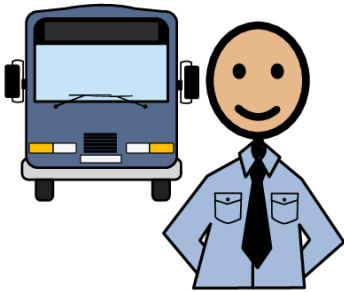




## Equality

We have the right to be treated as equal citizens.





**Do you need help to understand how the systems you are in work?**

## **Do you need help to understand how the systems you are in work?**

Systems include things like disability services, hospitals, the police, schools or transport departments. Sometimes systems which affect our lives can be hard to understand, such as the language they use, the roles people have, the policies or the way the system works. It is important to know how the systems that are in your life work, and your role in them.

Do you or your supporters need help to understand any of these things:

the roles of people who work in the system?

how the system works?

the language of the system?

how to interact with the system?

how to make a complaint?

the laws which the system must follow?

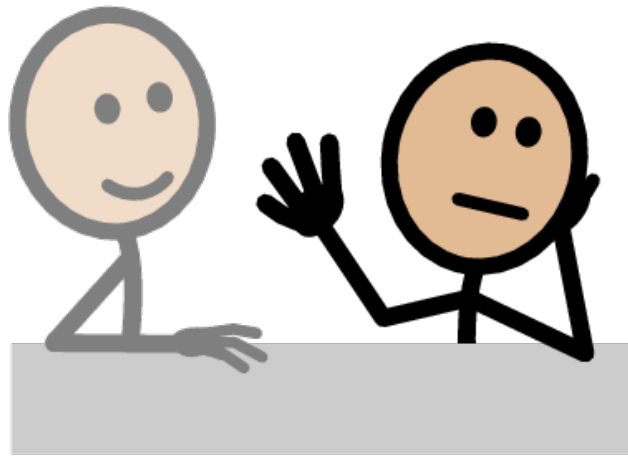
how to influence the system?

which people or systemic advocacy organisations can help you with these things?

## **What other things about systems might you need help to understand?**

Write your ideas in your planning manual.





**Do you need help for your voice  
to be heard?**

## Do you need help for your voice to be heard?

Sometimes other people can have trouble hearing what we are saying, or understanding our right to be listened to and understood.

You can get help to make sure that your voice is heard. You can ask for help to express your thoughts and opinions. You can ask somebody to go with you to meetings and appointments to speak on your behalf. You can take somebody with you to write down what is said and agreed. Sometimes this is called having an advocate.

Do you or your supporters need help for you to be heard, for example:

somebody to coach you in how to express your opinions?

a close friend or family member to come to meetings with you?

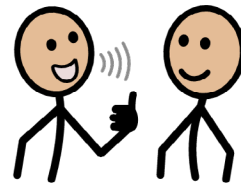
somebody from your community to come with you and take notes?

a professional who knows and understands you, for example a teacher, social worker or service co-ordinator?

someone to help you to write a letter which explains your point of view?

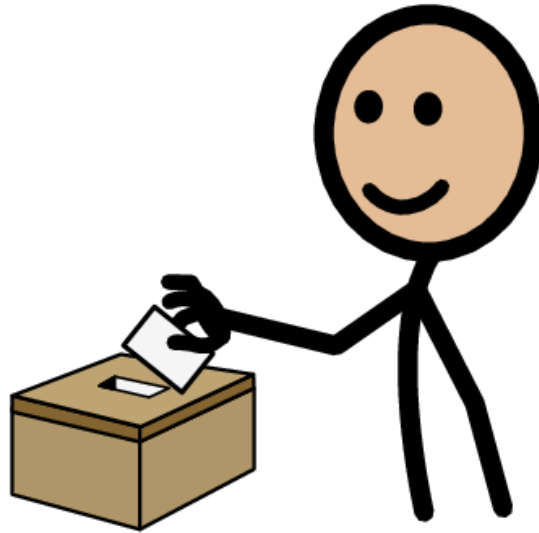
a professional advocate from an advocacy organisation?

somebody who can help you from a legal perspective, for example a lawyer or legal service?



