

# MY HUMAN RIGHTS



HCBS

&

DBHDS

2021

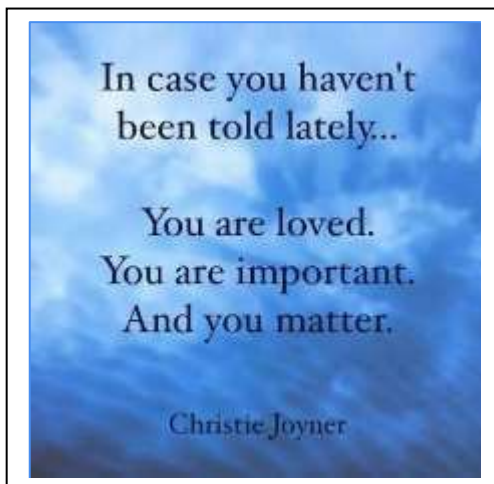


## YOU are IMPORTANT to us!

Thank you for choosing Blue Ridge Opportunities to provide Home and Community Based Services [HCBS] to help you with your life. We are going to do our very best to help you have a good one!

Blue Ridge Opportunities has a whole lot of rules that have to be followed in the State of Virginia through the Department of Behavioral Health and Developmental Services [DBHDS] and Department of Medical Assistance Services [DMAS]. Each of these agencies has their own set of rules to protect you. We are going to try and make these as easy for you to understand as we can.

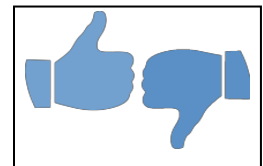
This set of rules is about your Human Rights. You have a lot of human rights and there is a really big list, with really big words on the back of this page, but there are a few things we think are MOST important!



**1. YOU Matter to US!** You have the right to be treated with Dignity and Respect. Those are big words that mean people need to be NICE to you. These are Human Rights.

**2. YOU get a SAY.** You can tell us what you like and don't like to do. You always have a choice. We find out most of this information at your Meeting every year. You can tell us at any time you want a new meeting. This is called the "Person Centered Planning or PCP Meeting" You can invite whoever you want to be with you. We'll talk about what happens in your meeting later.

**3. YOU have Responsibilities, too.** You have to tell us what Kind of life you want to have so we can help you.



## ABUSE and NEGLECT



**No one can ABUSE you At All.**

Abuse means People can't hurt you and you can't hurt other people. There are a lot of kinds of abuse. If you don't know what kind it is, staff can help you figure it out.

**No mean words.** When people say mean words to you or call you bad names that you don't like, this is **VERBAL** abuse

**No mean touches.** Mean touches are things like hitting, slapping, kicking, punching, cutting or burning you. This is called **PHYSICAL** Abuse.

If someone tries to kiss you when you don't want it or touches your private parts is called **SEXUAL** Abuse.

No **EMOTIONAL** Abuse. This is a hard one to understand, but if someone is always making you feel horrible and bad inside it could be Emotional Abuse. Humiliation

No **EXPLOITATION**. No one can steal your money or your things. No one can use your money to pay for things for themselves. [You do have to pay your own bills and buy your own things.]

**NO RESTRAINTS or SECLUSION.** No one can hold you against your will at any time or anywhere. No one can hold you down. No one can tie you down. No one can lock you in a room. No one can isolate you. Not Ever!

No one can **NEGLECT** you. Whoever is helping you has to provide food to eat, a place to live, clean clothes to wear and keep your body clean and healthy. This means you need to take a shower, go to the doctor and take your medicines like your doctor tells you to. We can't let you neglect yourself, either.

## My Home and Community Based Services Rights

I have a right to:

- ✓ Make choices when and where I want to go in the community
- ✓ Have privacy, dignity, and respect
- ✓ Say no without someone hurting me or forcing me to do something I don't want to do
- ✓ Learn how to stay safe in my home and community
- ✓ Say no to any services that I don't want
- ✓ Have a job if I choose
- ✓ Know what is written and said about me
- ✓ Have my own money, clothing, and other personal property

## My Person-Centered Planning Rights

I have the right to:

- ✓ Be in charge of my planning meeting
- ✓ Ask anyone I want to come to my meetings
- ✓ Choose my goals to work on and what is on my plan
- ✓ Schedule my person-centered planning meeting at a time and place when the people who I want to attend are available
- ✓ Pick the services I want from the choice of services I can have
- ✓ Pick the agency I want to give me my services
- ✓ Know that I may need help from my guardian, family and/or friends to make good choices

## Home and Community Based Settings: My Rights in my Home

I have the right to:

