Know Your Rights PERSONS SERVED WORKBOOK FOR SUPERVISED LIVING FACILITIES



DISCLAIMER: The following is provided by the Minnesota Department of Health for educational purposes only. This information does not replace Minnesota and Federal law related to Health Care Bill of Rights.

ALTERNATIVE FORMATS

To request alternative formats, including audio tape or Braille, please contact:

Minnesota Governor's Council on Developmental Disabilities Department of Administration 370 Centennial Office Building 658 Cedar Street St. Paul, Minnesota 55155 (651) 296-4018 voice (877) 348-0505 toll free (651) 297-7200 fax Minnesota Relay Service: (800) 627-3529 OR 711 Email: admin.dd@state.mn.us

Or visit our website: Council on Developmental Disabilities (http://mn.gov/mnddc/)

Table of Contents

Overview				
	Right 1 – Information about Rights7			
	Right 2 – Courteous Treatment10			
	Right 3 – Appropriate Health Care13			
	Right 4 – Your Doctor16			
	Right 5 – Other Health Services19			
	Right 6 – Information about Treatment22			
	Right 7 – Your Treatment Plan25			
	Right 8 – Continuity of Care29			
	Right 9 – Right to Refuse Care32			
	Right 10 – Experimental Research35			
	Right 11 – Freedom from Maltreatment			
	Right 12 – Treatment Privacy41			
	Right 13 – Confidentiality of Records44			
	Right 14 – Disclosure of Services Available47			
	Right 15 – Responsive Services50			
	Right 16 – Personal Privacy53			
	Right 17 – Right to Grievances (Complaints)57			

Right 18 – Communication Privacy	61
Right 19 – Personal Property	64
Right 20 – Services for the Facility	67
Right 21 – Choice of Supplier	70
Right 22 – Financial Affairs	73
Right 23 – Right to Associate	76
Right 24 – Advisory Councils	80
Right 25 – Protection and Advocacy Services	83
Appendix 1 – Resources	85
Appendix 2 - References	85
Appendix 3 – Supervised Living Facility Bill of Rights	85

Overview

The purpose of this Workbook is to help build your understanding of your health care rights.

This Workbook goes with the Instructor Handbook. Staff will use the Instructor Handbook to teach you about your rights.

This Workbook has a section for each Right. Each section has lessons that will make it easy and fun for you to learn about your rights. Each Right includes:

- What you will learn about this right
- Easy Read Guide
- Lessons
- Videos for some lessons

Keep track of which Right you have learned by checking it off in the table of contents.

Right 1 – Information about Rights

What you will learn about this right

- 1. Understand what a *right* is.
- 2. Understand what the Supervised Living Facility Bill of Rights is.
- 3. Understand what other information you have a right to know.

Lesson 1

Read Easy Read Guide, Right 1 – Information about Rights



There are rights that protect you.

Staff must tell you about your rights.

Fill in the blanks using words from the Word List. Cross out each word after you use it.

Word List

- 25
- rights
- fairly
- Bill of Rights

There are ______ rights in the Bill of Rights.

Each right makes sure you are treated ______.

The Bill of Rights contains 25 ______.

All the rights are in the	
0	

Lesson 3

1. The official Bill of Rights is in this workbook for you to have.

Turn to the section of this workbook to see the Bill of Rights.

- 2. Make a check mark ($\sqrt{}$) for each true statement.
 - \Box I can ask for a copy of the facility policies.
 - \Box I can ask for a copy of the health inspection reports.
 - □ The person I choose to speak for me can ask to see the health inspection reports.
 - □ My guardian can have a copy of the Bill of Rights.

Lesson 4 – Video on Information About Rights

Watch the video on Information About Rights.

Use the space below to make any notes about the video.

Notes

Use this blank section to take notes

Right 2 – Courteous Treatment

What you will learn about this right

- 1. Understand what courteous treatment means
- 2. Know who must provide courteous treatment.

Lesson 1

Read Easy Read Guide, Right 2 – Courteous Treatment



Staff must be polite to you.

