

# RIGHT HERE!

A MONTHLY NEWSLETTER ABOUT YOUR RIGHTS & RESPONSIBILITIES

**YOUR LIFE. YOUR VOICE. YOUR CHOICE.**

*IN ACCORDANCE WITH OPWDD REGULATIONS (14 NYCRR §§624 AND 633), "NO PERSON SHALL BE DEPRIVED OF ANY CIVIL OR LEGAL RIGHT SOLELY BECAUSE OF A DIAGNOSIS OF DEVELOPMENTAL DISABILITY"*

*HAVING A DEVELOPMENTAL DISABILITY DOES NOT DIMINISH YOUR RIGHTS. YOU ARE ENTITLED TO THE SAME CIVIL AND LEGAL RIGHTS AS EVERYONE ELSE. THIS INCLUDES THE RIGHT TO MAKE YOUR OWN DECISIONS WHENEVER POSSIBLE. (14 NYCRR § 633.4 – RIGHTS OF PERSONS RECEIVING SERVICES)*



**THE RIGHT TO MAKE DECISIONS ABOUT YOUR LIFE!**

**IT'S YOUR LIFE**

IT'S YOUR

**Right!**

*THE RIGHT TO MAKE DECISIONS ABOUT YOUR OWN LIFE IS A FUNDAMENTAL HUMAN RIGHT—AND IT BELONGS TO EVERYONE, INCLUDING PEOPLE WITH DEVELOPMENTAL DISABILITIES. HAVING THE POWER TO MAKE DECISIONS MEANS HAVING CONTROL OVER YOUR GOALS, YOUR DAILY ROUTINES, YOUR RELATIONSHIPS, AND YOUR FUTURE. THIS RIGHT SUPPORTS INDEPENDENCE, DIGNITY, AND SELF-CONFIDENCE. IT ALSO HELPS PEOPLE BUILD SKILLS, EXPRESS PREFERENCES, AND LIVE A LIFE THAT REFLECTS WHO THEY TRULY ARE.*

*WHEN INDIVIDUALS ARE SUPPORTED TO MAKE THEIR OWN CHOICES, THEY ARE MORE ENGAGED, HAPPIER, AND BETTER ABLE TO ADVOCATE FOR THEMSELVES.*

**MAKING CHOICES**




**YOUR LIFE**

IT'S YOUR  
**Right**  
TO MAKE  
DECISIONS



### WHAT Staff CAN DO:



- Staff play an important role in helping individuals exercise their right to make decisions. Here's how:
- Offer choices regularly (not just big decisions, but everyday ones too)
- Provide clear information using simple language, visuals, or examples
- Respect preferences even when they differ from your own
- Encourage independence by allowing individuals to try things themselves
- Support informed decision-making by explaining risks and benefits
- Be patient and listen actively
- Avoid making decisions for someone unless absolutely necessary and authorized



## KNOW YOUR RIGHTS!

YOU HAVE THE RIGHT

TO:

- Make choices about your daily activities (what to wear, eat, and do)
- Participate in decisions about your services and supports
- Set personal goals and help create your life plan
- Be supported in understanding your options in a way that works for you

