

WE ALL HAVE RIGHTS



Seeing beyond disability



ALL PEOPLE HAVE RIGHTS.

You have the right to live a good life
based on what is important to you.

This booklet will explain your rights.



WHAT ARE RIGHTS?

Rights are our freedoms. Rights let us:

- > Be safe
- > Live freely
- > Make choices
- > Be treated fairly

Our rights are protected by:

- > Laws
- > The government
- > The courts



We all need to respect each other's rights.

The Americans with Disabilities Act, also called ADA, is the law to stop unfair treatment of people with disabilities in the United States.

This law protects the rights to work, go to school, access buildings, transportation, and more.

The United Nations wrote the Universal Declaration of Human Rights. Human rights say everybody must be treated well, no matter:

- > Where you are from
- > The language you speak
- > The color of your skin
- > Your culture or religion
- > Your gender
- > Your sexuality
- > Your disability



YOUR RIGHT TO CHOICE

You have the right to:

- > Try new things.
- > Learn what you like and don't like.
- > Say what you want and be heard.
- > Make your own decisions.
- > Get support to understand your choices.
- > Make mistakes and learn from them.
- > Change your mind.





YOUR RIGHT TO SAFETY

You have the right to:

- > Call 911 in an emergency.
- > Go to the police for help.
- > Learn about fire safety.
- > Learn about emergencies, like blackouts.
- > Learn about safety in the home, like kitchen safety.
- > Learn about community safety, like traffic rules.

You should:

- > Call 911 in an emergency.
- > Follow evacuation procedures in an emergency.
- > Follow safety rules in the home.
- > Follow community safety rules, like traffic signals.

YOUR RIGHT TO A HOME

You have the right to:

- > Say where you want to live.
- > Say who you want to live with.
- > Feel safe in your home.
- > Decorate your home as you like.
- > Close your door when you want to be alone.
- > Be treated nicely in your home.
- > Have keys to your home.
- > Have a copy of your lease.
- > Have visitors.
- > Come and go as you wish.

You should:

- > Choose a place you can afford.
- > Be a good neighbor.
- > Respect others privacy.





YOUR RIGHT TO PRIVACY

You have the right to:

- > Private space.
- > Private conversations.
- > Privacy of your information.
- > Understand what is written about you.

You should:

- > Respect others privacy.

YOUR RIGHT TO FREEDOM FROM ABUSE

You have the right to:

- > Be free of verbal and physical abuse.
- > Learn about abuse and how to get help.
- > Get your needs met, not be neglected.
- > Have your own opinion and disagree with others.
- > Be treated nicely, even when you disagree.

You should:

- > Be respectful to others.
- > Say “no” to things that make you feel uncomfortable.
- > Say “no” to things that cause harm to you or others.
- > Tell people you trust if someone is being rude or disrespectful.





YOUR RIGHT TO SEXUALITY

You have the right to:

- > Have relationships with people you like.
- > Learn about sex.
- > Your gender identity.
- > Your sexual orientation.
- > Have sex if you want.
- > Have a family.

You should:

- > Respect others' boundaries.
- > Have age-appropriate relationships.
- > Respect privacy and personal space.
- > Hear and respect when someone says "no."
- > Say "no" if you don't like something.

HELP TO SUPPORT YOUR RIGHTS

If you feel your rights are not being respected, talk to someone you trust, like a friend, family member, or social worker.



YOUR RIGHT TO INDEPENDENCE

You have the right to:

- > Live an independent life.
- > Get support that allows you to be independent.
- > Decide how you want to be supported.
- > Learn to do things for yourself, like cleaning, laundry, cooking, and shopping.
- > Schedule appointments, activities you enjoy, and meet people.
- > Advocate for yourself.
- > Advocate for anything you care about, like the environment, animals, or anything else.
- > Enjoy your hobbies with others.



YOUR RIGHT TO ACCESS TECHNOLOGY

You have the right to learn how to use devices like:

- > Computer
- > Laptop or tablet
- > Phone
- > Smartphone
- > Smartwatch
- > Alexa
- > Smart TV

You have the right to use technology to:

- > Connect with people, for example by texting or calling.
- > Learn about your interests by searching on the internet.
- > Learn about online safety.
- > Have fun, like listening to music, gaming, or watching movies.
- > Communicate, for example using a speech tablet.
- > Be independent, for example use public transportation apps and maps on your phone.

You should:

- > Be respectful to others online.
- > Tell someone about unsafe or unkind online behavior.
- > Care for your devices.
- > Ask for help when you need it.



YOUR RIGHT TO YOUR MONEY

You have the right to:

- > Carry your money and have a wallet.
- > Choose how to spend your money.
- > Learn about budgeting.
- > Have a bank account and bank card.
- > Get support with managing your money.

