Know Your Rights
RESIDENT WORKBOOK FOR SUPERVISED LIVING FACILITIES
DISCLAIMER: The following is provided by the Minnesota Department of Health for educational purposes only. This information does not replace Minnesota and Federal law related to Health Care Bill of Rights.
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Overview

The purpose of this Workbook is to help build your understanding of your health care rights.

This Workbook goes with the Instructor Handbook. Staff will use the Instructor Handbook to teach you about your rights.

This Workbook has a section for each Right. Each section has lessons that will make it easy and fun for you to learn about your rights. Each Right includes:

- What you will learn about this right
- Easy Read Guide
- Lessons
- Videos for some lessons

Keep track of which Right you have learned by checking it off in the table of contents.
Right 1 – Information about Rights

What you will learn about this right

1. Understand what a right is.
2. Understand what the Supervised Living Facility Bill of Rights is.
3. Understand what other information you have a right to know.

Lesson 1

Read Easy Read Guide, Right 1 – Information about Rights

There are rights that protect you.

Staff must tell you about your rights.
Lesson 2

Fill in the blanks using words from the Word List. Cross out each word after you use it.

**Word List**
- 25
- rights
- fairly
- Bill of Rights

There are ______ rights in the Bill of Rights.

Each right makes sure you are treated ____________.

The Bill of Rights contains 25 ________________.

All the rights are in the ____________________.

Lesson 3

1. The official Bill of Rights is in this workbook for you to have.

   Turn to the section of this workbook to see the Bill of Rights.

2. Make a check mark (✓) for each true statement.

   - I can ask for a copy of the facility policies.
   - I can ask for a copy of the health inspection reports.
   - The person I choose to speak for me can ask to see the health inspection reports.
   - My guardian can have a copy of the Bill of Rights.
Notes

Use this blank page to take notes
Right 2 – Courteous Treatment

What you will learn about this right

1. Understand what courteous treatment means
2. Know who must provide courteous treatment.

Lesson 1

Read *Easy Read Guide*, Right 2 – Courteous Treatment

Staff must be polite to you.

Staff must treat you with respect.
Lesson 2

Draw a line from Courteous Treatment to all the examples of courteous treatment in the Word List.

<table>
<thead>
<tr>
<th>Courteous treatment</th>
<th>Word List</th>
</tr>
</thead>
<tbody>
<tr>
<td>saying please</td>
<td></td>
</tr>
<tr>
<td>yelling</td>
<td></td>
</tr>
<tr>
<td>saying thank you</td>
<td></td>
</tr>
<tr>
<td>listening to me</td>
<td></td>
</tr>
<tr>
<td>slamming doors</td>
<td></td>
</tr>
<tr>
<td>being patient</td>
<td></td>
</tr>
<tr>
<td>throwing things</td>
<td></td>
</tr>
<tr>
<td>treating me like a child</td>
<td></td>
</tr>
</tbody>
</table>

Notes

Use this blank section to take notes
Right 3 – Appropriate Health Care

What you will learn about this right

1. Understand what appropriate health care means
2. Know the limitation of this right.

Lesson 1

Read Easy Read Guide, Right 3 – Health Care

You have the right to get the medical care you need.
You have the right to get the personal care you need.
Lesson 2

Juan and Sam and Jo are different people. Sometimes they need different care. Sometimes they need the same care.

Follow the instructions in **bold** below:

Juan uses a wheelchair  Sam and Jo can walk

Circle words for how they need different care.
help getting on toilet
help getting in a car
help blowing out birthday candles

Circle words for how they need the same care.
fix wheelchair
vaccinations
medicine for infection
Right 4 – Your Doctor

What you will learn about this right

1. Know the name of your doctor.
2. Know how to contact your doctor.
3. Understand when staff may give your doctor’s contact information to others.

Lesson 1

Read *Easy Read Guide*, Right 4 – Your Doctor

Staff will give you:

- the name of your doctor
- the address of your doctor
- the phone number of your doctor

Staff will also give this information to a person you choose to speak for you.
Lesson 2

Draw a line from the doctor’s stethoscope to all the things you have a right to know about your doctor.

