

Connecting rights to actions

As Direct Support Professionals (DSPs), recognizing the rights of the people we support is only the first step. The real impact comes when we connect those rights to our everyday actions. Every choice we make—every interaction, support, or response—either upholds or diminishes a person’s rights.

This section offers practical ways to bring those rights to life using a person-centered approach. Read each scenario, consider which right is involved, and think about the actions you could take to respectfully support the person in that situation.

Scenario	What right is involved?	What actions can you take?
Taylor wants to attend a community college course but is unsure how to get transportation and support.		
Maria wishes to attend religious services on Sundays, but transportation is limited.		
Alex’s team is considering Alex moving from a group home to an independent apartment with visiting support. Some staff worry about his safety living more independently.		
Lisa prefers dancing but her day program focuses mostly on sedentary activities.		
You notice John appears more withdrawn after a staff member used a physical hold when he last got upset and started yelling.		
Sam is scheduled for a medical procedure that seems unnecessary and risky.		
Taylor wants to decide how to spend Saturday afternoons, but his roommates have fixed activities.		
Jordan has an appointment with a new doctor but feels anxious about the visit.		
Chris wants to join a local sports team but worries about fitting in.		
When supporting Jamie with personal care in her room. She seems uncomfortable with staff entering without knocking.		