

If you think your rights have been violated, you should contact:

Human Rights  
Complaint  
(855) 450-3593  
M-F 8 a.m.-4:30 p.m.

Gateways  
Community Services  
(603) 882-6333  
M-F 8:30 a.m.-4:30 p.m.

## OUR MISSION

Gateways Community Services believes that all people are of great value and strives to be innovative when providing quality supports needed for individuals to lead meaningful lives in their community. The people we serve: Infants with developmental delays, children and adults with disabilities and elders in need of support.

*Know Your Rights  
information is available*

- ON AUDIO TAPE
- ON VIDEO TAPE
- IN LARGE PRINT
- INTERPRETED



144 Canal Street, Nashua, NH 03064  
866-682-6333 603-882-6333

[www.gatewayscs.org](http://www.gatewayscs.org)



## KNOW YOUR RIGHTS

A Guide for Consumers,  
Guardians and Advocates



# You HAVE THE RIGHT

## To make informed choices and Manage Your Own Affairs

*This means you can choose:*

- Where to live and work
- To vote
- To control your own money and personal affairs
- To have relationships, marry and have children
- To have a friend, guardian, advocate and/or lawyer represent you
- To know how much you are being paid to work
- To choose your clothing, reading materials and personal possessions
- To decide who will assist you
- To accept or deny medical care, treatment and providers
- Refuse medication except in emergency situations

## LEGAL RIGHTS

*This means you have the right to:*

- Vote
- Speak for yourself
- Marry
- Have children and raise them
- Practice the religion of your choice
- Have privacy
- Have legal representation
- Be free
- Not be discriminated against
- Have and maintain license
- Participate in contracts, wills and other uses of legal systems

## To Receive Quality Services

*This means you will:*

- Receive services that promote independence.
- Be asked if you are satisfied with your services
- Participate in creating a plan and goals that explain what services you want and/or need
- Have the right to be a member of the community.

## To be Treated with Dignity and Respect

*This means you can:*

- Attend and participate in all meetings pertaining to you.
- Bring a friend, guardian, advocate and/or lawyer to meetings
- Agree or disagree with any plans that are made
- Update and change plans

## To be Free from Abuse, Neglect and/or Exploitation

*This means you cannot:*

- Be prevented from moving freely
- Be put or left in a room alone without your permission
- Be yelled at or called names
- Be ignored
- Be touched without your permission
- Have your money or personal belongings used without your permission

## To be Free from Discrimination

*This means you cannot:*

- Be treated differently because of your race, gender, religion, sexual preference and/or ability

## Right to Privacy & Confidentiality

*This means you can:*

- Communicate with people of your choice using mail, phone, internet (any medium)
- Visit with friends and relatives
- Maintain your own personal space and belongings
- Choose to keep confidential all records and information
- Choose who has access to your records and information

## Guardianship

A guardian is appointed by the court when it has been decided that you need help in making decisions.

Having a guardian does not mean you lose your rights and freedoms. The specific rights are outlined by the court. You have the right to have your guardianship reviewed.