- The name of my doctor’s dog.
- The name of my doctor.
- My doctor’s home address.
- My doctor’s phone number.
- My doctor’s specialty.
- My doctor’s favorite color.
- My doctor’s business address.

Notes

Use this blank section to take notes.
Right 5 – Other Health Services

What you will learn about this right

1. Know the name of your service providers
2. Know how to contact your service providers
3. Understand when staff may give your service provider contact information to others

Lesson 1

Read Easy Read Guide, Right 5 – Other Health Services

You might get other health services.

Staff will give you in writing:

- the provider name
- the provider address
- a description of the service

Staff will also give this information to a person you choose to speak for you.

Staff will also give this information to your guardian.
Lesson 2

If you get services from outside health care providers, you can record their information here.

Name of provider:

Address:

Description of Service:

Name of provider:

Address:

Description of Service:

Notes

Use this blank section to take notes
Right 6 – Information about Treatment

What you will learn about this right

1. Understand what information your doctor will tell you about your diagnosis.
2. Understand what information your doctor will tell you about your treatment.
3. Know who can go to the doctor with you.

Lesson 1

Read Easy Read Guide, Right 6 – Information about Treatment

Your doctor will give you information about your diagnosis and treatment.
Your doctor will help you understand what to expect.
Your family can go with you.
A person you choose to speak for you can go with you.
Lesson 2

Look in the box. Find the meaning for each word and draw a line to connect the word and its meaning.

1. Diagnosis
2. Treatment
3. Risks
4. Likelihood of getting well
5. Likely results of treatment

<table>
<thead>
<tr>
<th>Reason for your illness</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chance that you will get well</td>
</tr>
<tr>
<td>Bad things that could happen to your body</td>
</tr>
<tr>
<td>Way to help you feel better when you are sick</td>
</tr>
<tr>
<td>Chance of what can happen to your body from treatment</td>
</tr>
</tbody>
</table>

Notes

Use this blank section to take notes
Right 7 – Your Treatment Plan

What you will learn about this right

1. Understand that you have the right to take part in the planning of your health care.
2. Understand who will be contacted if you are unable to communicate when you enter the facility
3. Know that reasonable efforts will be made to determine if you have an advance directive for your health care decisions.

Lesson 1

*Easy Read Guide, Right 7 – Your Treatment Plan*

You can take part in your health care planning.
You can talk to staff about your medical care choices.
You can take part in meetings about your care.
Your family can take part in meetings about your care.
A person you choose to speak for you can take part in meetings about your care.
Lesson 2 – Emergency Contact

If you can not speak when you arrive, staff will try to call someone.

Check (√) each step staff will take to find your contact person.

☐ Call my family.

☐ Call the person I chose to speak for me.

☐ Call 9-1-1 and tell them I am at the facility.

☐ Look in my things for phone numbers.

☐ Look in my medical record for phone numbers.

☐ If staff can not find phone numbers, call Social Services.

☐ If staff can not find phone numbers, call the police.

Notes

Use this blank section to take notes
Lesson 3 – Advance Directive

Some people have an advance directive.

This is a statement about your wishes for end of life care.

It is written before you become too ill to speak for yourself.

If you can not speak, staff will try to find out if you have an advance directive.

Check (✓) each step staff will take to find out if you have an advance directive.

☐ Look in your personal property.

☐ Look in your medical record.

☐ Call 9-1-1 to find out.

☐ Ask your family.

☐ Ask your emergency contact.

☐ Ask your doctor

Notes

Use this blank section to take notes
Right 8 – Continuity of Care

What you will learn about this right

1. Understand that staff should try to provide your care in the same way and at the same time.
2. Understand that the facility should try to have the same staff care for you.

Lesson 1

*Easy Read Guide, Right 8 – Continuity of Care*

Your facility will try to give you the same staff.

Your facility will try to give you a schedule for your care.
Lesson 2

Fill in the blanks using the words from the **Word List** below:

**Word List**

changes

care

staff

Continuity of __________ means there will not be any big

__________________________ in my care. The same ________________ will be

assigned to me every day if possible.

