

# Paid Supports and Services and Your Rights: How do other's restrictions affect me?

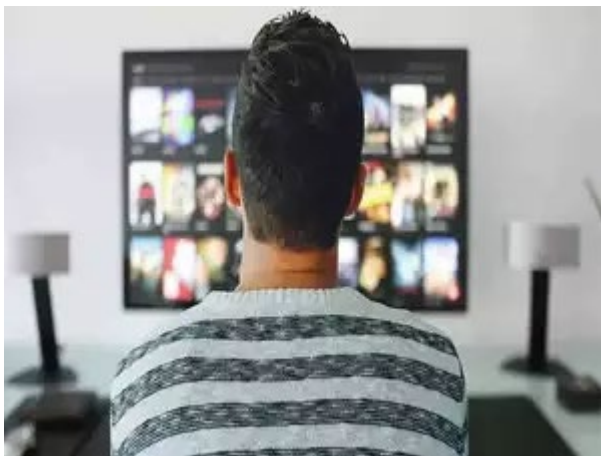
## What happens if someone else's restriction also restricts you?

Sometimes another individual in your setting may have a rights restriction that impacts your choice. Your provider should provide an option for you so that another individual's rights restriction does not impact your choice. If you have to ask permission of support staff to do something, such as accessing your food or your medication, that is considered a rights restriction.



It may not be possible to avoid using a rights restriction of another individual which limits your rights. When this is necessary, the provider must make a good effort to decrease the impact of the restriction on you. For those restrictions that affect other individuals in the setting, there must be a way for you to go around the restriction. Examples include but are not limited to:

- When an individual in a group setting needs the kitchen cabinets locked due to a safety risk, the provider could give you a key so you may freely access the cabinets.
- If there is an individual with a media restriction in a group setting that limits any media rated PG-13 or above, you can be given the option to watch media on a personal device (such as phone, tablet, computer) in your private living space or with your headphones in a shared space. Another solution might be to have an agreed upon, shared space media schedule.
- If an individual in a group setting is not allowed to have "sharps," (knives, scissors, or other sharp objects), the provider could give you a key so that you can access these items when you need to.



August 2023

If you have questions or concerns about your rights being restricted, contact your support coordinator or DSPD Constituent Services at [dspd@utah.gov](mailto:dspd@utah.gov). Submit any questions to: [HCBSSettings@utah.gov](mailto:HCBSSettings@utah.gov)

Additional information: <https://medicaid.utah.gov/ltc-2/hcbstransition/>



Utah Department of  
**Health & Human**  
Services