CHILD ADULT RESOURCE SERVICES, INC.
Individual Rights

You can request a copy of the Individual Rights at any time. Copies are available at C.A.R.S. Community Resource Locations.

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