

2025

March

A MONTHLY
NEWSLETTER
ABOUT YOUR
RIGHTS AND
RESPONSIBILITIES

Right Here!

Rights of the Month

- Send and Receive Mail
- Make / Receive Calls
- Spend Money
- Be Safe
- Vote
- Live Where You Want
- Belong to Groups
- Have the Best Health**
- Practice Cultural and Religious Beliefs
- Be Heard, Have Freedom of Expression
- Be Free From Abuse, Neglect and Mistreatment
- Have Personal Possessions
- Have Privacy
- Obtain Meaningful and Productive Work
- Decide and Participate in What People Say, Share and Write About You
- Make Decisions About Your Life
- Have Family, Friends and Intimate Relationships
- Express Grievances and Object to Services



This Issue

- The Right to Have the Best Health P.1
- Regulation References P.1
- Center for Disease Control (CDC) Resource Information P.2
- Center for Disease Control (CDC) Resource Information P.2
- 7 Types of Rest P.2

You Have the Right to Have The Best Health

Having the best health is crucial for everyone, regardless of their disability status. For people with disabilities however, it plays an even greater role in improving their overall quality of life.

It's not uncommon for some disabilities to come with additional health issues or concerns. For those who have health complications associated to their disability, having the best health is essential for managing those issues. Having the best health both physically and emotionally has a great impact on an individual's life and ability to be independent.

Having the best health empowers individuals with disabilities by reducing barriers that would limit their access to their community. Having the best health is essential for everyone in order to have full and active lives. For people with disabilities, maintaining the best health leads to increased opportunities for independence and growth.



Did You Know?

OPWDD Regulations 14 CRR-NY 633.4 includes, "No person shall be denied:

(xi) (x) appropriate and humane health care and the opportunity, to the extent possible, to have input either personally or through parent(s), or guardian(s), or correspondent to participate in the choice of physician and dentist; or the opportunity to obtain a second medical opinion;



Tips for Leading a Long and Healthy Life

- BE PHYSICALLY ACTIVE EVERY DAY
- EAT HEALTHY FOODS IN HEALTHY PORTIONS.
- DON'T SMOKE.
- USE MEDICINES WISELY.
- IF YOU DRINK ALCOHOLIC BEVERAGES, DRINK IN MODERATION.
- IF YOU NEED HELP, TALK WITH YOUR HEALTH CARE PROFESSIONAL

Getting the best possible health care

People with disabilities must get the care and services they need to help them be healthy. If you have a disability, there are many things you can do to make sure you are getting the best possible health care:

- Know your body, how you feel when you are well and when you're not.
- Talk openly with your health care professional about your concerns
- Ask for help from your health care professional's office staff if you need it
- Get it in writing. Write down, or have someone write down for you, what is said by the healthcare professional.

7 Types of Rest

To Avoid Burnout & Perform At Your Best

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| <h3>Physical Rest</h3> <p>Signs you need it:</p> <ul style="list-style-type: none"> • Lack of physical energy • Get sick often • Have pain and soreness  <p>How to get it:</p> <ul style="list-style-type: none"> • Passive: Have a sleep routine, get 7+ hours each night, nap when needed • Active: Breathing, massage, yoga | <h3>Mental Rest</h3> <p>Signs you need it:</p> <ul style="list-style-type: none"> • Lack of mental energy • Feel a mental fog • Snap or get irritated easily  <p>© George Stern</p> <p>How to get it:</p> <ul style="list-style-type: none"> • Block times for deep work without distractions • Listen to music • Meditate | |
| <h3>Emotional Rest</h3> <p>Signs you need it:</p> <ul style="list-style-type: none"> • Excessive worrying or anxiety • Self doubt, insecurity • Overwhelmed by other people's drama <p>How to get it:</p> <ul style="list-style-type: none"> • Avoid comparing yourself to others • Therapy • Remove emotional drains, like toxic relationships  | <h3>Spiritual Rest</h3>  <p>Signs you need it:</p> <ul style="list-style-type: none"> • Lack motivation • Feel helpless, hopeless, or trapped • Decreased satisfaction <p>How to get it:</p> <ul style="list-style-type: none"> • Practice gratitude daily • Volunteer or seek out purpose-driven tasks • Practice your religion | <h3>Social Rest</h3> <p>Signs you need it:</p> <ul style="list-style-type: none"> • Feel alone • Are detached from family and friends • Feel drained by the people you're with <p>How to get it:</p> <ul style="list-style-type: none"> • 1:1 time with someone who fills you up • Space from anyone who drains you • Join a group or club of like-minded people  |
| <h3>Sensory Rest</h3> <p>Signs you need it:</p> <ul style="list-style-type: none"> • Feel eye fatigue or strain • Sensitive to loud sounds • Can't smell or taste as well  <p>How to get it:</p> <ul style="list-style-type: none"> • Take time away from all devices • Change whatever bothers you: dim the lights, lower the music • Briefly close your eyes | <h3>Creative Rest</h3> <p>Signs you need it:</p> <ul style="list-style-type: none"> • No free time in your day • Struggle brainstorming • Can't see the awe in nature  <p>How to get it:</p> <ul style="list-style-type: none"> • Take big (vacations) and small (30 minutes) breaks • Spend carefree time outside • Read, dance, go to shows | |