

The Colorado Revised Statutes (C.R.S.) 25.5-10 delineates the following specific legal rights in sections 218-231:

 <p>Legal rights and responsibilities guaranteed to all other persons (C.R.S. 25.5-10-218)</p>	 <p>Have an Individualized Plan; participate in making your plan; choose your providers (C.R.S. 25.5-10-219)</p>	 <p>Medical services and treatment (C.R.S. 25.5-10-220)</p>
 <p>Be treated humanely; not to be abused; complain if you get hurt; complain if you don't get services (C.R.S. 25.5-10-221)</p>	 <p>Religious belief, practice, and worship (C.R.S. 25.5-10-222)</p>	 <p>Communications and visits, including private conversations; friends & visitors; send & receive personal mail (C.R.S. 25.5-10-223)</p>
 <p>Fair employment practices (such as fair pay for work) (C.R.S. 25.5-10-224)</p>	 <p>Register and vote (C.R.S. 25.5-10-225)</p>	 <p>Review your records; expect confidentiality (C.R.S. 25.5-10-226)</p>
 <p>Personal property (and a place to put your things) (C.R.S. 25.5-10-227)</p>	 <p>Influence policy: participate in conversations about rules & services (C.R.S. 25.5-10-228)</p>	 <p>Notification: be given notice if a right is suspended (C.R.S. 25.5-10-229)</p>
 <p>Be free from discrimination (C.R.S. 25.5-10-230)</p>	 <p>Sterilization: choose what happens to your body (C.R.S. 25.5-10-231)</p>	

HOW TO EXERCISE YOUR RIGHTS: You have the same human and civil rights as every other U.S. citizen. These rights should be limited or changed only to the extent necessary to be helpful to you, and then only with "due process". Due process includes your Individualized Plan (Service Plan), the Packet Review Committee, the Human Rights Committee, and/or legal process. If you would like assistance in exercising your rights, you can select a friend, a family member, a staff person, a Case Manager, the Arc, or any other person to support you.