

**CHILD ADULT RESOURCE SERVICES, INC.**  
**Individual Rights**

You can request a copy of the Individual Rights at any time. Copies are available at the Corporate Office and at each Day Service site.

The Individual Rights will be available to you in writing and/or in your usual mode of communication

**Individual Rights**

As a participant in C.A.R.S. Services (and) as a US citizen – you have the following rights:

- The Right to Choose
  - You get to choose what is best for you.
- The Right to Worship
  - You can go to church.
- The Right to Speak Freely
  - You can say what you feel.
- The Right to Personal Liberty
  - No one can make you do anything that you don't want to do
- The Right to Informed Consent
  - You get information about what is best for you
- The Right to Adequate Treatment
  - You get the best treatment available to you
- The Right to have Government Assistance
  - You can get assistance from Medicaid, Medicare, Social Security, etc.
- The Right to be Free from Humiliation and Retaliation
  - No one can make fun of you (and) No one can seek revenge on you
- The Right to Refuse Treatment
  - You make your own choices
- The Right to Manage your Own Funds
  - You can control your own money.
- The Right to your Personal Information
  - You can access your file(s) and information that is about you
- The Right to Participate in Additional Programs
  - You can participate in other Programs at C.A.R.S. or through other providers
- The Right to an Individual Plan for your Services
  - You can choose what you want to learn
- The Right to Advance Notice Prior to Transferring Out of C.A.R.S. services
  - C.A.R.S. has to put in writing that they are transferring your services and why
- The Right to Share a Room with your Spouse
  - If you and your spouse live in the same facility – you can share a room
- The Right to Dress in your Own Clothing Each Day
  - Your clothes are your clothes
- The Right to have the Means to Send and Receive Unopened Mail
  - You can open and send your own mail in private
- The Right to Retain and Use Appropriate Personal Possessions and Clothing
  - You can have your own things and you can wear your own clothes

- The Right to Personal Privacy and Privacy During Treatment and Personal Care
  - You can keep information about you to yourself
  - You can have privacy during treatment and when you're taking care of your personal needs.
- The Right to Participate in Social, Religious and Community Group Activities
  - You can participate in your community
- The Right to Communicate, Associate & Meet Privately with Other People of Your Choosing
  - You can choose who you want to spend time with
- The Right to Access Telephone Services in Private for Incoming / Outgoing – Local / Long Distance Calls
  - You can make and accept phone calls in private

Furthermore, C.A.R.S. owners, directors, employees, contractors, subcontractors and agents are:

- Prohibited from exploiting and/or neglecting you in any way
- Prohibited from misusing or misappropriating your funds / money
- Prohibited from using seclusion by placing you alone in a room or other area from which exit is prevented
- Prohibited from punishing you by withholding food or hydration that contributes to a nutritionally adequate diet
- Prohibited from inflicting corporal punishment in the application of painful stimuli to your body which may include but is not limited to...
  - Forced physical activity / Hitting / Pinching / Painful or noxious stimuli
  - Use of electric shock / Infliction of physical pain
- Prohibited to deny you any of the following without a physician's order...
  - Sleep / Shelter / Food / Drink / Physical movement for prolonged periods of time
  - Medical care or treatment / Use of bathroom facilities
- Prohibited from inflicting sexual / emotional / verbal / psychological abuse, including but not limited to communicating with words or actions in your presence with intent to:
  - Cause you to be placed in fear of retaliation
  - Cause you to be placed in fear of confinement or restraint
  - Cause you to experience emotional distress or humiliation
  - Cause others to view you with hatred, contempt, disgrace or ridicule
  - Cause you to react in a negative manner
- Prohibited from allowing you to work or complete chores that benefits others without any pay unless...
  - C.A.R.S. has obtained a certificate from the US Department of Labor authorizing the employment of workers with a disability at special minimum wage rates
  - The services you are performing is in your own residence as a normal and customary part of housekeeping and maintenance duties
  - You desire to perform volunteer work in the community