**Notes**

Use this blank section to take notes
Right 9 – Right to Refuse Care

What you will learn about this right

1. Understand what refusing care means.
2. Know who can refuse care.

Lesson 1

*Easy Read Guide*, Right 9 – Right to Refuse Care

If you make decisions for yourself, you can refuse:

- medical care
- medication
- food control

Staff will explain what could happen if you refuse these.
Lesson 2 – 3 in a row BINGO!

Staff will say the names of things you can have or refuse if you choose.

Find the matching picture and cross it out.

Call out BINGO when you have crossed out 3 in a row.

<table>
<thead>
<tr>
<th>Column 1</th>
<th>Column 2</th>
<th>Column 3</th>
</tr>
</thead>
<tbody>
<tr>
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<tr>
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<td><img src="image8.png" alt="Image" /></td>
<td><img src="image9.png" alt="Image" /></td>
</tr>
</tbody>
</table>

Notes

Use this blank section to take notes
Right 10 – Experimental Research

What you will learn about this right

1. Understand that you do not have to take part in a study or experiment.
2. Understand that you must give the okay in writing.

Lesson 1

*Easy Read Guide, Right 10 – Experimental Research*

You do not have to take part in a study or experiment.

If you want to take part in a study or experiment, you must give the okay in writing.

Lesson 2

Put the steps in the right order. What happens 1st, 2nd, and 3rd? Fill in the blank with the right number.

_____ And last, my decision gets put in my care record.
_____ First staff tell me of any risks of the study.
_____ Then I decide if I want to take part in the study.
Notes

Use this blank page to take notes
Right 11 – Freedom from Maltreatment

What you will learn about this right

1. Understand what maltreatment means.
2. Know your right to be free from maltreatment.
3. Know how to report maltreatment.

Lesson 1

*Easy Read Guide*, Right #11 – Freedom from Maltreatment

You have the right to live without bullying.

You have the right to live without abuse.
Lesson 2

Look at the pictures in the boxes. Read the picture caption.

Cross out examples of maltreatment.

Kicking

Unwanted Sexual Touching

Friends

Friends Dressed Up

Stepping on Hand

Pulling Hair
Lesson 3 – Video on Freedom from Maltreatment

Watch the video on Freedom from Maltreatment.

Use the space below to make any notes about the video.

Lesson 4 – Reporting Abuse

Report abuse if it happens to you.

Report abuse if you think it might be happening to someone.

If you suspect abuse and want to file a complaint, call the Minnesota Adult Abuse Reporting Center (MAARC) at 1-844-880-1574.

Staff are available to take your call 24 hours a day, seven days a week.
Notes

Use this blank page to take notes
Right 12 – Treatment Privacy

What you will learn about this right

1. Know your right to privacy for personal care.
2. Know your right to privacy for medical care.

Lesson 1

*Easy Read Guide*, Right 12 – Treatment Privacy

Staff will treat you with respect during your personal care.

You will have privacy for:

- going to the bathroom
- bathing
- personal hygiene

Staff can help you with these if you choose.
Lesson 2

Draw a line from private activities to the home.
Notes

Use this blank page to take notes
Right 13 – Confidentiality of Records

What you will learn about this right

1. Know that your personal and medical records are confidential.
2. Know that you may approve or refuse release of your records.
3. Know that staff will tell you if someone asks your records.
4. Know this right does not apply in some situations.

Lesson 1

*Easy Read Guide, Right 13 – Your Records Are Private*

You have the right to say who can see information about your care.

Staff will tell you if someone asks to see your personal records.
Lesson 2

Circle the penguin that does NOT know the rules.

Notes

Use this blank section to take notes
Right 14 – Disclosure of Services Available

What you will learn about this right

1. Know your right to be told of the services that are part of your daily room rate.
2. Know your right to be told of other services available for extra charges.

Lesson 1

*Easy Read Guide, Right 14 – Services Available*

Staff will tell you of services included in what you pay for your room.

Staff will tell you of extra services you can pay for.

