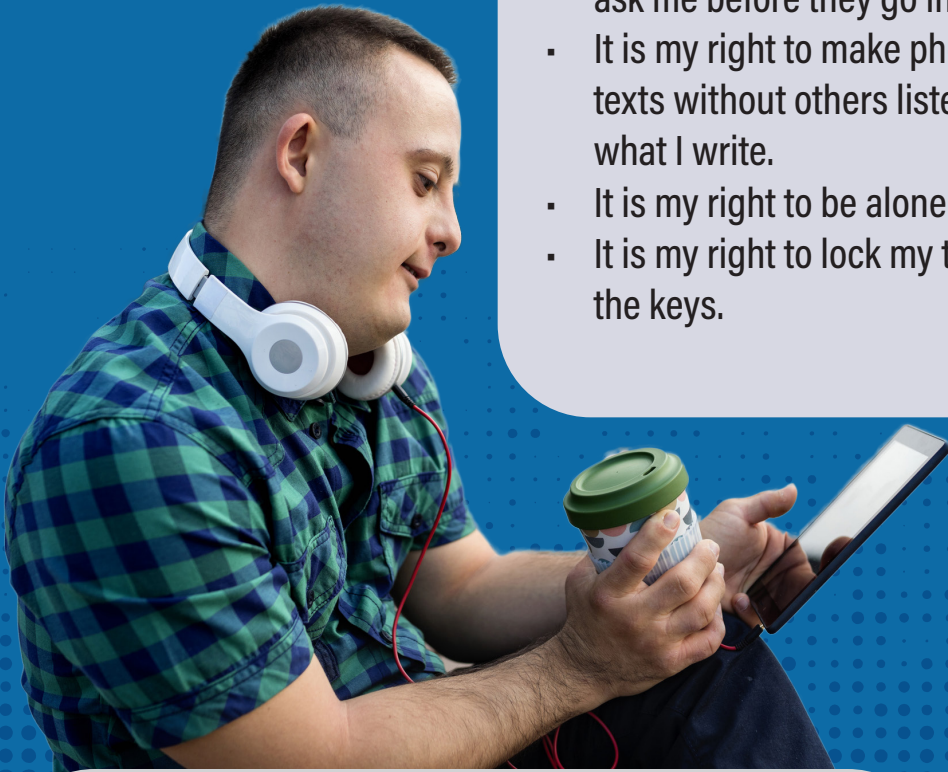
## I HAVE THE RIGHT TO RESPECT AND DIGNITY

- It is my right to be treated like a person.
- It is my right to feel safe. I deserve respect like everyone else.
- It is my right to tell others when I am not happy. They should listen to me and make changes to fix the problem.



## I HAVE THE RIGHT TO PRIVACY

- It is my right to be left alone when I want. Others should ask me before they go into my bedroom.
- It is my right to make phone calls, send mail, email, and texts without others listening to me or reading what I write.
- It is my right to be alone when I use the bathroom.
- It is my right to lock my things in a safe place and carry the keys.



## I HAVE THE RIGHT TO SAFETY

- It is my right to be free of abuse and neglect.
- It is my right not to be hurt. If someone hurts me, I will tell a person I trust.





## I HAVE THE RIGHT TO WORK

- It is my right go to work.
- It is my right to make a competitive wage at a rate equal to other workers performing the same tasks.



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DISABILITIES AND SPECIAL EDUCATION