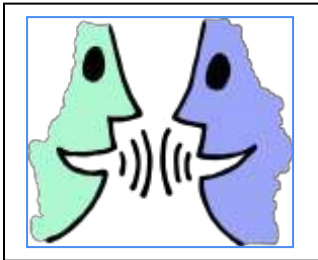
- ✓ Lock my bedroom door
- ✓ Have friends at my home when I want
- ✓ Have a written lease agreement
- ✓ If I share a bedroom, choose my roommate
- ✓ Have my own room
- ✓ Choose what I want to do inside or outside of my house
- ✓ Choose what and when I want to eat
- ✓ Choose where I want to live
- ✓ Choose how my home will look
- ✓ Be able to access all living areas of my home

## **My Responsibilities**

I have the responsibility to:

- ✓ Listen to other people's ideas
- ✓ Follow the choices I make in my plan and the choices I make about my services
- ✓ Keep myself and others safe when I'm at home and in the community
- ✓ Treat others with dignity and respect, respect their privacy and personal space
- ✓ Accept that others can say no and not force them to do something they don't want to do
- ✓ Consider how my actions affect myself and others
- ✓ Be aware of and manage my finances with the support needed

We are here to PROTECT YOU and your RIGHTS.



**TELL TELL TELL!**

IF someone is being mean to you TELL any staff.

It is our job to protect you and help you if someone is being mean to you. We will help you fix it.



If we don't fix it and we are not doing our job you can complain to many people. You can complain to your staff, your Support Coordinator or your State advocate.

## My Human Rights



Cassie Purtlebaugh will help you. We will help you call Cassie if you want help. Her phone number is 1-804-382-3889.

## Complaints

If you really don't like what is happening to you and you don't think staff, your family or your Case Manager are helping you don't have to give up.

Your Advocates can help you talk to the Human Rights Committee. The Human Rights Committee is a group of local people who hear complaints and will decide who is right or wrong.



Here's the really BIG LIST...

**THE RIGHTS OF PERSONS RECEIVING HCBS SERVICES**  
**AT BLUE RIDGE OPPORTUNITIES**

- ▶ The right to be treated at all times with courtesy and respect with full recognition of their dignity and individuality and without humiliation.
- ▶ The right to an appropriate, safe, and sanitary living environment that complies with local, state, and federal standards and recognizes the person's need for privacy and independence.
- ▶ The right to food adequate to meet accepted standards of nutrition.
- ▶ The right to practice the religion of their choice or to abstain from the practice of religion.
- ▶ The right to timely access to appropriate medical and dental treatment.
- ▶ The right of access to necessary ancillary services included, but not limited to, occupational therapy, physical therapy, speech therapy, behavior modification, and other psychological services.
- ▶ The right to receive appropriate care and treatment in the least intrusive manner.
- ▶ The right to privacy, including both periods of privacy and place of privacy.
- ▶ The right to communicate freely with persons of their choice in any reasonable manner they choose.
- ▶ The right to ownership and use of personal possessions so as to maintain individuality and dignity.
- ▶ The right to social interactions with members of either sex.
- ▶ The right of access opportunities that enable individuals to develop their full human potential.
- ▶ The right to pursue vocational opportunities that will promote and enhance economic independence.

## My Human Rights

- ▶ The right to be treated equally as citizens under the law.
- ▶ The right to be free from emotional, psychological, and physical abuse.
  - ▶ The right to be free from humiliation.
  - ▶ The right to be free from neglect.
  - ▶ The right to be free from financial or other exploitation.
  - ▶ The right to be free from seclusion or restraint.
  - ▶ The right to participate in appropriate programs of education, training, social development, and habilitation.
  - ▶ The right to participate in programs of reasonable recreation.
  - ▶ The right to participate in decisions that affect their lives.
  - ▶ The right to make informed consent decisions regarding service delivery, release of information, concurrent services, composition of the service teams and research involvement.
  - ▶ The right to select a parent or advocate acting on their behalf.
  - ▶ The right to manage their personal financial affairs, based on individual ability to do so.
  - ▶ The right to confidential treatment of all information in their personal and medical records.
  - ▶ The right to voice grievances and recommend changes in policies and services with out restraint, interference, coercion, discrimination, or reprisal.
  - ▶ The right to have complaints resolved in a timely manner.
  - ▶ The right to be free from unnecessary chemical or physical restraints.
  - ▶ The right to participate in the political process and vote if I want to.
  - ▶ The right to refuse to participate in medical, psychological, or other research experiments.
  - ▶ The right to be told about my rights in a manner in which I understand.
  - ▶ The right to get help with my rights.



**Blue Ridge Opportunities  
Annual Rights Assurances and Documentation**

As a person receiving Medicaid waiver funded supports, I have rights and responsibilities. My HCBS rights & responsibilities have been explained to me. My questions about my rights and my and my provider's responsibilities have been answered.

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

Signature of Individual : \_\_\_\_\_ Date \_\_\_\_\_

If Individual has been appointed an A/R or Guardian:

Name of Representative: \_\_\_\_\_

Signature of Representative: \_\_\_\_\_ Date \_\_\_\_\_

\_\_\_\_\_ Date \_\_\_\_\_  
Blue Ridge Opportunities Staff Disclosing Rights: