

A Self-Advocate's Guide To Patient Rights



Created by the Vermont
Developmental Disabilities Council.



What is this guide for?

This guide is to help you be in control at visits with your health provider. You have the power to advocate for yourself.

What is the Americans with Disabilities Act?

The Americans with Disabilities Act (ADA) is a law that says that people with disabilities cannot be treated unfairly.

It also states that people get equal entry to public settings.

Our basic rights and what they mean:

The Right To Be Treated With Respect.

You have the right to be listened to.

To be treated kindly by people.

To have your values and ideas respected.

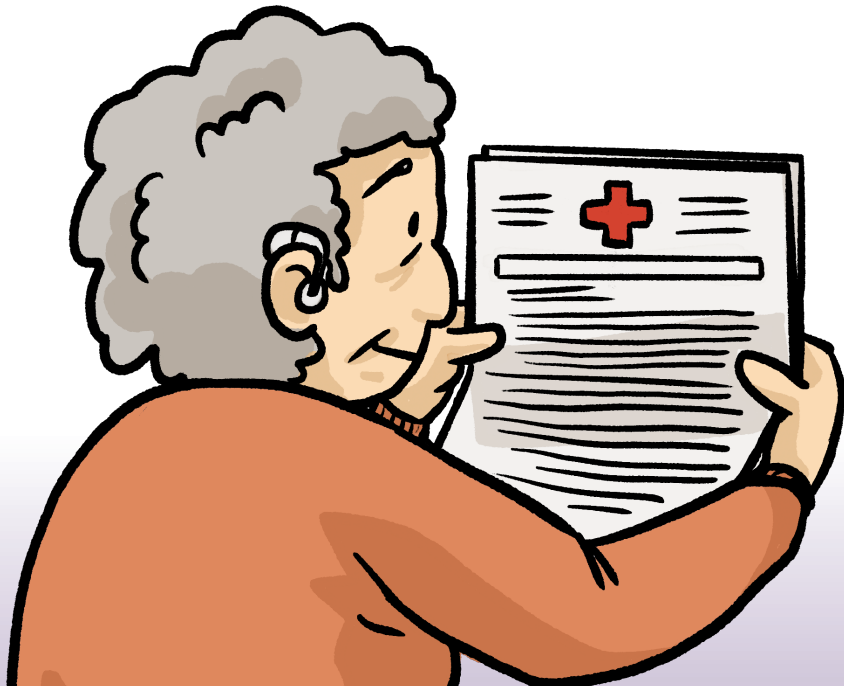
To have your privacy respected.



The Right to Get Your Medical Records.

You have a right to get a copy of your health information if you ask.

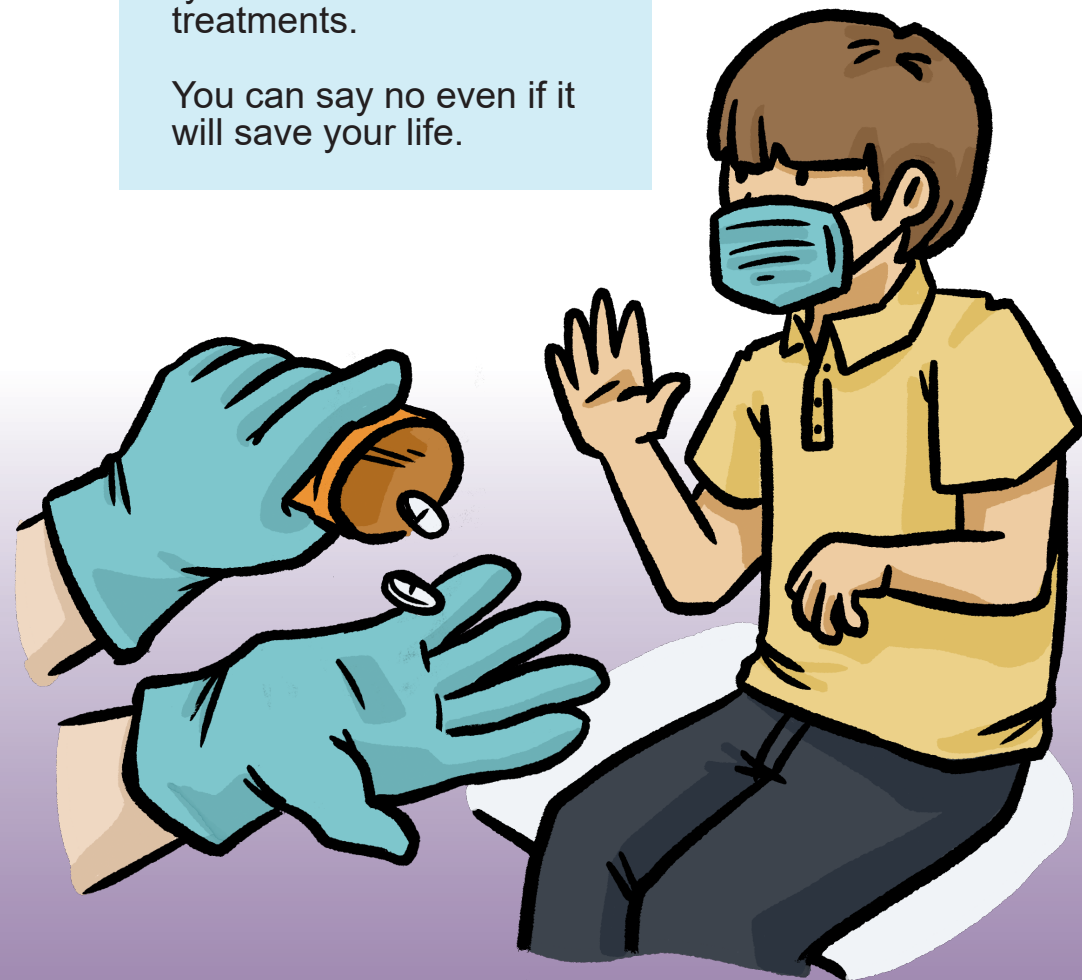
You can ask any way you like but an email or a letter is best.



The Right to Make Choices About Your Care.

You have the right to say “yes” or “no” to medical treatments.

You can say no even if it will save your life.



The Right to Privacy of Your Medical Records.

This gives you the right to your own health information, in all forms.

There are rules to who can see or receive your information.



The right to a support person at doctor appointments.

You have the right to have a support person with you during doctor visits. A support person can be a friend, family member, or support staff.

They can help with notes or questions.

They can be a second set of ears for you.



The Right to Informed Consent.

