

PATHWAYS ABILITIES SOCIETY

RIGHTS AND RESPONSIBILITIES OF INDIVIDUALS RECEIVING SERVICE FROM PATHWAYS

Remember to ask for help if you need it. Remember to ask for help understanding something when you need it. These are your rights.

Right	Responsibility
<u>Be treated as an adult human being</u>	To act in a responsible and an adult way at home and in the community.
Be treated in a fair way.	Treat others in a fair way, to treat people in a way that I would want to be treated.
Be treated with respect.	Treat others with respect, be nice, get along, work together.
Not be teased, called names or hurt in other ways (bullied).	Not to tease, call people names or hurt others. To report any bullying or abuse to people who can help.
Have friends.	Treat friends nicely and with respect. Be helpful.
Go out and have fun.	To tell people who care about me where I am and when I will be back.
Have someone to love.	To be honest to the person I love; to be loyal and faithful to the person I love; to be nice and not hurtful to them.
Get married.	To be faithful to the marriage and not be in love relationships with other people at the same time. To work as a team in everything that we do, with our families and with money and with friends.
Have children.	To have or get the skills and money it takes to raise a child. To know how to keep children safe and healthy. To know where to get help if I need it.
Take care of my own money.	To learn the skills for saving and spending wisely. To use my money carefully; to ask for help taking care of my money when needed.
Have control in my own home.	To take care of my home and things. To tell someone my opinions. To be a part of the decision making in my own home.
Have the right to use the washroom any time.	To use the washroom when I need to and let someone know if I need help.
To get a job.	To know or learn everything I need to so I can do the job well. To show up for the job when I'm supposed to. To call in when I'm sick. To know the consequences if I'm unreliable. To do the job the best I can.
Right	Responsibility
<u>Laws that protect me (like the Canadian Charter of Rights and Freedoms)</u>	To know what my rights are or to know who to talk to about the rights I have.
Not be treated differently for things like being female or male, the country my family comes from, my skin colour or who I choose to love or my disability.	To not treat others differently no matter what their background, beliefs or where they came from.

Right	Responsibility
Get fair wages.	To speak up if I'm not getting fair wages. To ask for help getting fair wages if I need it.
Get the same things as everyone else who does the same job (for example, coffee and lunch breaks, medical benefits, vacation time and maternity leave).	To speak up for myself or talk to somebody who can help me to make sure I get the same benefits as other people. To learn and understand the laws about work.
Get the same medical services and care as other people.	To see a doctor when I need to and to ask for help when I need it. To ask for help understanding if I need it. To ask for privacy with my doctor if I want it.
Right	Responsibility
<u>Make informed choices and decisions in my life</u>	To get the information I need to help me make the best decisions for myself. To ask for help understanding if I need it.
Make decisions and choices based on my feelings, beliefs and what is important to me.	To follow through with the choices I make and to live with the way things turn out.
Be told enough things to help me decide (make an informed choice).	To get more information if I need it.
Take chances (risks) once I know what might happen.	To understand the risks or possible consequences. To try new things if I'd like to.
Decide what I do on my own time.	To make sure I am safe with what I choose.
Decide what I do with my own things.	To take care of my things and make sure that other people do the same if they borrow them. To understand what could happen if I don't.
Decide how I plan for my future (what goals I set and what I want to talk about when I plan).	To ask for help if I need it. To find out all the information I need to. To set goals and work on them to the best of my ability.
Choose to live on my own or with others.	To let others know who I want to live with and to ask for help if I need it.
Decide who comes into my home.	To let people know respectfully if I don't want them in my home.
Choose the services I use.	To let staff know what services I want and need and when I don't want them anymore. To understand that sometimes I may have to wait my turn.
Make mistakes.	To try and learn from my mistakes.
Change my mind.	To make sure I have all the information I need before making any decisions. To let people know that I changed my mind.
Decide to stop using a service.	To let the service provider and my caregiver or family know which service I want to stop. To make sure that I am informed about other supports if I should need them. To know that if I stop a service I may not be able to get it again.