Staff must treat you with respect.

Draw a line from Courteous Treatment to all the examples of courteous treatment in the Word List.

Courteous treatment

Word List

saying please

yelling

saying thank you

listening to me

slamming doors

being patient

throwing things

treating me like a child

Lesson 3 – Video on Courteous Treatment

Watch the video on Courteous Treatment.

Notes

Use this blank page to take notes

Right 3 – Appropriate Health Care

What you will learn about this right

- 1. Understand what appropriate health care means
- 2. Know the limitation of this right.

Lesson 1

Read Easy Read Guide, Right 3 – Health Care



You have the right to get the medical care you need.

You have the right to get the personal care you need.

Juan and Sam and Jo are different people. Sometimes they need different care. Sometimes they need the same care.

Follow the instructions in **bold** below:

Juan uses a wheelchair

Sam and Jo can walk





Circle words for how they need different care.

help getting on toilet

help getting in a car

help blowing out birthday candles

Circle words for how they need the same care.

fix wheelchair

vaccinations

medicine for infection

Lesson 3 – Video on Appropriate Health Care

Watch the video on Appropriate Health Care.

Use the space below to make any notes about the video.

Notes

Use this blank section to take notes

Right 4 – Your Doctor

What you will learn about this right

- 1. Know the name of your doctor.
- 2. Know how to contact your doctor.
- 3. Understand when staff may give your doctor's contact information to others.

Lesson 1

Read Easy Read Guide, Right 4 – Your Doctor

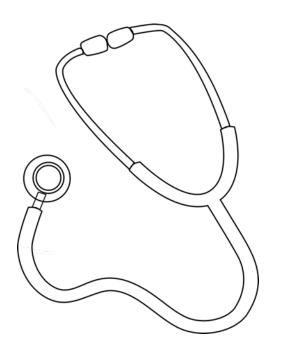


Staff will give you:

- the name of your doctor
- the address of your doctor
- the phone number of your doctor

Staff will also give this information to a person you choose to speak for you.

Draw a line from the doctor's stethoscope to all the things you have a right to know about your doctor.



The name of my doctor's dog.

The name of my doctor.

My doctor's home address.

My doctor's phone number.

My doctor's specialty.

My doctor's favorite color.

My doctor's business address.

Lesson 3 – Video on Medical Care Rights

Watch the video on Medical Care Rights.

Notes

Use this blank page to take notes

Right 5 – Other Health Services

What you will learn about this right

- 1. Know the name of your service providers
- 2. Know how to contact your service providers
- 3. Understand when staff may give your service provider contact information to others

Lesson 1

Read Easy Read Guide, Right 5 – Other Health Services



You might get other health services.

Staff will give you in writing:

- the provider name
- the provider address
- a description of the service

Staff will also give this information to a person you choose to speak for you.

Staff will also give this information to your guardian.

If you get services from outside health care providers, you can record their information here.

Name of provider:

Address:

Description of Service:

Name of provider:

Address:

Description of Service:

Lesson 3 – Video on Medical Care Rights

Watch the video on Medical Care Rights.

Notes

Use this blank section to take notes

Right 6 – Information about Treatment

What you will learn about this right

- 1. Understand what information your doctor will tell you about your diagnosis.
- 2. Understand what information your doctor will tell you about your treatment.
- 3. Know who can go to the doctor with you.

Lesson 1

Read Easy Read Guide, Right 6 – Information about Treatment



Your doctor will give you information about your diagnosis and treatment.

Your doctor will help you understand what to expect.

Your family can go with you.

A person you choose to speak for you can go with you.

22

Look in the box. Find the meaning for each word and draw a line to connect the word and its meaning.

1. Diagnosis	Reason for your illness	
2. Treatment	Chance that you will get well	
3. Risks	Bad things that could happen to your body	
4. Likelihood of getting well	Way to help you feel better when	
5. Likely results of treatment	you are sick	
	Chance of what can happen to your body from treatment	

Lesson 3 – Video on Medical Care Rights

Watch the video on Medical Care Rights.

