

# RIGHT HERE!

A MONTHLY NEWSLETTER ABOUT YOUR RIGHTS & RESPONSIBILITIES

## **WHAT OPWDD SAYS:**

**"PEOPLE RECEIVING SERVICES HAVE THE RIGHT TO PRACTICE THEIR RELIGION AND CULTURE IN WAYS THAT ARE MEANINGFUL TO THEM."**

This means staff and caregivers must respect your beliefs and help you be part of cultural and religious activities if that's what you want.

## **WHAT CQL SAYS:**

**"PEOPLE ARE SUPPORTED TO PRACTICE THEIR RELIGION, SPIRITUALITY, AND CULTURE."**

CQL believes that being able to follow your beliefs is a key part of personal quality of life. It helps you feel more connected, respected, and empowered.

## **YOU HAVE THE RIGHT TO PRACTICE CULTURAL AND RELIGIOUS BELIEFS**

 **YOU HAVE THE RIGHT TO:**

-  Choose what you believe
-  Celebrate in your own way
-  Get support to practice your religion
-  Feel safe and respected

# BELIEVE

What This Means:

-  Go to church, temple, mosque, or other places of worship
-  Celebrate holidays and cultural events
-  Eat food that matches your beliefs
-  Wear clothes that show your faith or culture
-  Pray, meditate, or have quiet time





# CATHOLIC CHARITIES

## DISABILITIES SERVICES

DID YOU KNOW THAT YOU HAVE THE SAME RIGHT AS EVERYONE ELSE TO FOLLOW YOUR CULTURAL AND RELIGIOUS BELIEFS? REGARDLESS OF YOUR DISABILITY, YOUR TRADITIONS, RELIGION, AND CULTURE ARE SIGNIFICANT. YOU DESERVE TO TAKE PRIDE IN YOUR IDENTITY AND RECEIVE SUPPORT IN EXPRESSING IT.

## KNOW YOUR RIGHTS!

You have the human right to practice your religion and culture.

- It Helps You Feel Connected: Your beliefs may help you feel closer to your community
- It Supports Your Well-Being:
- Following your beliefs can make you feel happier and more supported
- You Have a Say: You should be able to choose what you believe and how you practice it



FAITH  
AND  
FREEDOM