Right	Responsibility
<u>Support</u>	
Get help, if I need it, with things like finding a place to live, making a budget and learning what I need to learn.	Ask for help from people I know and trust. To keep asking for help until I get what I need.
Have supporters who are helpful.	To make sure they have enough information to help me.
Hear good things, not just bad things, about myself from supporters.	To ask for positive feedback about how I can improve the things I need to work on. To not get mad if I don't like what I hear. Be respectful even if I don't agree.
Have enough money from the government to buy the services and support I need.	To work with self-advocate groups, speak up and lobby government for more money. To use the money I receive responsibly and to contribute back to my community however I can.
Get help with taking care of money (from my guardian or trustee and others) if I need it.	To make sure my help or the guardian or trustee has enough information to help me. To be honest with the guardian or trustee or person who will help me.
Have a say even if I need help making decisions.	To get all the information I need so I can work with my supporters to make good decisions.
Right	Responsibility
<u>Speak for myself and be listened to</u>	
Speak my mind and give my opinions.	To give my input when people ask me for it. To be respectful of other people's opinions.
Talk about my rights.	To learn about and understand what my rights are. To know when and where I can exercise my rights and when I must follow the rules in community. For example I have the right to have fun and have friends but when I am in service or at work, my responsibility is to participate in the activities or work and I have to wait until my own time for fun and friends.
Show my feelings.	To control when and where and how I show my feelings. For example, not screaming at the library when I'm upset. To talk to someone I trust about how I'm feeling when I need to.
Make complaints if I am not happy.	To make a complaint if I need to.
Disagree with people.	To be respectful in my discussions and offer opinions.
Have people listen to me when I talk.	To be silent and listen to others when they talk.
Have people understand me.	To find ways to communicate with people so that they do understand me no matter how long it takes. To have patience with people who are trying to understand me.
Right	Responsibility
<u>Access</u>	
Get services in my community.	To ask for, to look for and accept service in my community. To speak out for better services if I think my community needs them.
Have good accessible transportation if I need it.	To use reserved transportation responsibly when I need it. To make sure I cancel the transportation when I don't need it.

Right	Responsibility
To use seating for people with diverse-abilities on regular transportation if I need it.	To let the drivers of public transportation know when I need reserved seating.
Get around easier if I use a wheelchair (for example: ramps, curb cuts).	To identify where better access is required in the community.
Be part and have access to the community	To access to employment and recreation in the community and have support when needed.
Go to school to get training I may need for jobs or life skills.	Find out what training I'll need and what it will cost. To try and learn what training might best help me before I spend my resources on it.
Right	Responsibility
Privacy	
Spend time alone if I want.	To let others know when I want to be alone.
Have people get my okay to go into my locker at work.	To keep my locker secured.
Have people knock or get my okay before they go into my room at home.	To let people know that my room is private. To tell them to ask or knock before coming in.
Use the telephone without someone listening to what I am saying.	To ask for privacy if I want it and to choose when and where I have these conversations.
Have the choice of going out without telling others where I am going.	To keep myself safe. This might include letting others know that I am going out, where I am going and when I will be returning.
Have things my doctor knows about me kept between us unless I need help to understand.	To ask for help in understanding things my doctor might talk about with me with the person of my choosing.
Right	Responsibility
Safety and protection	
Feel safe when I use services.	To speak up and let people know when I don't feel comfortable or safe. If I feel unsafe at Pathways, I: 1. Leave the area. 2. Go somewhere I feel safe. 3. Get a staff person.
Feel safe when I am out in the community.	To not go to places that may not be safe. To know where I can go if I don't feel safe or need help.
Not be hurt, attacked or have my things taken from me.	Not to hurt or attack others or take things from others. To know how to call or get help like 9-1-1.
Learn how to take care of myself.	Learn how to take care of myself, take a self defence course, or have phone numbers of people I know that can help me if I need it. KNOW MY HOME PHONE NUMBER or have it with me.

As someone receiving service from Pathways your responsibilities are:

- You have the responsibility to Contact the Community Living BC (CLBC) to request service
- You have the responsibility to respect people's feelings
- You have the responsibility to respect volunteer and staff privacy and human rights
- You have the responsibility to provide the staff with complete and accurate (correct) information about your wants and needs
- You have the responsibility to ask for more information when you don't understand

- You have the responsibility to provide supplies and equipment required for Home Help/Maintenance
- You have the responsibility to contact the office if you will not be available to receive services
- You have the responsibility to tell the staff if you feel you might have difficulty taking part in a service offered
- You have the responsibility to speak to staff if you have a concern or complaint
- You have the responsibility to be respectful and courteous (polite)
- You have the responsibility to stay home when you are sick until you are healthy again

This Charter of Rights was made by people with a developmental disability who use services, at the 1994 Opening Doors Conference put on by The Vocational and Rehabilitation Research Institute, 3304 - 33rd Street, N.W. Calgary, AB Canada T2L 2A6. It has been regularly reviewed and revised or updated by the self advocates who receive services from Pathways.

I, _____, reviewed this document on this date

(Name)

_____.

(Date)

(Signature)

Reviewed and approved by self advocates:

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