Staff will assist you to find out:

- What services Medicare will pay for
- What services Medical Assistance will pay for
Lesson 2

Connect the big star to the little stars for services your facility provides.

★ Prepare meals
★ Row a boat
★ Pass medication
★ Fly a kite
★ Dusting

Lesson 3

Circle True or False for each statement.

1. Staff must tell me about services at my facility. True False

2. Staff don’t have to tell me what services cost. True False

3. Staff will help me find out what Medicare pays for. True False
Right 15 – Responsive Services

What you will learn about this right

1. Know your right to quick answers to your questions and requests.
2. Know your right to fair answers to your questions and requests.

Lesson 1

*Easy Read Guide, Right 15 – Responsive Services*

Staff will be quick to answer your questions.
Staff will be quick to respond to your requests.
Staff will be fair to you.
Lesson 2

Read each problem. Read staff answer to each problem.

If staff answer is fast, circle the rabbit

If staff answer is fair, circle the check mark.

Some answers will not have any circles.

Problem 1: I’m out of toilet paper.
Staff: I’m getting toilet paper for you right now.

Problem 2: You want to see the health inspection reports for the facility.
Staff: You have to wait until next month.

Problem 3: Everyone is having ice cream and you want some.
Staff: No ice cream for you. You did not eat your peas.

Problem 4: I am not getting as much personal care as my roommate.
Staff: You are able to do more things for yourself. You do not need as much help as your roommate.
Right 16 – Personal Privacy

What you will learn about this right

1. Know your right to your own privacy.
2. Understand what your own privacy includes.

Lesson 1

Easy Read Guide, Right 16 – Personal Privacy

You have the right to:

- privacy
- be yourself
- your own culture
- your religion
- your mental wellness

Except in emergencies, staff will respect the privacy of your room, by:

- knocking on the door
- getting your permission before entering
Lesson 2

For each topic listed below, draw a picture or write words that tell about you.

Being Yourself

Your Culture

Your Religion
Lesson 3

Draw a line from the door to ways staff can show they respect your privacy.

Knock on my door

Walk in my room without asking permission

Wait for me to say, “Come in.”

Ask if they can come in.

Notes

Use this blank section to take notes
Right 17 – Right to Grievances (Complaints)

What you will learn about this right

1. Understand what grievance means.
2. Understand staff must help you with grievances.
3. Understand that you may recommend changes to policies or services.
4. Know how to report grievances.

Lesson 1

*Easy Read Guide, Right 17 – Grievances*

Staff will help you:

- understand your rights
- stand up for your rights

You have the right to speak up about:

- grievances
- policy changes
- service changes

Staff will post the grievance steps where they are easy to find.
Lesson 2

The steps to follow for making a complaint are below. Match each step with a **What You Should Do** statement in the list below. Write the number for the step

Step 1: People stop listening if you get worked up and start yelling. What should you do?

Step 2: File a complaint only if you can not work things out. What should you do?

Step 3: If you need help you can choose someone to help you. You can ask staff to find someone to help you. What should you do?

Step 4: Ask staff for the grievance procedure so you can do it right. What should you do?

Step 5: Write a short note about your complaint. What should you do?

Step 6: Ask staff when you will get a response. What should you do?

Step 7: What to do if you do not get a fair answer or if it takes too long. What should you do?

**What You Should Do?**

- Stay calm.
- Try to work things out.
- Get an advocate.
- Follow the procedure.
- Write up your complaint.
- Wait for a response.
- Contact the State.
Lesson 3 - Video on Grievances (Complaints)

Watch the video on Complaints.

Use the space below if you want to make notes about the video.

Lesson 4

See an example of how to write a suggestion for change to a policy or service. Then practice writing a suggestion.

Here is an example of a suggestion letter. The first three lines show who the letter is written to, who it is from, and the date. The fourth line explains what the suggestion is about using a few words. The other lines are a description of the suggestion.

To: The person in charge

From: Your name

Date: The date today

Change to Pizza Nights.