Notes

Use this blank page to take notes

Right 7 – Your Treatment Plan

What you will learn about this right

- 1. Understand that you have the right to take part in the planning of your health care.
- 2. Understand who will be contacted if you are unable to communicate when you enter the facility
- 3. Know that reasonable efforts will be made to determine if you have an advance directive for your health care decisions.

Lesson 1

Easy Read Guide, Right 7 – Your Treatment Plan



You can take part in your health care planning.

You can talk to staff about your medical care choices.

You can take part in meetings about your care.

Your family can take part in meetings about your care.

A person you choose to speak for you can take part in meetings about your care.

Lesson 2 – Emergency Contact

If you can not speak when you arrive, staff will try to call someone.

Check ($\sqrt{}$) each step staff will take to find your contact person.

- □ Call my family.
- □ Call the person I chose to speak for me.
- □ Call 9-1-1 and tell them I am at the facility.
- □ Look in my things for phone numbers.
- □ Look in my medical record for phone numbers.
- □ If staff can not find phone numbers, call Social Services.
- □ If staff can not find phone numbers, call the police.

Notes

Use this blank section to take notes

Lesson 3 – Advance Directive

Some people have an advance directive.

This is a statement about your wishes for end of life care.

It is written before you become too ill to speak for yourself.

If you can not speak, staff will try to find out if you have an advance directive.

Check ($\sqrt{}$) each step staff will take to find out if you have an advance directive.

- □ Look in your personal property.
- □ Look in your medical record.
- □ Call 9-1-1 to find out.
- □ Ask your family.
- □ Ask your emergency contact.
- □ Ask your doctor

Lesson 4 – Video on The Right to Your Treatment Plan

Watch the video on The Right to Your Treatment Plan.

Notes

Use this blank page to take notes

Right 8 – Continuity of Care

What you will learn about this right

- 1. Understand that staff should try to provide your care in the same way and at the same time.
- 2. Understand that the facility should try to have the same staff care for you.

Lesson 1

Easy Read Guide, Right 8 – Continuity of Care



Your facility will try to give you the same staff.

Your facility will try to give you a schedule for your care.

Fill in the blanks using the words from the **Word List** below:

Word List		
changes		
care		
staff		
Continuity of	means there will not be any big	
	in my care. The same	will be

assigned to me every day if possible.

Lesson 3 – Video on Medical Care Rights

Watch the video on Medical Care Rights.

Notes

Use this blank page to take notes

Right 9 – Right to Refuse Care

What you will learn about this right

- 1. Understand what refusing care means.
- 2. Know who can refuse care.

Lesson 1

Easy Read Guide, Right 9 – Right to Refuse Care



If you make decisions for yourself, you can refuse:

- medical care
- medication
- food control

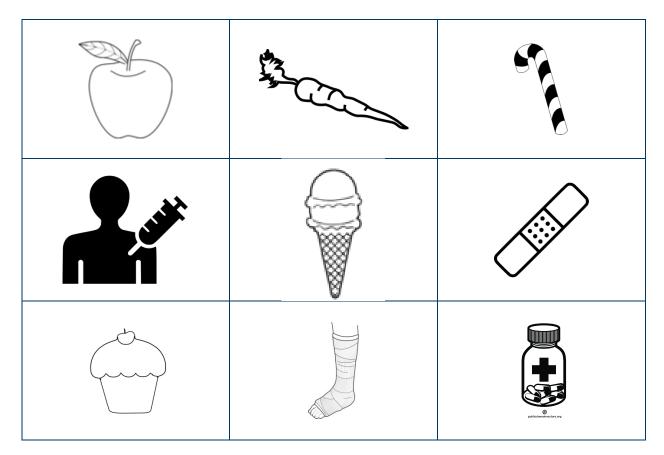
Staff will explain what could happen if you refuse these.

Lesson 2 – 3 in a row BINGO!

Staff will say the names of things you can have or refuse if you choose.

Find the matching picture and cross it out.

