

# YOU HAVE RIGHTS!

- You have the **RIGHT** 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](http://www.drme.org)



DisabilityRightsMaine