

WHEN I REFUSE, I AM SAYING NO. I HAVE THAT RIGHT.

I do not have to take my shower before I go to the movie theatre, or take it at all. If I do not want to go to work, I do not have to. I also do not have to follow my doctor's recommendations. Every member has the right to refuse or to choose not to participate.

I may have natural consequences if I make the choice to not participate or refuse these tasks.

If I do not take my shower before I go to the movie theatre, people might look at me strange or may not wish to sit next to me. If I do not go to work, I might get fired from my job or may not have the money I would like for spending. If I do not follow my doctor's recommendations, I could have negative consequences in relation to my health.

Even if I have a guardian, I have the right to say ...

I don't have to keep my home clean to someone else's standard.
I don't have to follow someone else's daily routine.
I don't have to go to work.
I don't have to see my family unless I choose to.

There are many other things I do not have to do.



IF YOU DO NOT WANT TO, YOU DO NOT HAVE TO. IT'S THE SAME FOR ME.

It is not our job to ensure that the member has a shower, goes to work or takes their medication or ensure that they do anything at all. It is our job to provide the support needed so the member is able to take a shower, goes to work or takes their medication. We should provide a support system to allow the member to be as successful as they can, encourage the member to make informed, healthy decisions, treat each member as an adult with respect and compassion and accept when the member chooses not to participate in activities of daily living, taking medications or participate in social opportunities.