

The Care You Deserve

Find out what to expect while living, or being looked after, away from your parent's or primary caregiver's home.



Learn about the **12** quality standards:

They will help you know when and how to ask for different supports or services.

- 1 Your rights:** I have rights and should be told what my rights are in words I understand.
- 2 Your needs:** I have a say in what my needs are and how they are met.
- 3 Your placement:** Adults making placement decisions should find out my needs and place me where they'll be met.
- 4 Your voice:** My opinions and thoughts about my care must be respected.
- 5 Your safety:** Feeling safe, accepted and able to be myself wherever I live is important.
- 6 Your identity:** I should feel supported to explore who I am and how I think about myself, including my identity, culture and beliefs.
- 7 Your relationships:** My caregivers should help me build relationships with others.
- 8 Staff and caregivers:** Those who care for me should have the right skills to meet my needs.
- 9 Your health and well-being:** The services I get should help me be physically, emotionally, spiritually, culturally and mentally healthy.
- 10 Your education:** My caregivers should help me understand why school is important and help me go to whatever program is good for me.
- 11 Your access to the Internet:** If I am mature enough, I should be taught to safely use the Internet.
- 12 Your life skills:** I should be taught important life skills to look after myself, like grocery shopping and learning how to handle money responsibly.

To learn more visit: ontario.ca/ChildFriendlyQSF

