



Common Rights and How We Restrict Them

The **right to privacy**, including time and space for personal needs, to make phone calls, to send and receive mail, to entertain friends and family free of watching eyes, to enjoy sexual relationships in private and without intrusion. This means:

- Friendships are encouraged
- People are trusted to visit with family and friends in private, at reasonable times, with respect for the privacy of others
- Private places are available to people
- Portable phones are available
- People do not have to ask permission to use the phone
- Incoming and outgoing mail is not read by others, without permission.

The **right to own property**, including adequate storage, with safeguards in place to protect property from harm or theft. This means:

- People participate in the purchase of personal items;
- People may keep personal possessions with them;
- People have a safe place to keep their personal possessions;
- Possessions are not locked away from the owner for any reasons, but especially because someone else might get hurt or steal or destroy the possession
- Personal opinions are solicited and people participate in decorating their home and choosing furnishings.
- People choose their own clothing
- People may own their own home if they wish.

People have the **right to adequate food and nutrition**, and access to food, snacks, and beverages. This means that:

- People can eat or have a snack or beverage when they want to, not only at scheduled times of the day or by asking permission;
- People choose their own food and beverages based on individual preferences;
- People are not prevented from entering the kitchen or food storage areas for any reasons, but especially because a roommate is restricted from those areas;
- People are included in planning for meals and food purchases.

Note: This list is in no way meant to be exhaustive. This document is available in an alternative format. For assistance contact leanne@abilitiesmanitoba.org



People have the **right to earn, hold, and spend money**. This means that:

- People have the right to apply for and get meaningful jobs in their community;
- People are paid on a regular basis by cash, cheque or direct deposit
- People keep their own money;
- People have their own bank accounts;
- People have access to a safe place to keep their money;
- People do not have to ask permission to access or spend their own money
- People have access to the community to spend their money in ways they choose.

People have the **right to freedom of movement as a participant in the community**. This means that:

- People have access to transportation to facilitate community participation;
- People can move freely between their home and community;
- People may take advantage of community resources;
- People choose their own doctors and other professionals;
- People are not required to attend a religious service unless they choose to do so and then they may attend a faith community of their own choosing.
- People are not restricted from visiting friends or family members;
- People are not restricted to their home as punishment or because of the inappropriate behavior of others;
- People can make individual choices about how they spend their time;
- Public buildings are accessible.

People have **the right to freedom of movement and access to all areas of one's home**, with due regard for the privacy of others. This means that:

- People are not restricted to certain areas of their own home;
- Doors are not locked;
- Leisure activities and supplies are not locked up in closets and rooms;
- Alarms are not used to alert staff of the location of people;
- People are not locked in, intruders are locked out
- People have keys to their home;
- Fences do not lock people into their yards;
- The location of door locks, knobs and window latches do not create environmental restrictions that inhibit free movement of people.

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People have the right to positive approaches and methods for learning skills and behaviors. This means that:

- People are not punished.
- People are not controlled by house rules and procedures that encourage compliance and fail to recognize individuality;
- People are given the opportunity to make choices about where they live, with whom and how a shared home will function;
- People learn how to make informed choices about their personal lives, about sexuality and sexual expression;
- People are treated fairly;

People have the **right to be protected and safe from harm**, especially when roommates display negative or dangerous behavior. This means that:

- People are free from abuse, neglect and exploitation;
- People are respectful of others;
- Rights are not restricted and people are not deprived of their liberty based on the behavior of their peers;
- People are protected from sexual harassment and non-consensual sexual acts;
- People know how to file complaints or grievances and how to resolve differences and conflicts.

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