

# Knowing your rights matters

Knowing your rights helps you and your partner speak up, make choices, and stay safe. It helps you get support when you need it and takes part in your community. When you know your rights, you can feel more confident and in control of your life. Spend time with your partner going through each right, what it looks like, and have a conversation answering the following questions.

 <b>Your partner's rights</b>	 <b>What does this look like?</b>	 <b>Questions for your partner</b>
I have the right to know and direct my services	<ul style="list-style-type: none"> <li>• Make my own goals and plan</li> <li>• Choose who helps me</li> <li>• Decide how and when I get support</li> </ul>	How can I support you to feel more in control of your services and supports?
I have the right to live where I want	<ul style="list-style-type: none"> <li>• Choose where I live</li> <li>• Decide who I live with, if anyone</li> <li>• Decide how to decorate my room</li> <li>• Feel safe and comfortable in my home</li> </ul>	Is there anything about your current home you'd like to change?
I have the right to privacy	<ul style="list-style-type: none"> <li>• Keep my personal information private</li> <li>• Have private time alone if I want</li> <li>• Lock my doors or personal belongings</li> <li>• Have private conversations</li> </ul>	How do you like to have privacy in your daily life?
I have the right to be treated with dignity and respect	<ul style="list-style-type: none"> <li>• Be listened to</li> <li>• Be treated fairly</li> <li>• Be treated like every other person, no matter who you are or what you need.</li> <li>• Be included in conversations about me</li> </ul>	Are there ways I can show more respect for your choices or feelings?