### What other help might your supporters need?

Write your ideas in your planning manual.



**Do you need help to vote in elections?**

## **Do you need help to vote in local, state and national elections, and in other processes?**

You have the right to vote and to take part in decisions, policies and laws which affect your life. Even if other people feel that you might not understand everything about elections, that doesn't mean your right to vote is taken away. You should be included in any election processes which affect your life.

Would you like help to take part in elections, for example by getting:

information, for example from flyers, Youtube, radio interviews or internet sites?

access to polling places and processes?

the language you need in your communication device or system?

support to make decisions about elections?

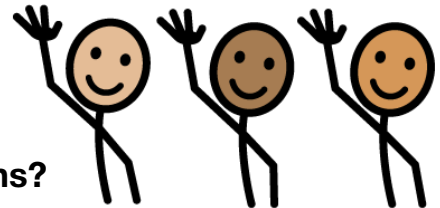
summaries of information about issues in a way you can understand?

help to explore your political beliefs and values?

help to understand how elections will impact your life in specific ways?

the opportunity to visit Parliament house,  
political meetings, rallies or political figures?

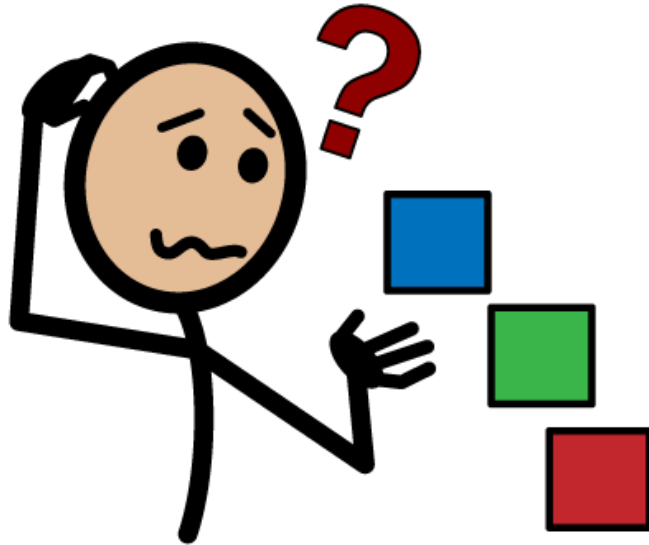
help to enrol to vote?



**What other help might you need to take part in elections?**

Write your ideas in your planning manual.





**Do you get the support you need  
to make decisions?**

## Do you get the support you need to make decisions?

Supported decision making is a range of practices which assist people with disability to make their own decisions. With the right support, people with disability can and do make their own decisions and can learn to make more complex decisions.

Do you or your supporters need help to:

learn about the principles of supported decision making?

see how your preferences can be used as the building blocks of decisions?

decide who is right to support you with a particular decision?

design the communication process you need to explore a decision, for example picture symbol talking mats?

develop a communication passport or personal profile?

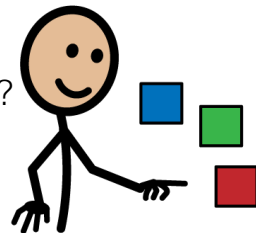
learn how to break decisions down into small steps?