Some residents do not like red meat. On Pizza Nights all the pizzas have red meat toppings. We would like to have pizzas with chicken and cheese only toppings.
Now, practice writing a suggestion for change in the space below. Write who the letter is written to, who it is from, and the date. Then write a few words to explain what the suggestion is about. Then write a description of the suggestion—describe the change you want to see.
Right 18 – Communication Privacy

What you will learn about this right

1. Know your right to choose your friends.
2. Know your right to communicate in private.
3. Know your right to decide if staff can tell people you’re at the facility.

Lesson 1

Read Easy Read Guide, Right 18 – Communication Privacy

You can choose your friends.

You can talk to people in private.

Staff will not read your personal email.

You will have access to:

- paper
- pens and pencils
- telephone

Unless you say so, staff will not tell people you are at the facility.
Lesson 2

Circle the 👍 (thumbs up) if statement is true. Circle 👎 (thumbs down) if statement is false.

1) Staff can listen to your conversations. 👍 👎

2) Staff can decide who gets to know you are at the facility. 👍 👎

3) Staff can tell callers your personal information. 👍 👎

4) Staff can open your mail. 👍 👎

5) Staff decides if you can take part in groups. 👍 👎

6) You can talk on the phone in private. 👍 👎

7) You can leave the facility when you choose. 👍 👎
Notes

Use this blank page to take notes
Right 19 – Personal Property

What you will learn about this right

1. Know what personal property means.
2. Know what personal property you can keep.
3. Know what personal property you can and use.
4. Know what the facility must do for your valuables.

Lesson 1

*Easy Read Guide, Right 19 – Personal Property*

You can keep your clothing.

You can keep your personal things if there is enough space.

Staff will provide a locked space for your valuables.
Lesson 2

Circle 😊 (smiling face) if statement is true. Circle ☹ (frowning face) if statement is false

1. You can take over your roommate’s closet if you need more space for your clothes. ☮ ☹

2. You must respect the personal privacy of other people. ☮ ☹

3. Your clothing is your personal property. ☮ ☹

4. You can keep all your personal property if there is space. ☮ ☹

5. You can bother other people when you are using your personal property. ☮ ☹

Lesson 3 – Video on Personal Property

Watch the video on Personal Property.

Use the space below if you want to make notes about the video.
Lesson 4

Fill in the blanks using words from the Word List. Cross out each word after you use it.

Word List

- valuables
- facility
- locked

The ______________ must provide an area to keep your valuables.

The area can be ______________ storage for all residents’ valuables.

The facility will provide an area for your _________________.

Notes

Use this blank section to take notes
Right 20 – Services for the Facility

What you will learn about this right

1. Know when you can work for the facility.

Lesson 1

*Easy Read Guide*, Right 20 – Services for the Facility

You will not work for the facility.
You will not provide services for the facility.

You can work for the facility if:

- it is for health reasons in your medical record
- it is for goals in your medical record
Lesson 2

Circle True or False for each statement.

1. I can sell services to the facility. True False

2. All residents can work for the facility. True False

3. Some residents have medical goals that make it okay for them to work for the facility. True False

Notes

Use this blank section to take notes
Right 21 – Choice of Supplier

What you will learn about this right

1. Know your right to buy or rent things or services from a supplier of your choice.
2. Understand that the supplier should ensure the purchases meet your needs.

Lesson 1

Easy Read Guide, Right 21 – Choice of Supplier

You can buy or rent:

- items not included in what you pay for your room
- services not included in what you pay for your room
- from a supplier of your choice
- from a supplier who makes sure these meet your medical or treatment needs
Lesson 2

Put a \( \checkmark \) (check mark) in front of services or products you might buy from suppliers you choose.

- Cell phone
- Shirts
- Supervision at the facility
- Shoes
- Wheelchair
- My room at the facility
- Hearing aids
- Bicycle
- Meals at the facility

Notes

Use this blank section to take notes
Right 22 – Financial Affairs

What you will learn about this right

1. Know your right to decide who manages your money.
2. Know your right to have the facility provide a record of your money.

Lesson 1

*Easy Read Guide, Right 22 – Your Money*

You can choose to manage your money.
You can choose to have the facility manage your money.
The facility will provide a record of your money every 3 months.
Lesson 2

Draw a line from the dollar sign to true statements.

