

# YOU HAVE RIGHTS!

- You have the **RIGHT** to be treated with **DIGNITY**.
- You have the **RIGHT** to privacy and humane treatment.
- You have the **RIGHT** to be free from abuse, neglect, exploitation, restraint, and discrimination.
- You have the **RIGHT** to vote.
- 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 Planning meeting, choose **YOUR** goals, and invite who **YOU** want.

And **MORE!** If you are wondering how these rights apply to your life, contact us.



**800.452.1948 (V/TTY)**



**[www.drme.org](http://www.drme.org)**

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# BRAIN INJURY ADVOCACY

If you have been diagnosed with a brain injury and believe your rights have been violated, a DRM advocate may be able to help you!

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.



Brain Injury Advocacy is funded by the Maine Department of Health & Human Services, Office of Aging and Disability Services and the U.S. Department of Health and Human Services, Administration for Community Living (ACL).