You should:

- > Pay your bills.
- > Keep your money in a safe place.
- > Pay your debt.





YOUR RIGHT TO EDUCATION

You have the right to:

- > Go to school with everyone else.
- > Be in a classroom with all other students.
- > Receive the support you need to learn.
- > Have the technology you need to learn and communicate.
- > Attend higher education and college.

YOUR RIGHT TO WORK

**Many people with disabilities do not have jobs.
It is difficult for people with disabilities to find work.
You have the right to:**

- > Be part of vocational programs.
- > Volunteer.
- > Look for a job you enjoy.
- > Get help to find work.
- > Learn the skills you need for your job.
- > Be paid for your work.





YOUR RIGHT TO BE INCLUDED IN YOUR COMMUNITY

You have the right to:

- > Go to any place in your community.
- > Spend time with people you like.
- > Participate in your community.
- > Get support from your community.
- > Help others in your community.
- > Be respected for the value you bring to your community.

You should:

- > Respect others in your community.

YOUR RIGHT TO CULTURE AND RELIGION

You have the right to:

- > Your own culture.
- > Celebrate your holidays.
- > Choose your own religion.
- > Go to a church, temple, mosque, or other site of worship you like.
- > Choose not to have a religion.

You should:

- > Respect other beliefs and cultures.
- > Follow the customs when you attend a religious service.





EMERGENCY HELP

Call 911 for serious emergencies.

If you feel hopeless and need to talk, call:

- > National Mental Health Hotline: 866.903.3787
- > Suicide prevention hotline: 988
- > Or text the New York Crisis Line: 741.741

If you're experiencing verbal or physical abuse, contact:

- > National Domestic Violence Hotline: 800.799.7233
- > Family Justice Center: 800.621.4673

To report abuse by a service provider or staff person in New York State, call:

- > Justice Center: 855.373.2122.

For emergency preparedness like blackouts or floods, visit these websites:

- > www.ready.gov
- > www.nyc.gov/assets/em/downloads/pdf/myemergencyplan_english.pdf

SUPPORT SERVICES

Government services offer help with food, money, housing, work, and more.

- > For services in New York State call 211 or visit this website: www.ny.gov/services
- > For services in New York City call 311 or visit this website: www.nyc.gov/accessnyc

Public libraries offer books, free classes and fun events.

- > Find a library near you in New York State at this website: www.nysl.nysed.gov/libdev/libs/publibs/1pls.htm

New York State support services

- > New York State Justice Center for the Protection of People With Special Needs
- > Speak to a Disability Navigator
 - Phone: [800.624.4143](tel:800.624.4143)
 - Email: infoassistance@justicecenter.ny.gov
 - Website: www.justicecenter.ny.gov/disability-resources

Disability support services in New York City

- > **INCLUDE NYC**, (supports people under 27)
 - Website: www.includenyc.org
 - Phone: 212.677.4660
 - Text: 646.693.3175
 - Email: info@includenyc.org

For questions about sexuality, sexual health, and gender identity, contact:

- > **Project Shine of Planned Parenthood** offers information and support for people with developmental disabilities.
 - Website: www.plannedparenthood.org/planned-parenthood-greater-new-york/learn/community-programs/project-shine
 - To book an appointment call: 1.800.230.7526



SERVICES FOR PEOPLE WITH DEVELOPMENTAL DISABILITIES

In New York State you can get support from the government agency OPWDD (Office for People with Developmental Disabilities).

They offer:

- > Support to live with your family.
- > Help to live on your own in the community.
- > Assistance to find a paid job or volunteer work.
- > Support for your daily life activities.
- > Connection to clinical or therapeutic support.

Videos to learn more:

- > www.opwdd.ny.gov/access-supports/front-door-videos

OPWDD/SANYS Rights, Responsibilities & Advocacy Booklet:

