# Understanding a person's rights

As a Direct Support Professional, you help people live full, meaningful lives. To truly respect someone's rights, you need to recognize what each right means, how to explain it clearly, and what it looks like in everyday life.

Below are ten important rights from the State of California. Take a moment to review each one and try putting it into your own words. This helps you better support others in recognizing and using their rights.

| A person's rights | Your understanding (write in your own words) |
|---|---|
| A right to treatment and habilitation services and supports in the least restrictive environment. Treatment and habilitation services and supports should foster the developmental potential of the person and be directed toward the achievement of the most independent, productive, and normal lives possible. Such services shall protect the personal liberty of the individual and shall be provided with the least restrictive conditions necessary to achieve the purposes of the treatment, services or supports. | |
| A right to dignity, privacy, and humane care. | |
| A right to participate in an appropriate program of publicly supported education, regardless of degree of disability. | |
| A right to prompt medical care and treatment. | |
| A right to religious freedom and practice. | |
| A right to social interaction and participation in community activities. | |
| A right to physical exercise and recreational opportunities. | |
| A right to be free from harm, including unnecessary physical restraint, or isolation, excessive medication, abuse, or neglect | |
| A right to be free from hazardous procedures. | |
| A right to make choices in their own lives, including, but not limited to, where and with whom they live, their relationships with people in their community, the way they spend their time including education, employment, and leisure, and pursuit of their personal future, and program planning and implementation. | |

*State of California—Health and Human Services Agency. (2000). Rights of individuals with developmental disabilities (DSP 304, Rev. 1/2000).