Call out BINGO when you have crossed out 3 in a row.



Notes

Use this blank section to take notes

Lesson 3 – Video on Right to Refuse Care

Watch the video on Right to Refuse Care.

Right 10 – Experimental Research

What you will learn about this right

- 1. Understand that you do not have to take part in a study or experiment.
- 2. Understand that you must give the okay in writing.

Lesson 1

Easy Read Guide, Right 10 – Experimental Research



You do not have to take part in a study or experiment.

If you want to take part in a study or experiment, you must give the okay in writing

Lesson 2

Put the steps in the right order. What happens 1st, 2nd, and 3rd? Fill in the blank with the right number.

- _____ And last, my decision gets put in my care record.
- _____ First staff tell me of any risks of the study.
 - _____ Then I decide if I want to take part in the study.

Lesson 3 – Video on Medical Care Rights

Watch the video on Medical Care Rights.

Use the space below to make any notes about the video.

Notes

Use this blank section to take notes

Right 11 – Freedom from Maltreatment

What you will learn about this right

- 1. Understand what maltreatment means.
- 2. Know your right to be free from maltreatment.
- 3. Know how to report maltreatment.

Lesson 1

Easy Read Guide, Right #11 – Freedom from Maltreatment



You have the right to live without bullying.

You have the right to live without abuse.

Look at the pictures in the boxes. Read the picture caption.

Cross out examples of maltreatment.

Kicking



Unwanted Sexual Touching



Friends



Stepping on Hand



Pulling Hair



Friends Dressed Up



Lesson 3 – Video on Freedom from Maltreatment

Watch the video on Freedom from Maltreatment.

Use the space below to make any notes about the video.

Lesson 4 – Reporting Abuse

Report abuse if it happens to you.

Report abuse if you think it might be happening to someone.

If you suspect abuse and want to file a complaint, call the Minnesota Adult Abuse Reporting Center (MAARC) at 1-844-880-1574

Staff are available to take your call 24 hours a day, seven days a week

Notes

Use this blank page to take notes

Right 12 – Treatment Privacy

What you will learn about this right

- 1. Know your right to privacy for personal care.
- 2. Know your right to privacy for medical care.
- 3. Know your right to respectful treatment.

Lesson 1

Easy Read Guide, Right 12 – Treatment Privacy



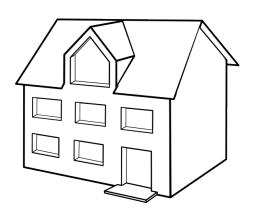
Staff will treat you with respect during your personal care.

You will have privacy for:

- going to the bathroom
- bathing
- personal hygiene

Staff can help you with these if you choose.

Draw a line from private activities to the home.





Lesson 3 – Video on Privacy Rights

Watch the video on Privacy Rights.

Use the space below to make any notes about the video.

Notes

Use this blank section to take notes

Right 13 – Confidentiality of Records

What you will learn about this right

- 1. Know that your personal and medical records are confidential.
- 2. Know that you may approve or refuse release of your records.
- 3. Know that staff will tell you if someone asks your records.
- 4. Know this right does not apply in some situations.

Lesson 1

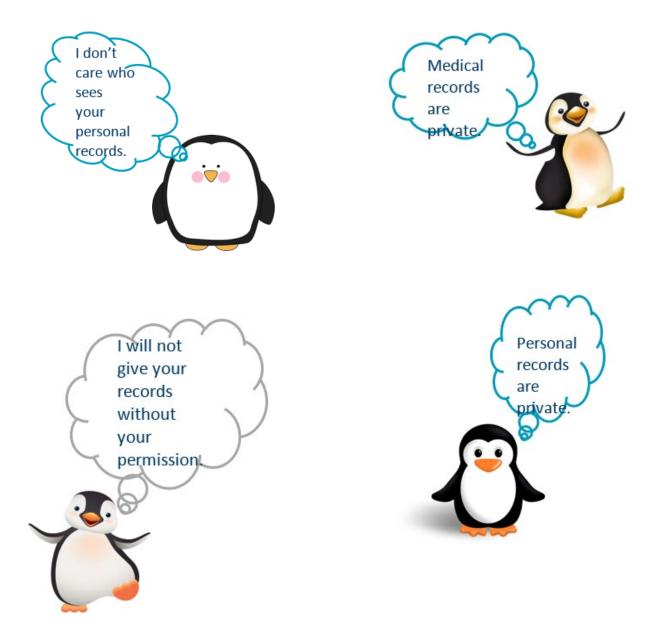
Easy Read Guide, Right 13 – Your Records Are Private



