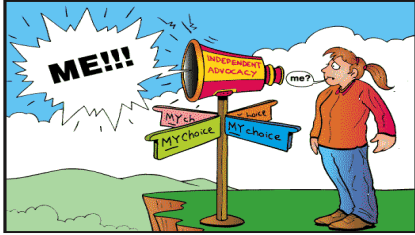


10. You have a right to pick someone as your advocate to look after your interests.



*It is your responsibility to be sure the person you have chosen will respect your wishes and advocate for you as per your wishes.*

There are times when your team may find it necessary to limit some of your rights for your protection and to keep you safe. They are required to have authorization and approval to do so. If you feel that your rights are limited in some manner be sure to contact Quality Assurance to help you understand the situation.

### Reach out to The Arc of Dutchess

We are here for you!  
Speak Out!

Tell us what you are thinking!

What are we doing that's good?

What can we help you do better?

Call the HELPLINE: 635 8084 ext. 333

Call Maureen Gallagher: 635 8084 ext. 155

Call Melinda Walsh: 635-8084 ext. 136

**\*These are just some examples of your rights presented for illustration only. A full description is kept in your file. If you have any questions or would like more information, contact your MSC.**

**Fill in for your future use! :**

**MSC Name & Phone Number:**

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**Program Director Name & Phone Number:**

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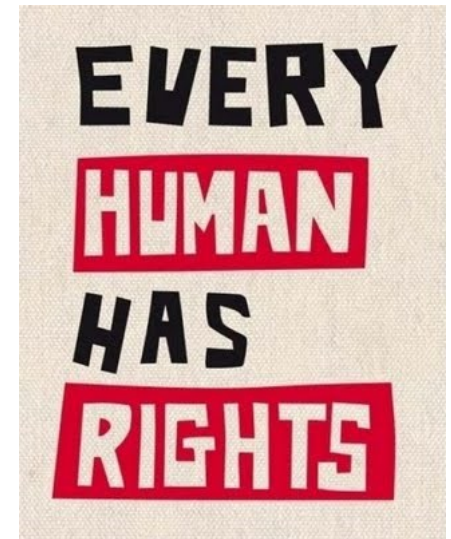
**Executive Director:**

**Crys McCuin  
(845)635-8084 x101**

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**Quality Assurance:**

**Maureen Gallagher  
(845)635-8084 x155**



**Here are some of yours.....**



1. You have the right to privacy.



It is your responsibility to protect your privacy and respect others privacy.

2. You have a right to good medical and dental care.



It is your responsibility to follow the doctors recommendations & maintain positive personal hygiene.

3. You have a right to handle your own money & things or to get help in learning to do that.



It is your responsibility to respect your property and the property of others.

4. You have a right to work or any other activity that you are able to do.



It is your responsibility to follow the rules of that job or activity and treat others with respect.

5. You have the right to choose an advocate.



It is your responsibility to let someone know that you need one and who you would like it to be.

6. You have the right to vote, if you want to vote.



It is your responsibility to learn about the issues.

7. You have a right to be safe from abuse and unfair treatment.



It is your responsibility to report when others are hurting you & to respect others at all times.

8. You have the right to go to a church, synagogue or mosque if you want to go.



It is your responsibility to respect the religions of others that may be different than yours.

9. You have the right to go out in your community, if you choose to do so.



It is your responsibility to be respectful of others and property while in the community.