YOU HAVE RIGHTS!

- You have the **RIGHT** to be treated with **DIGNITY, COURTESY, and RESPECT.**
- You have the **RIGHT** to be free from abuse, neglect, exploitation, and restraint.
- You have the **RIGHT** to choose where you live, who you live with, and the services **YOU** want.
- You have the **RIGHT** to access the community.
- You have the **RIGHT** to have visitors whenever **YOU** want.
- You have the **RIGHT** to keep and use your own money, clothing, and personal property.
- You have the **RIGHT** to use the telephone and have access to the internet.
- You have the **RIGHT** to choose what, when, and where **YOU** want to eat.
- You have the **RIGHT** to have a job that matches **YOUR** skills, talents, and interests.
- You have the **RIGHT** to be in charge of your Person-Centered Planning meeting, choose **YOUR** goals, and invite who **YOU** want.
- You have the **RIGHT** to contact an **ADVOCATE** if you feel your rights have been violated.

And **MORE**! If you are wondering how these rights apply to your life, give us a call!

**DISABILITY RIGHTS MAINE**

The Developmental Services Advocacy Program is funded by the Maine Department of Health & Human Services, Office of Aging and Disability Services.
DEVELOPMENTAL SERVICES
ADVOCACY (DSA)

A DRM advocate is someone who protects your rights and helps you speak up for yourself.

Your Advocate Works for You!

- What you say to your advocate is private.
- Your advocate helps you with what YOU want help with, NOT what someone else thinks you need help with.
- Your advocate can help you learn the tools to advocate for yourself.
- Your advocate can talk to you about guardianship.

How Can I Get Help From an Advocate?

We have advocates in all areas of Maine. Call 800.452.1948 (V/TTY) today!

www.drme.org

DisabilityRightsMaine