

Bill of Rights for Persons With Developmental Disabilities

I. Be treated nicely at all times and as a person

II. Have a clean safe place to live in and a place to be alone

III. Have food that is good for you

IV. Be able to go, if you want, to any church, temple, Mosque

V. Be able to go to a doctor or dentist when you are Sick

VI. Be able to have people help you with the way you walk, talk, do things with your hands, act or feel, if you need it

VII. Be able to have people help and teach you, if you want

VIII. Be able to have time and a place to go to be by yourself

IX. Be able to call, write letters or talk to anyone you want about anything you want

X. Be able to have your own things and be able to use them

XI. Be able to have men and women as friends

XII. Be able to join in activities and do things that will help you grow to be the best person you can be

XIII. Be able to work and make money

XIV. Be treated like everyone else

XV. Not be hit, yelled at, cursed at, or called names that hurt you

XVI. Be able to learn new things, make friends, have activities to do, and go out in your community

XVII. Be able to tell people what you want and be part of making plans or decisions about your life

XVIII. Be able to ask someone you want to help you, let others know how you feel or what you want

XIX. Be able to use your money to pay for things you need and want with help, if you need it

XX. Be able to say yes or no before people talk about what you do at work or home or look at your file

XXI. Be able to complain or ask for changes if you don't like something without being afraid of getting in trouble

XXII. Not be given medicine that you don't need, or be held down if you are not hurting yourself or others

XXIII. To vote and learn about laws and your community

XXIV. To say yes or no to being part of a study or experiment.