I can manage my money.

I can ask the facility to manage my money.

If the facility manages my money, it must give me a record of my money every day.

If the facility manages my money, it must give me a record of my money every 3 months.

Notes

Use this blank section to take notes
Right 23 – Right to Associate

What you will learn about this right

1. Know your right to have the friends you choose.
2. Know your right to take part in the activities you choose

Lesson 1

Read Easy Read Guide, Right 23 – Your Friends

As long as the privacy of other residents is not violated, you can choose:

• who you meet with
• which visitors you have
• what you buy
• your religious activities
• your political activities
• your community groups
Lesson 2

Tic-Tac-Toe. Put an O on the boxes that are true. Put an X on the boxes that are not true. Then find out who won, the Xs or the Os!

<table>
<thead>
<tr>
<th>Column 1</th>
<th>Column 2</th>
<th>Column 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>I can take part in political activities</td>
<td>I can visit with my health care agent</td>
<td>I can call people mean names</td>
</tr>
<tr>
<td>I can hit people when they make me mad</td>
<td>I can keep my things on my roommate’s bed</td>
<td>I can choose my religious activities</td>
</tr>
<tr>
<td>I can tell my friends who lives at the facility</td>
<td>I can take part in community groups</td>
<td>I can work with others to improve long-term care</td>
</tr>
</tbody>
</table>
Lesson 3

Circle all the people who can make health care decisions for you.

- me
- my legal guardian
- my roommate
- a stranger
- the person I name next of kin

Notes

Use this blank section to take notes
Right 24 – Advisory Councils

What you will learn about this right

1. Know your right to take part in resident advisory councils
2. Know your right to take part in family councils.
3. Understand how staff will help.

Lesson 1

*Easy Read Guide*, Right 24 – Advisory Councils

You and your family have the right to take part in resident advisory and family councils.

Staff must provide help and space for the meetings.

Council meetings are private:

- staff will attend only if the Council invites them
- visitors will attend only if the Council invites them

Staff will encourage councils to make recommendations about facility policies.
Lesson 2

Fill in the blanks using words from the Word List. Cross out each word after you use it.

**Word List**

- invites
- council
- recommendations
- talk
- private

1. A _____________ is a group of people who get together to talk about issues.

2. Council meetings are not open to anyone because the meetings are ____________.

3. Staff can take part in council meetings if the council ___________ them.

4. The Council gets together to __________ about issues.

5. Staff should encourage the council to make _______________ about facility policies.

**Notes**

Use this blank section to take notes
Right 25 – Protection and Advocacy Services

What you will learn about this right

1. Know your right to use rights protection services.
2. Know your right to use advocacy services.
3. Understand your right to privacy.

Lesson 1

*Easy Read Guide, Right 25 – Protection and Advocacy*

You have the right to access and help with:

- rights protection services
- advocacy services

To help you:

- understand your rights
- stand up for yourself
- protect your rights

You can talk in private with someone from:

- rights protection service
- advocacy services
Lesson 2

Draw a line from the term to its meaning.

- Rights protection services
  - Help you protect your rights

- Advocacy services
  - Times that are fair to everyone

- At reasonable times
  - Help you speak up about your rights
Appendix 1 – Resources

- Easy Read Guide
- MN Department of Health website

Appendix 2 - References

- Pictures by Photosymbols
- MN Department of Health website: https://www.health.state.mn.us/
- MN Statutes website: https://www.revisor.mn.gov/statutes/?id=144.651
- MN Department of Human Services website: https://mn.gov/dhs/
- Supervised Living Facility Bill of Rights: https://www.health.state.mn.us/facilities/regulation/billofrights/docs/slfbor_eng_reg.pdf
- MN Supervised Living Facility eLicensing website: https://mn.gov/elicense/a-z/?id=1083-23153
- Mid-Minnesota Legal Aid/Minnesota Disability Law Center: http://mylegalaid.org
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Appendix 3 – Supervised Living Facility Bill of Rights

http://www.health.state.mn.us/facilities/regulation/billofrights/docs/slfbor_eng_reg.pdf