

# A Guide to HRC and Rights Modifications



## What is HRC?

### **HRC stands for the Human Rights Committee.**

When a person turns 18 in the U.S. they are entitled to the same rights as any individual regardless of disability. The Human Rights Committee (HRC) is a group of individuals that seeks to protect and monitor the rights of persons over 18 who are receiving IDD services. Each Community Center Board, or CCB, has its own Human Rights Committee in the state of Colorado.

It is necessary for PASCO and all other PASAs to ensure that the rights given to all individuals are being honored for those receiving IDD services. However, for the health and safety of the individual, these rights may need to be modified. The HRC is the organization that oversees and approves these modifications.

## What else does HRC monitor?

### **Psychotropics**

A psychotropic describes any drug that affects behavior, mood, thoughts, or perception. There are five major classes of legal psychotropic medications:

- Anti-anxiety agents
- Antidepressants
- Antipsychotics
- Mood stabilizers
- Stimulants

The proper use of these medications is monitored by HRC.

## What does this mean for me?

The HRC's processes are all in place to make sure that individuals receiving HCBS services are safe while allowing them to exercise their rights. These modifications allow for increased structure, routine, and safe practices in the home and out in the community.

*This process is completed during IDD intake with PASCO. If you wish to add, remove or adjust these modifications, please contact your IDD coordinator.*

## What is a rights modification?

All individuals receiving HCBS services have a right to various things like **privacy, food access, schedules and activities, visitors, or free movement.**

However, for some individuals, having unrestricted use or access to some of these things can put themselves and others at risk. A rights modification can be implemented when all options for less restrictive interventions have been tried without success to support the health and safety needs of the individual or the community.

## Examples



**Video/Audio monitoring of a person to monitor for safety, medical or behavioral needs**



**Locks on cabinets or pantries where food is kept**



**Requiring an individual to attend a day program or other structured settings regardless of desire to attend**



**Limiting the location of visitors to general living areas and restricting access to private areas, like a bedroom**



**Gates or barriers to prevent access to parts of the home or yard**



**Locks or alarms on doors or windows to prevent unrestricted exit from the home**