You have the right to say who can see information about your care.

Staff will tell you if someone asks to see your personal records.

Circle the penguin that does NOT know the rules.



Lesson 3 – Video on Privacy Rights

Watch the video on Privacy Rights.

Use the space below to make any notes about the video.

Notes

Use this blank section to take notes

Right 14 – Disclosure of Services Available

What you will learn about this right

- 1. Know your right to be told of the services that are part of your daily room rate.
- 2. Know your right to be told of other services available for extra charges.

Lesson 1

Easy Read Guide, Right 14 – Services Available



Staff will tell you of services included in what you pay for your room.

Staff will tell you of extra services you can pay for.

Staff will assist you to find out:

- What services Medicare will pay for
- What services Medical Assistance will pay for

Connect the big star to the little stars for services your facility provides.



Lesson 3

Circle True or False for each statement.

1. Staff must tell me about services at my facility.	True	False
--	------	-------

- 2. Staff don't have to tell me what services cost. True False
- 3. Staff will help me find out what Medicare pays for. True False

Lesson 4 – Video on The Right to Other Services

Watch the video on The Right to Other Services.

Use the space below to make any notes about the video.

Notes

Use this blank section to take notes

Right 15 – Responsive Services

What you will learn about this right

- 1. Know your right to quick answers to your questions and requests.
- 2. Know your right to fair answers to your questions and requests.

Lesson 1

Easy Read Guide, Right 15 – Responsive Services



Staff will be quick to answer your questions.

Staff will be quick to respond to your requests.

Staff will be fair to you.

Read each problem. Read staff answer to each problem.

If staff answer is fast, circle the rabbit.

If staff answer is fair, circle the check mark.

Some answers will not have any circles.

Problem 1:I'm out of toilet paper.

Staff: I'm getting toilet paper for you right now.

Problem 2: You want to see the health inspection reports for the facility.

Staff: You have to wait until next month.

Problem 3: Everyone is having ice cream and you want some.

Staff: No ice cream for you. You did not eat your peas.

Problem 4:1 am not getting as much personal care as my roommate.

Staff: You are able to do more things for yourself. You do not need as much help as your roommate.







Lesson 3 – Video on The Right to Other Services

Watch the video on The Right to Other Services.

Use the space below to make any notes about the video.

Notes

Use this blank section to take notes

Right 16 – Personal Privacy

What you will learn about this right

- 1. Know your right to your own privacy.
- 2. Understand what your own privacy includes.

Lesson 1

Easy Read Guide, Right 16 – Personal Privacy



You have the right to:

- privacy
- be yourself
- your own culture
- your religion
- your mental wellness

Except in emergencies, staff will respect the privacy of your room, by:

- knocking on the door
- getting your permission before entering

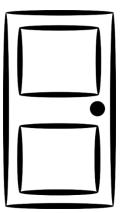
For each topic listed below, draw a picture or write words that tell about you.

Being Yourself

Your Culture

Your Religion

Draw a line from the door to ways staff can show they respect your privacy.



Knock on my door

Walk in my room without asking permission

Wait for me to say, "Come in."

Ask if they can come in.

Lesson 4 – Video on Privacy Rights

Watch the video on Privacy Rights.

Use the space below to make any notes about the video.

Notes

Use this blank page to take notes

Right 17 – Right to Grievances (Complaints)

What you will learn about this right

- 1. Understand what *grievance* means.
- 2. Understand staff must help you with grievances.
- 3. Understand that you may recommend changes to policies or services.
- 4. Know how to report grievances.

