

Advocating for Yourself: UNDERSTANDING YOUR RIGHTS



It is important for all people to know their rights. Knowing our rights helps us determine if we are being discriminated against or if our rights have been violated.

You have the right to:

- Dignity, privacy, and humane care, including the right to be free from abuse, including sexual abuse, neglect, and exploitation.
- Religious freedom, preference, and practice.
- Receive services and treatment, within available sources, that are provided in the least restrictive way necessary to achieve the purpose of treatment.
- Participate in an appropriate program of quality education and training services, within available resources, regardless of age or degree of disability. You have the right to receive instruction about sex education, marriage, and family planning.
- Be free from harm, including unnecessary physical, chemical, or mechanical restraint, isolation, excessive medication, abuse, or neglect.
- Consent to or refuse treatment. You are not subject to the decisions of your guardian or guardian advocate.
- Vote and not be denied this right solely because you have a developmental disability.

For a full list of your legal rights, view [APD's Bill of Rights](#) or [Chapter 393 | Section 13 of the 2023 Florida Statutes](#).