



Understanding Your Rights

A Health Care Transition EZ-Reader



**Department of
Developmental
Disabilities**



UCCEDD
University of Cincinnati Center for
Excellence in Developmental Disabilities

What Is This?

This is one in a series of 6 booklets. They are meant to help you learn about moving to adult healthcare and healthy living.

This EZ-Reader, **Understanding Your Rights**, is to help you learn about rights and protections in your health care. It is meant to help you know some of the laws that protect your rights. It will help you know what you can expect from healthcare workers related to your rights.

How to Use the EZ-Reader



EZ-Readers use words and pictures to help you understand what you need to know.



You might be able to read this booklet by yourself.



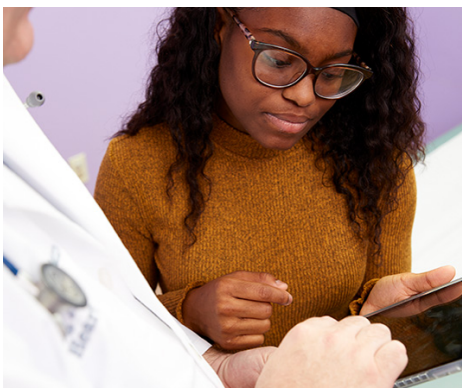
You can also ask someone to read it with you.



Having quality health care is your right.

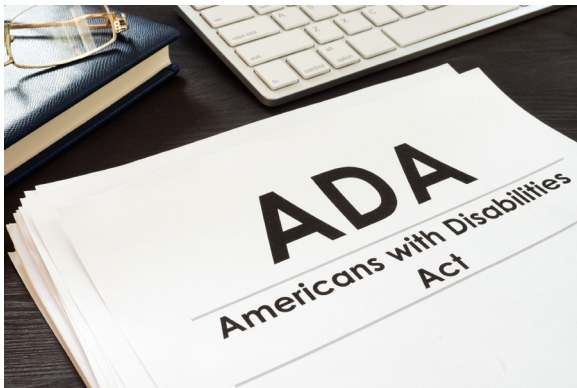


Having access to and using health care is your right.



Building a trusting relationship with your doctors and other health care workers is your right.

Americans with Disabilities Act (ADA)



The Americans with Disabilities Act (ADA) is a law that protects you from being treated differently because of your disability.



ADA says **reasonable accommodations** can be available when going to the doctor.



A reasonable accommodation means to make changes to help access health care.

Kinds of Reasonable Accommodations



Physical accommodations help you get into or around in a health care building.



Language accommodations help you communicate or understand things about your health care.



Other accommodations can be a longer appointment or getting information in other formats.

Your Right to Information in Other Formats

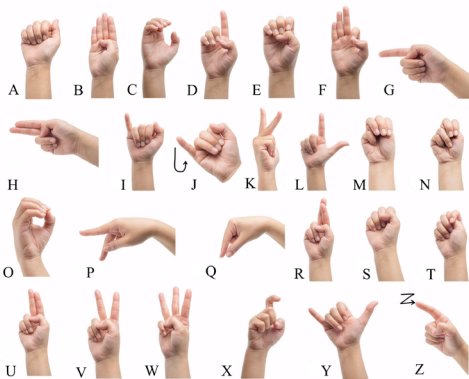


It is your job to let the doctor or health care worker know the format you need.



Alternate or different formats include:

- Large print materials
- American Sign Language (ASL)
- Braille
- Plain language
- Photos or picture formats
- Video or audio recordings



Your Right to Bring a Support Person to your Doctor Visit



You decide if you want someone with you at your doctor visit.



Ask someone you trust to support you at your doctor visit.

- Family member
- Close friend
- Support staff



You can tell the person exactly how to help at your doctor visit.

Things a Support Person Can Do



A support person can help with getting into and out of the health care setting.



A support person can remind you of things to talk about at the health care appointment.

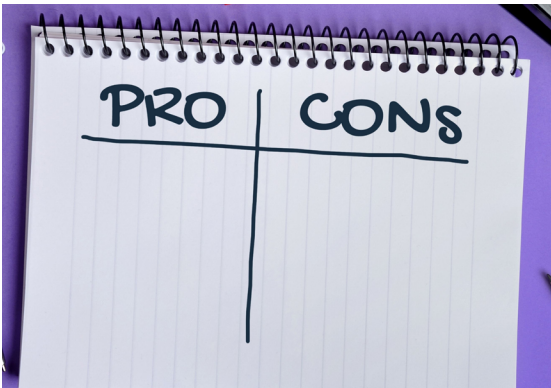


A support person can help by taking notes at the health care appointment.

Other Things a Support Person Can Do



You can ask a support person questions about options or ask for their advice.



A support person can discuss with you pros and cons of a medication or treatment.



A support person can help you ask the doctor questions.

Your Right To Be Treated with Respect



You have the right to be listened to and understood.



The doctor should respect your thoughts and beliefs.



HIPAA Privacy Rights Request Form
PATIENT INFORMATION

Name (Last, first, middle initial) _____

Street address, City, ST, ZIP Code _____

Primary phone number | Other phone number _____

Type of Request

Access/copy of confidential communication Amendment

Accounting of disclosures

Describe nature of action requested (type of information requested, or complaint, etc.) in detail. _____

The doctor and other staff must respect your privacy.

Your Right to Privacy



Right to privacy means you can see the doctor by yourself.



Right to privacy means the doctor must respect your personal privacy during exams, treatments or personal care.



Right to privacy means the doctor cannot talk to anyone about your health care unless you say it is okay.