Lesson 1

Easy Read Guide, Right 17 – Grievances



Staff will help you:

- understand your rights
- stand up for your rights

You have the right to speak up about:

- grievances
- policy changes
- service changes

Staff will post the grievance steps where they are easy to find.

The steps to follow for making a complaint are below. Match each step with a **What You Should Do** statement in the list below. Write the number for the step

Step 1: People stop listening if you get worked up and start yelling. What should you do?

Step 2: File a complaint only if you can not work things out. What should you do?

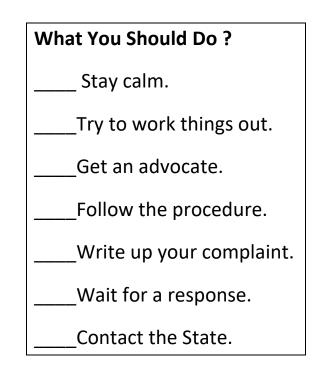
Step 3: If you need help you can choose someone to help you. You can ask staff to find someone to help you. What should you do?

Step 4: Ask staff for the grievance procedure so you can do it right. What should you do?

Step 5: Write a short note about your complaint. What should you do?

Step 6: Ask staff when you will get a response. What should you do?

Step 7: What to do if you do not get a fair answer or if it takes too long. What should you do?



Lesson 3 - Video on Grievances (Complaints)

Watch the video on Complaints/Grievances.

Use the space below if you want to make notes about the video.

Lesson 4

See an example of how to write a suggestion for change to a policy or service. Then practice writing a suggestion

Here is an example of a suggestion letter. The first three lines show who the letter is written to, who it is from, and the date. The fourth line explains what the suggestion is about using a few words. The other lines are a description of the suggestion.

To: The person in charge

From: Your name

Date: The date today

Change to Pizza Nights.

Some residents do not like red meat. On Pizza Nights all the pizzas have red meat toppings. We would like to have pizzas with chicken and cheese only toppings. Now, practice writing a suggestion for change in the space below. Write who the letter is written to, who it is from, and the date. Then write a few words to explain what the suggestion is about. Then write a description of the suggestion—describe the change you want to see.

Right 18 – Communication Privacy

What you will learn about this right

- 1. Know your right to choose your friends.
- 2. Know your right to communicate in private.
- 3. Know your right to decide if staff can tell people you're at the facility.

Lesson 1

Read Easy Read Guide, Right 18 – Communication Privacy



You can choose your friends.

You can talk to people in private.

Staff will not read your personal email.

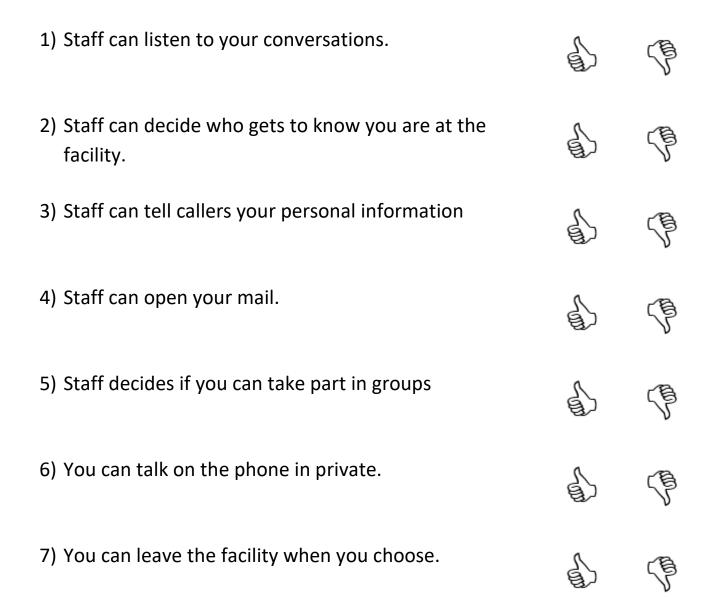
You will have access to:

- paper
- pens and pencils
- telephone

Unless you say so, staff will not tell people you are at the facility.

