

# - Bill of Rights -

## for Persons with Developmental Disabilities

- a. Be treated nicely at all times and as a person.
- b. Have a clean safe place to live in and a place to be alone.
- c. Have food that is good for you.
- d. Be able to go, if you want, to any church, temple, mosque.
- e. Be able to go to a doctor or dentist when you are sick.
- f. 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.
- g. Be able to have people help and teach you, if you want.
- h. Be able to have time and a place to go to be by yourself.
- i. Be able to call, write letters or talk to anyone you want about anything you want.
- j. Be able to have your own things and be able to use them.
- k. Be able to have men and women as friends.
- l. Be able to join in activities and do things that will help you grow to be the best person you can be.
- m. Be able to work and make money
- n. Be treated like everyone else
- o. Not be hit, yelled at, cursed at, or called names that hurt you
- p. Be able to learn new things, make friends, have activities to do, and go out in your community
- q. Be able to tell people what you want and be part of making plans or decisions about your life
- r. Be able to ask someone you want to help you, let others know how you feel or what you want
- s. Be able to use your money to pay for things you need and want, with help, if you need it
- t. Be able to say yes or no before people talk about what you do at work or home or look at your file
- u. Be able to complain or ask for changes if you don't like something without being afraid of getting in trouble
- v. Not be given medicine that you don't need, or be held down if you are not hurting yourself or others
- w. To vote and learn about laws and your community
- x. To say yes or no to being part of a study or experiment.
- y. To have access to legal representation.

