



# Supported Individual Rights & Responsibilities

Name of Individual: \_\_\_\_\_

## I. Individual Rights

*\*The following list of rights and responsibilities are given to and discussed with each individual\**

As a Supported Individual of Calgary Progressive Lifestyles Foundation, you are entitled to the following:

- 01.** Right to all basic human rights as outlined in The Canadian Charter of Rights and Freedoms.
- 02.** Right to the least restrictive and most effective treatment methods based on present and long-term needs and goals.
- 03.** Right to an individual plan for both short and/or long term treatment, based on an assessment of needs.
- 04.** Right to self-determination by appearing and providing input at your own Individual Service Planning (ISP) meetings and at team meetings.
- 05.** Right to a formal grievance procedure.
- 06.** Right to contact your Case Manager, Executive Director, Client services coordinator, parent and or guardian or other professional.
- 07.** Right to request medical services from doctors, dentists, social worker, or any health professional of your choosing and to have your healthcare needs met.
- 08.** Right to a religious belief of choice.
- 09.** Right to have assistance towards independence with all personal care.
- 10.** Right to send and receive postal or electronic mail.
- 11.** Right to an appropriate personal living area including your own bed, bedding and space for personal property.
- 12.** Right to go out and pursue leisure activities of your choosing.
- 13.** Right to access all community services that are available.
- 14.** Right to socialize including inviting guests to your home.
- 15.** Right to exercise your privileges and responsibilities in or around your home either as a tenant and/or an owner.
- 16.** Right to review the rights and responsibilities documents.
- 17.** Right to privacy and free time to meet with staff, visitors, friends, relatives, in private, including phone conversations.

## I. Individual Rights (continued)

18. Right to reasonable use of personal possessions such as books, radios, toiletries, jewelry, tobacco, cigarettes and the right to control access to those possessions.
19. Right to own possessions and access to earnings and allowances.
20. Right to access the support home 24/7, not including the agreed upon out of home respite periods.
21. Right to access the respite home for the agreed upon respite period.
22. Right to have a relationship and get married.
23. Right to choose your staff.
24. Right to talk about where you want to live.
25. Right to choose your own goals.
26. Right to be paid a fair wage for work.
27. Right to not be discriminated against.
28. Right to attend all meetings about me.

## II. Individual Responsibilities (residential)

As a Supported Individual of Calgary Progressive Lifestyles Foundation, you are responsible for the following:

01. Each individual is responsible for maintaining cleanliness in their home to the best of their ability (participating in household cleaning, meal planning and preparation)
02. Each individual is responsible for informing staff of any holidays or outings.
03. Each individual is responsible for cooperating with the direction given by health professionals in regards to their medication regimen.
04. Each individual is responsible for cooperating in maintaining their laundry clean within a reasonable schedule.
05. 5. 6. 7. 8. Each individual is responsible for asking permission before using someone else's belongings.
06. Each individual is responsible to work in a collaborative way in resolving issues with those they live with.
07. Each individual client will ensure courtesy in letting supports know; a delay in their arrival / returning home or visitors
08. Each individual will take the necessary steps to repair items belonging to other which they have damaged.

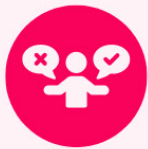
**If someone is not respecting my rights, I can say "NO" right away!**

Support network meetings and/or contact are held monthly to provide the opportunity to express concerns and suggestions.

A CPLF GUIDE TO

# Your Rights

As a Supported Individual of Calgary Progressive Lifestyles Foundation, you are entitled to individual rights. Here's what they are:



**Offered Choices**



**Contact Your Guardian**



**To Refuse**



**Privacy & Space**



**Make Friends**



**Medical Services**



**Choose Your Religion**



**Express Feelings**



**To Vote**



**Grievance Procedure**



**Leisure Activities**



**Treated With Dignity**

### III. Signatures

\*I have read and understand the above material about my rights as a Supported Individual of Calgary Progressive Lifestyles Foundation (CPLF).

---

**Individual**

---

**Date**

---

**Guardian**

---

**Date**

---

**Support Staff**

---

**Date**

---

**Case Manager**

---

**Date**