

# Reflection and growth

This section invites you to pause and reflect: How am I currently supporting this right? What could I do differently to strengthen it? As a DSP, your actions make a powerful impact. Taking time to reflect helps you recognize what's

working well and uncover opportunities to grow.

Go through each right listed below. For each one, note how you are currently supporting it and identify one thing you could do differently.

Right	How I'm Supporting This Right	What I Could Do Differently
A right to treatment and habilitation services and supports in the least restrictive environment, fostering independence and personal liberty		
A right to dignity, privacy, and humane care		
A right to participate in an appropriate program of publicly supported education		
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, isolation, excessive medication, abuse, or neglect		
A right to be free from hazardous procedures		
A right to make choices about where and with whom they live, relationships, time use (education, employment, leisure), personal future, and program planning		