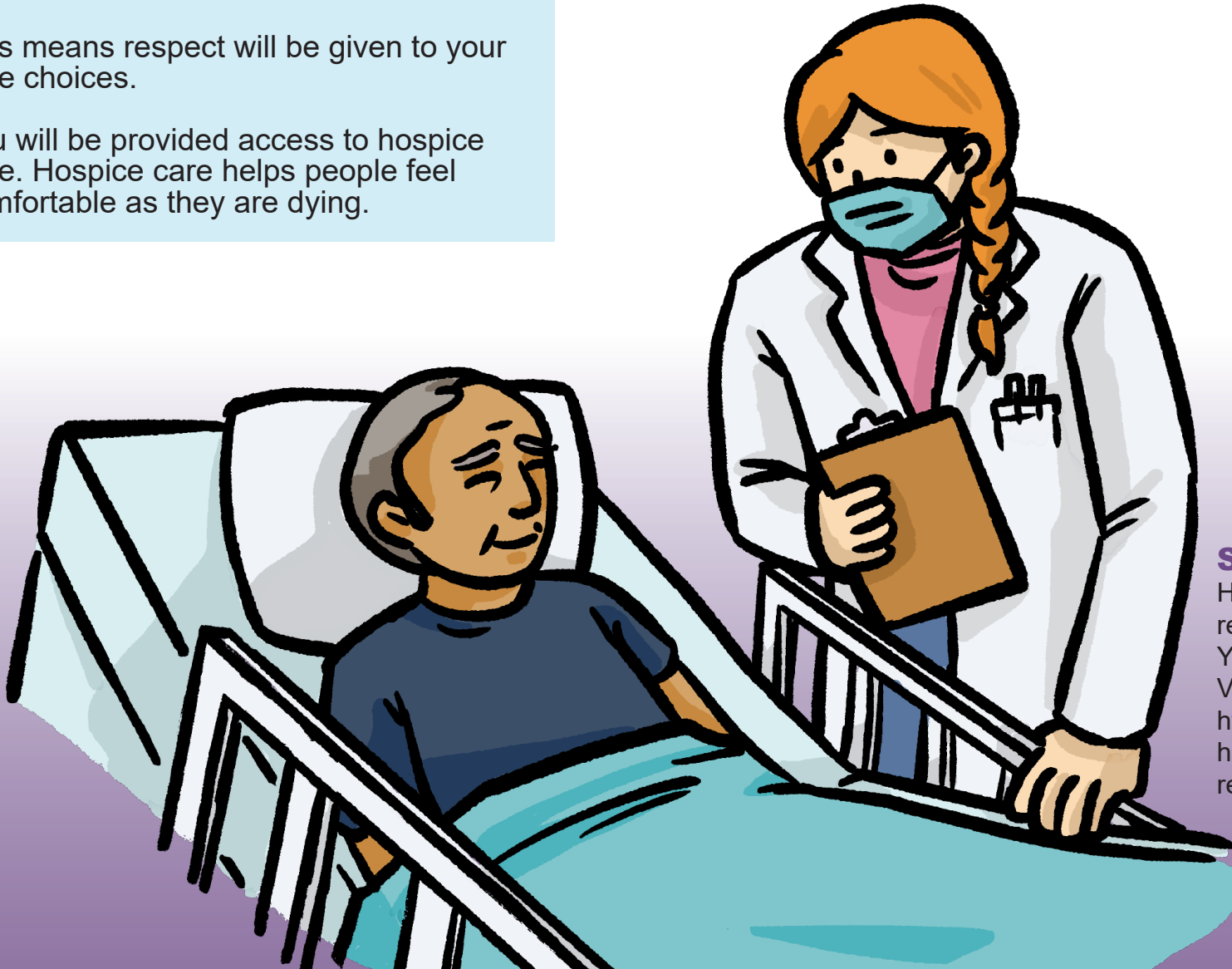
You have the right to ask questions about your health until you understand what you need to know to make choices about your health.

The Right to Make Decisions About End-of-Life Care

This gives you the right to information about end-of-life care.

This means respect will be given to your care choices.

You will be provided access to hospice care. Hospice care helps people feel comfortable as they are dying.



Sources:

How to get your medical records. How to Get Your Medical Records | VTLawHelp.org. (n.d.). <https://vtlawhelp.org/how-get-your-medical-records>

What is The Inclusive Healthcare Partnership Project?

The creators of the Inclusive Healthcare Partnership Project (IHPP) believe that everyone should have the tools they need to support their own health. This includes health information that is easy to understand. It also means that healthcare providers are prepared to work with patients with a wide range of disabilities.

IHPP has two goals. First, to create plain language health information designed by and for people with developmental disabilities. Second, to help nurses, doctors, and other providers communicate effectively with neurodiverse patients.



Want to learn more about this health topic? Want to view our sources?

**Scan this QR Code or visit:
<http://www.ihppv.org>**

This project was supported, in part by grant number 2201 VTSCPH-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects with government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official ACL policy.

Last revised: April 2023

Created by the Vermont
Developmental Disabilities Council.

