



# Your Rights and Responsibilities

*You Matter. Your Voice Matters. Your Rights and Responsibilities Matter.*

## In Canada and British Columbia, you have the right to:

- Be treated with respect and dignity
- Understand important information
- Be heard and speak up for yourself
- Make your own choices and say no
- Have your privacy and personal information kept confidential
- Feel safe and be free from abuse, neglect, or harm
- Have a say in where you live and who you live with
- Have a say in what you eat and when you eat
- Choose your own friends and relationships

- Love and be in relationships
- Be married and have a family
- Be included, welcomed, and participate in your community
- Have access to community spaces and activities
- Be a full citizen, including the right to vote
- Volunteer, work, and contribute your skills
- Have your own beliefs and values
- Receive supports that meet your needs
- Access your personal information

## We all have responsibilities:

- Treat others with respect and kindness
- Respect the rights, privacy, and property of others
- Take part in your community and support inclusion
- Speak up and communicate honestly
- Follow laws and rules
- Take care of yourself and ask for help when you need it

## Within CCSS, you have the right:

- To confidentiality
- To see your file
- Change your Support Worker or Home Share Coordinator
- Complain/voice a concern

## If you have a concern or complaint:

- Talk to someone you trust
- Reach out to anyone at CCSS
- You can make a complaint or share feedback at any time, without fear of negative consequences