Your Right to Choose Health Care



It is your right to say yes or no to health care.



It is your right to say no to health care treatment even if it might save your life.



It is your right to have a health care plan that you agree with.

Your Right to Informed Consent



Informed consent means you have the right to understand before saying yes to treatment.

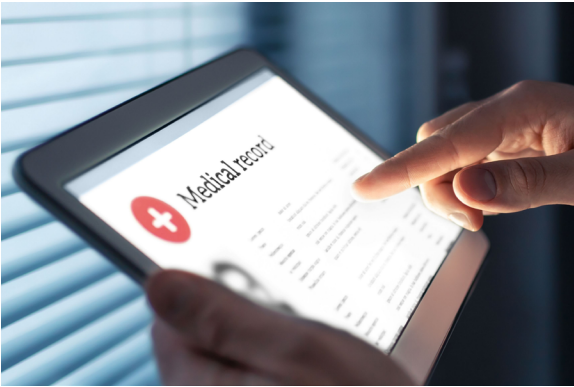


It is your job to tell the doctor if you do not understand.



Ask as many questions as you need about your health care until you understand.

Your Right to Keep Your Health Care Private



You have the right to look at your health care records.



You can choose others to look at your health care records.



Only your care team and those you give permission may look at your health care records.

Your Right to Have Copies of Your Health Care Records



You must be given a copy of your health care records if you ask.



Ask for your health care records in writing (email or a letter).

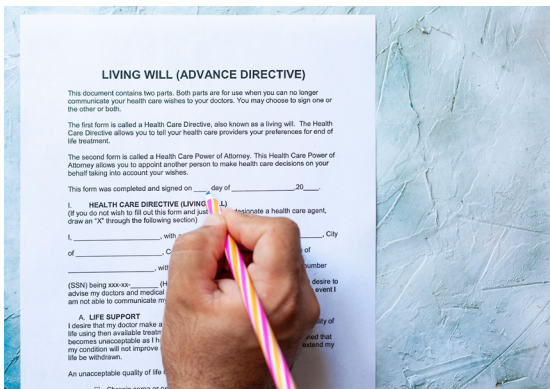


You could be charged a fee for making copies.

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



You have the right to get information about end-of-life care.

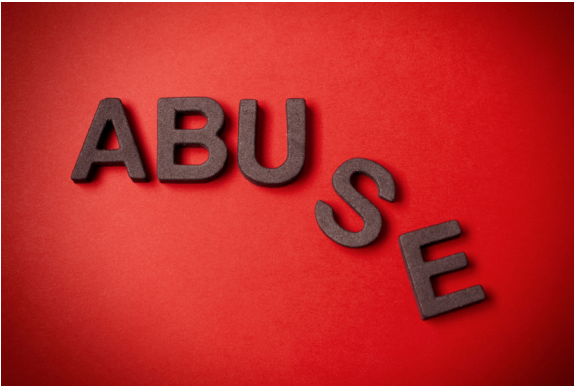


You have the right for your end-of-life choices to be respected.



You have the right to receive hospice care for comfort at the end of your life.

Your Right to Receive Health Care in a Safe Setting



You have the right to be safe from any form of abuse during health care.



You have the right to be safe from discipline and retaliation during health care.



Discipline and retaliation during health care can be a form of:

- Restraint
- Seclusion
- Harassment
- Physical punishment

Guardianship



Guardianship means someone has the legal right to make decisions for you.



You may not be the final decision maker, even if you disagree with your guardian.



Being safe and asking for reasonable accommodations are your rights even if you have a guardian.

More about Guardianship



A guardian should honor and respect your choices or preferences when possible.



A guardian can help you learn skills to make health care decisions.



You can get support and help making decisions without having a guardian.

Help with Making Health Care Decisions



Supported decision-making means asking friends or other people you trust for advice and help with making decisions.



You can give someone you trust Health Care Power of Attorney to make decisions for you when you aren't able.



You can get more information about these decision-making supports in the Resource Section of this EZ-Reader.

Resources

Charting the LifeCourse: Supported Decision Making

www.lifecoursetools.com/lifecourse-library/exploring-the-life-domains/supported-decision-making/

The Ohio State University Wexner Medical Center: Patient Rights and Responsibilities

<https://wexnermedical.osu.edu/utility/footer/patient-rights-and-responsibilities>

Your Rights Under HIPAA

www.hhs.gov/hipaa/for-individuals/guidance-materials-for-consumers/index.html

Frequently Asked Questions About Durable Powers of Attorney for Health Care

www.lawhelp.org/dc/resource/frequently-asked-questions-about-durable-powe

Advance Directives

www.caringinfo.org/planning/advance-directives/

Power of Attorney

www.caringinfo.org/planning/advance-directives/power-of-attorney-and-caregiving/

HHS OCR - HIPAA Rights

www.youtube.com/watch?v=FKTHncn-5Vs

HHS OCR - Communicating with Family, Friends, and Others Involved in Your Care

www.youtube.com/watch?v=om2IPAcADAs

HIPAA PHI (Protected Health Information): Definition of PHI and List of 18 Identifiers

cphs.berkeley.edu/hipaa/hipaa18.html

Abuse Awareness and Prevention

www.lifecoursetools.com/lifecourse-library/exploring-the-life-domains/abuse-awareness-and-prevention/

Supported Decision Making Network of Ohio: Fact sheet on supported decision making

www.ocali.org/up_doc/SDMNO_OnePager_Print.pdf

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LifeCourse Nexus

Training and Technical Assistance Center
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