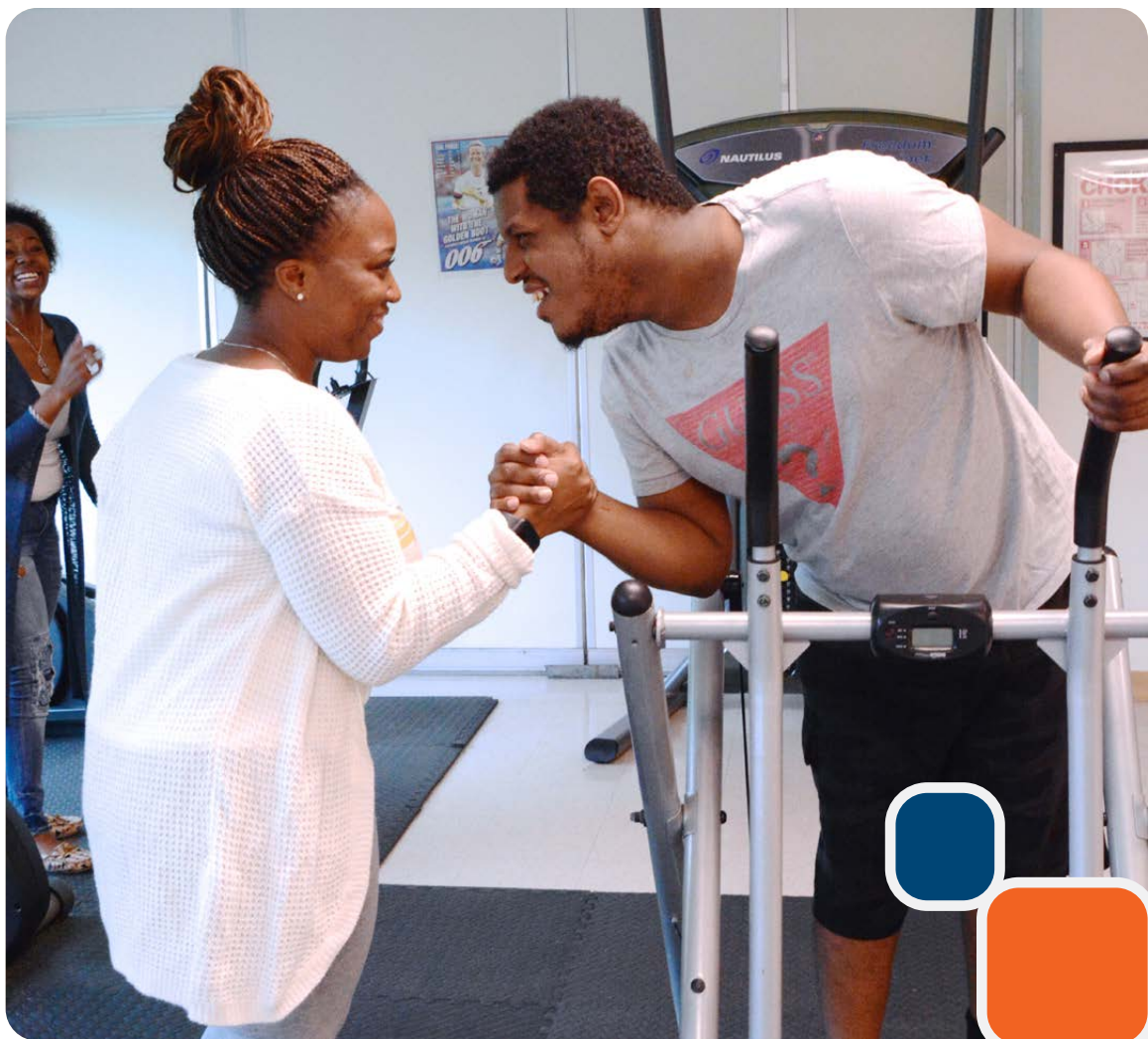
- > www.opwdd.ny.gov/access-supports/opwddsanys-rights-responsibilities-advocacy-booklet

Contact:

- Website: www.opwdd.ny.gov
- Email: info@opwdd.ny.gov
- Phone: 866.946.9733

Self-Direction

- > Self-Direction enables you to decide who supports you. To learn more, visit this Website:
www.opwdd.ny.gov/types-services/self-direction



Supported Decision Making

- > Supported decision-making helps people make their own life decisions. This alternative to guardianship protects your legal capacity.
 - Website: www.sdmny.org
 - Email: sdmny.info@gmail.com

Advocacy

- > To advocate for the rights of people with developmental disabilities, join the Self-Advocacy Association of New York State also called SANYS.
 - Website: www.sanys.org
 - Phone: [518.382.1454](tel:518.382.1454)

COMMUNITY RESOURCES:

Based on your identity, the following resources might be helpful. In addition, local faith-based or cultural organizations might have more resources.

National Black Disability Coalition

- > NBDC prioritizes Black disabled lives in all spaces.
 - Website: www.blackdisability.org
 - Email: info@blackdisability.org

The Chinese American Planning Council

- > Empowers Chinese American, immigrant, and low-income communities.
 - Website: www.cpc-nyc.org/about-us
 - Phone: 212.941.0920
 - Email: info@cpc-nyc.org

The Hispanic Federation

- > Network of local organizations supporting Latino communities across the US.
 - Website: www.hispanicfederation.org/agencies
 - Phone: 866.432.9832





Seeing beyond disability.

www.yai.org

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