

*Who to talk to
when your RIGHTS
are being ignored?*



- Family/Friend
- Support Worker
- Doctor
- Police Officer
- Quality and Innovations
Resource Advisor
705-726-9082 EXT 2551
- Hotline
705-726-9082 EXT 2430



Self-Advocates email:

selfad@empowersimcoe.ca

Hotline:
705-726-9082
EXT 2430

For more information
contact:
Quality and Innovations
Resource Advisor
39 Fraser Court
705-726-9082 EXT 2551

**"It's Your
Rights!"**

Know About Rights



**Empower
Simcoe**
BE • BELONG • THRIVE

What are my Rights?



Self-Advocates Bill of Rights



Respect: to be respected for who I am & what I want

Culture: to find out about & participate in my own culture

Choosing Supports: voice my desire for supports & my desire to change them

Self-Advocacy (Speaking Up): to say what rights are important to me

My Home: to choose where and with whom I live

My Choice, My Voice, My Consent: to see, have and share MY information in the way I want

Health: to be educated in regards to my health & refuse treatment should I wish

My Friendships/Relationships/Intimacy: to choose my friends and intimate relationships & spend time with those I want to see

My Freedom of Spiritual Expression & Choice: to choose my religious beliefs & how I practice my beliefs

What I Do With My Days: to have meaningful days

Being Safe From Being Hurt: to be free from harm & to be safe where I live, work, and play

My Money: to keep & spend my own money

Taking Risks: to have all the information about risks, good and bad

Dreaming: to dream without limits & not to be judged based on my dreams



Which all stems from the Charter of Rights and Freedoms