Workbook for Know Your Rights – For Persons Served of Supervised Living Facilities

Circle the low (thumbs up) if statement is true. Circle <a> (thumbs down) if statement is false.



Lesson 3 – Video on The Right to Communication Privacy

Watch the video on The Right to Communication Privacy.

Use the space below to make any notes about the video.

Notes

Use this blank section to take notes

Right 19 – Personal Property

What you will learn about this right

- 1. Know what personal property means.
- 2. Know what personal property you can keep.
- 3. Know what personal property you can and use.
- 4. Know what the facility must do for your valuables.

Lesson 1

Easy Read Guide, Right 19 – Personal Property



You can keep your clothing.

You can keep your personal things if there is enough space.

Staff will provide a locked space for your valuables.

Circle 😳 (smiling face) if statement is true. Circle 😒 (frowning face) if statement is false.

1.	You can take over your roommate's closet if you need more space for your clothes.	\odot	3
2.	You must respect the personal privacy of other people.	\bigcirc	3
3.	Your clothing is your personal property.	\odot	\odot
4.	You can keep all your personal property if there is space.	\bigcirc	3
5.	You can bother other people when you are using your personal property.	\odot	3

Lesson 3 – Video on Right to Personal Property

Watch the video on Right to Personal Property.

Use the space below if you want to make notes about the video.

Fill in the blanks using words from the Word List. Cross out each word after you use it.

Word List

- valuables
- facility
- locked

The _____ must provide an area to keep your valuables.

The area can be ______ storage for all residents' valuables.

The facility will provide an area for your ______.

Notes

Use this blank section to take notes

Right 20 – Services for the Facility

What you will learn about this right

1. Know when you can work for the facility.

Lesson 1

Easy Read Guide, Right 20 – Services for the Facility



You will not work for the facility.

You will not provide services for the facility.

You can work for the facility if:

- it is for health reasons in your medical record
- it is for goals in your medical record

Circle True or False for each statement.

1. I can sell services to the facility.	True	False
2. All residents can work for the facility.	True	False
3. Some residents have medical goals that		
make it okay for them to work for the facility.	True	False

Lesson 3 – Video on The Right to Services for the Facility

Watch the video on The Right to Services for the Facility.

Use the space below to make any notes about the video.

Notes

Use this blank page to take notes

Right 21 – Choice of Supplier

What you will learn about this right

- 1. Know your right to buy or rent things or services from a supplier of your choice.
- 2. Understand that the supplier should ensure the purchases meet your needs.

Lesson 1

Easy Read Guide, Right 21 – Choice of Supplier



You can buy or rent:

- items not included in what you pay for your room
- services not included in what you pay for your room
- from a supplier of your choice
- from a supplier who makes sure these meet your medical or treatment needs

Put a $\sqrt{}$ (check mark) in front of services or products you might buy from suppliers you choose.

Cell phone

Shirts

Supervision at the facility

Shoes

Wheelchair

My room at the facility

Hearing aids

Bicycle

Meals at the facility

Lesson 3 – Video on The Right to Other Services

Watch the video on The Right to Other Services.

Use the space below to make any notes about the video.

Notes

Use this blank page to take notes

Right 22 – Financial Affairs

What you will learn about this right

- 1. Know your right to decide who manages your money.
- 2. Know your right to have the facility provide a record of your money.

Lesson 1

Easy Read Guide, Right 22 – Your Money



You can choose to manage your money.

You can choose to have the facility manage your money.

The facility will provide a record of your money every 3 months.

Draw a line from the dollar sign to true statements.



I can manage my money.

I can ask the facility to manage my money.

If the facility manages my money, it must give me a record of my money every day.

If the facility manages my money, it must give me a record of my money every 3 months.

Lesson 3 – Video on Other Rights

Watch the video on Other Rights.

Use the space below to make any notes about the video.

