

RIGHT HERE!



A MONTHLY NEWSLETTER ABOUT YOUR RIGHTS &

RESPONSIBILITIES

You Have the Right to Send and Receive Mail!



It's important for people with disabilities to have the right to send and receive mail because access to mail is a fundamental aspect of independence, privacy, communication, and equal participation in society. Here are several key reasons why ensuring that people with disabilities have the essential right to send and receive mail:



1. Independence: Receiving mail allows individuals to manage their personal affairs independently, which is a vital aspect of self-reliance and autonomy.
2. Privacy: Access to mail ensures that personal and confidential information remains private, protecting the dignity and rights of individuals.
3. Communication: Mail serves as a critical channel for staying connected with family, friends, and essential services, enabling effective communication.
4. Equal Participation: Having access to mail is a fundamental right that supports equal participation in society, ensuring that individuals with disabilities are not marginalized or excluded from important societal functions.



Rights of the Month

Send and Receive Mail

Make / Receive Calls

Spend Money

Be Safe

Vote

Live Where You Want

Belong to Groups

Have the Best Health

Practice Cultural and

Religious Beliefs

Be Heard, Have Freedom of
Expression

Be Free From Abuse,
Neglect and Mistreatment
Have Personal Possessions

Have Privacy

Obtain Meaningful and
Productive Work

Decide and Participate in
What People Say, Share

and Write About You

Make Decisions About Your
Life

Have Family, Friends and
Intimate Relationships

Express Grievances and
Object to Services





From the United States Postal Service: How to Send a Letter Or Postcard

1. Choose Envelope or Postcard
Envelopes are for sending flat, flexible things, like letters, cards, checks, forms, and other paper goods.
2. Address Your Mail Envelopes:
Write your address (the "return" or "sender" address) in the top left corner. Write the delivery address (the "recipient" address) in the bottom center. Postcards:
Postcards come in different formats, so write the delivery address in the space it gives you (on the same side you write your message and put the stamp).
3. Calculate Postage A First-Class Mail® Forever stamp costs \$0.73 and goes in the upper right corner of the envelope. A standard postcard stamp costs \$0.56. Step
4. Send Your Mail Once your envelope or postcard has the correct addresses and postage, you can send it several ways, including putting it in your mailbox or dropping it in a blue collection box or at a Post Office™ location.

OPWDD Regulations 14
CRR-NY 633.4
includes, "No person
shall be denied:

Did You Know?

(1) No person shall be deprived of any civil or legal right solely because of a diagnosis of developmental disability

