Most persons, no matter how disturbed or disabled, tend to live up to what is expected of them. In planning and programming for the mentally ill and the mentally retarded, it must be assured that the individual retains his rights and his capacity for self-direction insofar as the disease or disorder permits. Any limitations that are imposed should of necessity be due to the particular disease process or condition. Such limitations must be constantly scrutinized and adjusted in the direction of increased self-responsibility, self-control, and adaptability on the part of the patient.

Each patient possesses a sense of individuality and self-worth. He must be treated in a manner that is humane and that honors his dignity and retains his humanity and human attributes. Thus, in treatment programming, staff of the state's mental health and mental retardation facilities must constantly be concerned that what they do and how they do it is always based upon patient needs.

The material presented below reflects the concerns of the staff on the maintenance of humane practices within the various institutions. Permission to reproduce this material was given by the Minnesota Department of Public Welfare.

dehumanization is:

- Being treated as a prisoner—instead of a patient.
- Being called “Hey, you.”
- Being shouted at when a normal voice would do the job.
Having only certain day for bathing & shaving.

Being behind locked doors. Being subjected to standards set for the least capable patients.

Not being able to obtain dentures, eye glasses or hearing aids.

Being expected to "Participate," even in childish games, regardless of your feelings in the matter.

Having "State Hospital" stamped on your clothing.

Being brought to the hospital by a sheriff or police officer.

Having to ask for personal items.

Being treated & referred to as a diagnosis.

Having 40 room-mates.
THERE SEEMS TO BE A FAMILY HISTORY OF THIS SORT OF THING.

Being subjected to the "batch" process.

Having mail & packages opened & censored.

Being discussed as if you were not present.

DIGNITY IS:

Privacy in dressing, in the lavatory and the showers.

YOU DID A GREAT JOB!

IT'S GOOD TO SEE YOU AGAIN MRS. FORBES.

Receiving encouragement & an occasional word of praise.

Being recognized as an individual—with individual needs.

Having someone care enough to listen to you. Not being ignored or humored.
WE'RE MOVING YOU TO THE NEW BUILDING, MR. ANDERSON, THE NEW FACILITIES THERE WILL HELP IN YOUR TREATMENT.

Having a place of your own for personal belongings.

Being able to see yourself in a full length mirror & having clothes that look and fit appropriately.

Being told “why” about things affecting your health & welfare.

HERE'S YOUR PAY FOR THE PAST WEEKS WORK, STAN.

Being paid appropriately for work performed.

WHAT DO YOU THINK OF OUR NEW PLAN MISS WILSON?

Having an opportunity to contribute your ideas or suggestions.

Having money in your pocket for ordinary purchases.