Notes

Use this blank page to take notes

Workbook for Know Your Rights – For Persons Served of Supervised Living Facilities

75

Right 23 – Right to Associate

What you will learn about this right

- 1. Know your right to have the friends you choose.
- 2. Know your right to take part in the activities you choose

Lesson 1

Read Easy Read Guide, Right 23 – Your Friends



As long as the privacy of other residents is not violated, you can choose:

- who you meet with
- which visitors you have
- what you buy
- your religious activities
- your political activities
- your community groups

Tic-Tac-Toe. Put an O on the boxes that are true. Put an X on the boxes that are not true. Then find out who won, the Xs or the Os!

I can take part in political activities	l can visit with my health care agent	I can call people mean names
I can hit people when they make me mad	I can keep my things on my roommate's bed	I can choose my religious activities
I can tell my friends who lives at the facility	I can take part in community groups	I can work with others to improve long-term care

Circle all the people who can make health care decisions for you.

- me
- my legal guardian
- my roommate
- a stranger
- the person I name next of kin

Lesson 4 – Video on Other Rights

Watch the video on Other Rights.

Use the space below to make any notes about the video.

Notes

Use this blank page to take notes

Right 24 – Advisory Councils

What you will learn about this right

- 1. Know your right to take part in resident advisory councils
- 2. Know your right to take part in family councils.
- 3. Understand how staff will help.

Lesson 1

Easy Read Guide, Right 24 – Advisory Councils



You and your family have the right to take part in resident advisory and family councils.

Staff must provide help and space for the meetings.

Council meetings are private:

- staff will attend only if the Council invites them
- visitors will attend only if the Council invites them

Staff will encourage councils to make recommendations about facility policies.

Fill in the blanks using words from the Word List. Cross out each word after you use it.

Word List

- invites
- council
- recommendations
- talk
- private
- 1. A ______ is a group of people who get together to talk about issues.
- 2. Council meetings are not open to anyone because the meetings are
- 3. Staff can take part in council meetings if the council them.
- 4. The Council gets together to ______ about issues.
- Staff should encourage the council to make about facility policies.

Lesson 3 – Video on Other Rights

Watch the video on Other Rights.

Use the space below to make any notes about the video.

Notes

Use this blank page to take notes

Right 25 – Protection and Advocacy Services

What you will learn about this right

- 1. Know your right to use rights protection services.
- 2. Know your right to use advocacy services.
- 3. Understand your right to privacy.

Lesson 1

Easy Read Guide, Right 25 – Protection and Advocacy



You have the right to access and help with:

- rights protection services
- advocacy services

To help you:

- understand your rights
- stand up for yourself
- protect your rights

You can talk in private with someone from:

- rights protection service
- advocacy services

Draw a line from the term to its meaning.



Appendix 1 – Resources

- Easy Read Guide
- MN Department of Health website

Appendix 2 - References

- Pictures by Photosymbols
- MN Department of Health website: https://www.health.state.mn.us/
- MN Statutes website: https://www.revisor.mn.gov/statutes/?id=144.651
- MN Department of Human Services website: https://mn.gov/dhs/
- <u>MN Olmstead Plan website:</u> <u>https://www.dhs.state.mn.us/main/idcplg?IdcService=GET_DYNAMIC_CONVERSION&RevisionS</u> <u>electionMethod=LatestReleased&dDocName=opc_home</u>
- <u>Supervised Living Facility Bill of Rights:</u> <u>https://www.health.state.mn.us/facilities/regulation/billofrights/docs/slfbor_eng_reg.pdf</u>
- <u>MN Supervised Living Facility eLicensing website: https://mn.gov/elicense/a-z/?id=1083-</u>231553 /list/appId//filterType//filterValue//page/1/sort//order/
- Mid-Minnesota Legal Aid/Minnesota Disability Law Center: http://mylegalaid.org
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Appendix 3 – Supervised Living Facility Bill of Rights

Patient, Resident and Home Care Bill of Rights https://www.health.state.mn.us/facilities/regulation/billofrights/index.html