

What can I do if my rights are being violated?

1. Try to remember the event. Writing it down can help.
 - What happened?
 - Where did it happen?
 - When did it happen?
 - Who was involved?
 - What rights were violated?
2. If you feel safe, try to resolve it with the people who were involved.
3. If you feel safe, talk to your caregiver or staff member.
4. Contact your social worker/probation officer and lawyer
5. Contact the LA County DFCS/ Probation Ombudsperson.
6. Contact the California Office of the Foster Care Ombudsperson



You Have Rights!

You have rights if you live in foster homes, resource family homes, STRTPs, shelters, or transitional housing facilities. The law says social workers (SW) and probation officers (PO) must tell you and your caregiver about your rights in a way that you understand.

The law also says:

- Your SW/PO must talk with you about your rights every 6 months and before every placement change
- You have a lawyer and their job is to defend your rights

Contact Us

California Foster Care Ombudsperson
1-877-846-1602

fosteryouthhelp@dss.ca.gov
www.fosteryouthhelp.ca.gov

LA County DCFS Ombudsperson
1-888-445-1234

afriend@auditor.lacounty.gov
<http://ombudsstrtp.lacounty.gov>

LA County Probation Ombudsperson
1-877-822-3222

ombudsman@probation.lacounty.gov
<https://probation.lacounty.gov/ombudsman>

THE FOSTER YOUTH BILL OF RIGHTS

A Guide to Your Health Care Rights



To learn more about all your rights visit LAYouthRights.com





General Health Rights

Do I have a right to see a doctor, dentist, and counselor?

Yes. You have a right to timely health care, including medical, dental, vision, mental health services, reproductive and sexual health care, and drug treatment. You can talk to your caregiver and social worker/probation officer if you need to see a doctor. Your caregiver and social worker/probation officer have to make sure you can get the care you need when you need it.

Can I choose my doctor/dentist/counselor?

Yes. If you are 12 or older, you can choose your own doctor, as long as it is covered by your insurance.

Can I talk to my doctor about my treatment?

Yes. You can talk with your doctor about your treatment and any questions you have. You may also speak to your doctors privately.

How will I get to my doctor appointments?

Your caregiver has to make sure you have transportation to and from your medical appointments.

Who can I talk to about any medical diagnosis and the treatment, medicine, or services that I need?

Your doctor, pharmacist, or social worker/probation officer can give you information about your health condition, treatment, and services, and they must explain it to you in a way that you understand.

Can I have a say in making decisions about my medical treatment and services?

Yes. You have the right to be part of decision-making about your medical treatment and services.

Can I refuse to take medications?

Yes. You can refuse any medication, vitamin, or herbs. No one can give you consequences or punish you for refusing. It is important to talk to your doctor about the health risks of not taking your medicine (meds).

If I need major treatment, like surgery, can I ask another doctor for their opinion?

Yes. Before any major medical, dental, or psychiatric treatment you can ask for a second opinion.

Do I have the right to get health care that supports my gender identity?

Yes. You have the right to get gender affirming medical and mental health care.

Can I keep my medical and mental health records private?

Yes. You can keep these records, including your HIV status, drug use history and treatment, and sexual and reproductive care private. There may be some exceptions to this.

Do I have to get permission if I want to get treatment for a drug or alcohol problem?

No. You can get help with a drug or alcohol problem without permission. You may want to talk with the important adults in your life about this so they can support you, but you can look for help on your own.

Can I still get Medi-Cal (insurance) if I leave foster care when I turn 18?

Yes. If you leave foster care on or after your 18th birthday, you can continue to receive Medi-Cal until you turn 26.