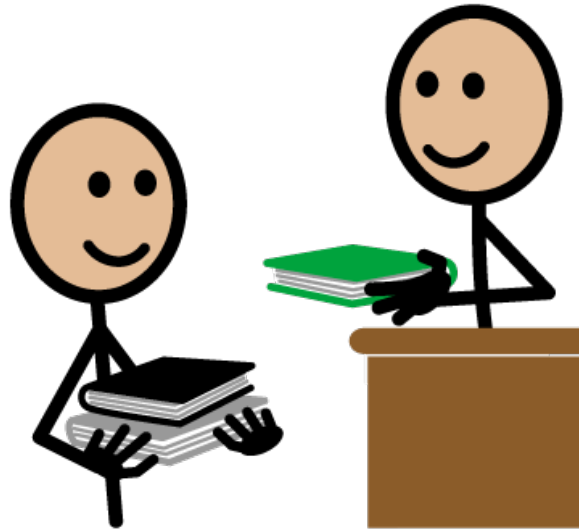
support you to weigh up the pros and cons of a decision?

manage conflicts of interest when it comes to decisions you make?

## What other help might you need to make decisions?

Write your ideas in your planning manual.





**Are you able to access the community?**

## Are you able to access the community?

You have an equal right to be able to use public spaces and services. Buildings must have a way for you to get in. Information must be given to you in a way you can understand. If you need transport to be included, you have the right to get it. If you need an assistant to be included, you have the right to get the help you need.

Do you need help with access, for example:

getting into a building or public place?

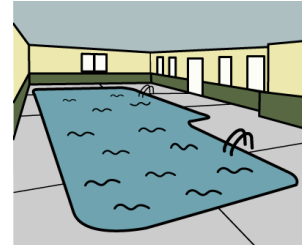
being accepted in places where you don't feel welcome, or where they try to put different conditions in place because you have a disability?

accessible toilets at the places you choose to go?

having signals you can touch or hear which help you to get around or use services?

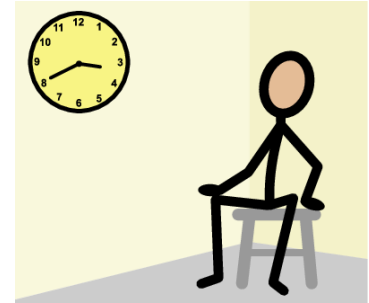
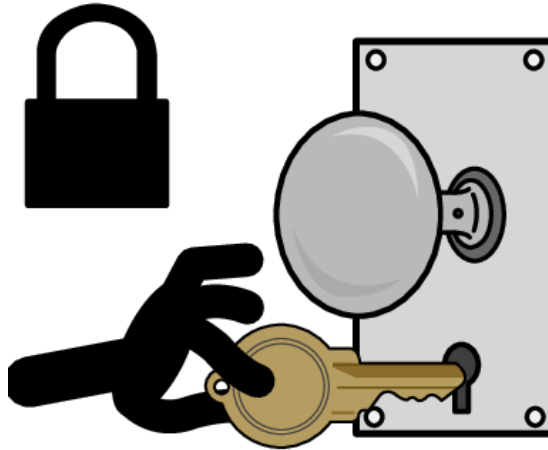
getting services or products which are at a suitable height for you, for example service desks?

understanding or making a complaint under the Disability Discrimination Act 1992?



## What other help might you need to access the community?

Write your ideas in your planning manual.



**Are there things happening to you that you don't like?**

## Are there things happening to you that you don't like?

When something is wrong, some people might try to hurt themselves or others, break things or run away. Their supporters might not know how to help when people do these things. For example, they might do things like taking things away which they like or stopping them from doing the things they want to do. Your supporters might need help to learn about some better ways of responding when they feel challenged by your behaviour.

Are there things happening to you which you don't like and want to find alternatives to, for example:

being put somewhere that you cannot leave when you want to?

being given medication to control your behaviour?

having something put on you to stop or make it harder for you to move, for example a harness in the car, or brakes on your wheelchair?

people using their hands or body to lessen your ability to move when you are upset?

being stopped from getting what you want, when you want it, for example by putting locks on cupboards, or taking things away from you?

being yelled at, punished, or controlled, for example people telling you to be quiet, or forcing you to eat or do things when you don't want to?



## What are some things happening to you that you don't like and would like to find alternatives to?

Write your ideas in your planning manual.