



Planning Booklet



Planning Area 9: **Equality**



Don't forget!

Make sure you save your work by downloading and saving this PDF to your own computer before you write in it.

Our rights

Having equality means it is assumed and expected that we have the same rights as others. Everyone has the right to be an active member of their community and to have a say in the decisions that affect their lives. Things like the right to vote, have a job, your own home and family, to have choice and control in your life and to make your own decisions. It also means the right to be able to use public spaces and public services. It also means that we should be protected from unfair treatment.

These rights are set out in the The Convention on the Rights of Persons with Disabilities (CRPD). This is an international agreement which Australia has signed.

Understanding systems

Systems include things like community services, hospitals, the police, schools or transport departments. Sometimes systems which affect our lives can be hard to understand. This includes things like the language they use, the roles people have, the policies or way things work.

It's important to know how the systems that are in your life work, and your role in them.

Do I need help to understand the systems I am in?

Think about the systems and the things you need help to understand. Then think about the kinds of information or support you need. Fill in the columns that ask you about the support you need and what the next steps are.

We've also given you an example.

Which system or systems do you want to understand?	What things do I need help to understand? (People's roles, How things work, The law about this system, The language, What I need to do, How to complain, How to change things, Who can help me)	What kind of support do I need? (technology, equipment, support from a person, a visual plan or example, training for myself, peer support, other)	Do I have this support? Yes or if No, who can I ask to find it?	What can I do next and when?
Example: The NDIS. I don't understand who I am going to meet with to do my plan	The roles of people who work in the system. How things work. What I need to do.	I need training, help from my peer group and people to explain it to me.	I'm not sure if there is training available but I can ask my peer group.	Next group meeting.

Now it's your turn

Which system or systems do you want to understand?	What things do I need help to understand? (People's roles, How things work, The law about this system, The language, What I need to do, How to complain, How to change things, Who can help me)	What kind of support do I need? (technology, equipment, support from a person, a visual plan or example, training for myself, peer support, other)	Do I have this support? Yes or if No, who can I ask to find it?	What can I do next and when?
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Hearing Me

Sometimes other people can have trouble hearing or understanding what we are saying, or don't know we have a 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 I need help to be heard?

Choose the kinds of help that are important to you.

Somebody to coach me in how to express my opinions

A close friend or family member to come to meetings with me

Somebody from my community to come with me and take notes

A professional who knows and understands me, for example a teacher, social worker or service coordinator

Someone to help me to write a letter which explains my point of view

A professional advocate from an advocacy organisation

Somebody who can help me from a legal perspective, for example a lawyer or legal service

Do I need any other help to be heard?

Focus on your answers from above. Now think about what is needed to make these things happen. You can record these in the table on the next page.

Once you have done this you can think about whether you need support to make these ideas happen. What things can you organise yourself and what do you need support to do? Fill in the columns that ask you about the support you need.

We've also given you an example.

Describe the next steps needed to find people or have them help you.	What can I do to make this step happen?	Is there anything I will need support to do? What kind of support do I need? (technology, equipment, support from a person, a visual plan or example, training for myself, peer support, other)	Do I have this support? Yes or if No, who can I ask?	When do I want to do this?
<p>Example: Find a person who can help me with what to say at NDIS meeting</p>	<p>I can ask around to see who is helping people.</p>	<p>I'll need travel help to get to appointments to see this person. Maybe they can come to me.</p>	<p>Yes I can get help to travel to them.</p>	<p>I can start to ask who can help in the next fortnight.</p>

Now it's your turn.

Describe the next steps needed to find people or have them help you.	What can I do to make this step happen?	Is there anything I will need support to do? What kind of support do I need? (technology, equipment, support from a person, a visual plan or example, training for myself, peer support, other)	Do I have this support? Yes or if No, who can I ask?	When do I want to do this?
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Voting in elections

You have the right to vote and take part in decisions, policies and laws which affect your life. Even if other people feel 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.

Do I need help to vote in local, state and national elections, and in other processes?

Look at the list in the tables on the next pages.
Choose as many ideas as you want.

Once you have done this you can then think about whether you need support to make these actions happen. What things can you organise yourself and what do you need support to do? Fill in the columns that ask you about the support you need.

We've also given you an example.

Choose the ideas that will help you to vote.	Is there any more information I want to record about this?	What can I do to make this idea happen?	Is there anything I will need support to do? What kind of support do I need? (technology, equipment, support from a person, a visual plan or example, training for myself, peer support, other)	Do I have this support? Yes or if No, who can I ask to find it?	When do I want to do this?
Example: Enrol to vote	I don't know where to look.	I can tell my friend Bill I want to enrol.	If there are forms, yes help to fill them out.	Yes I will ask Bill to help.	Next week.

Now it's your turn

Choose the ideas that will help you to vote.	Is there any more information I want to record about this?	What can I do to make this idea happen?	Is there anything I will need support to do? What kind of support do I need? <small>(technology, equipment, support from a person, a visual plan or example, training for myself, peer support, other)</small>	Do I have this support? Yes or if No, who can I ask to find it?	When do I want to do this?
Get the information I need, for example from flyers, Youtube, radio interviews or internet sites access polling places and processes					
Put the language I need in my communication device or system					
Support to make decisions about elections					

Choose the ideas that will help you to vote.	Is there any more information I want to record about this?	What can I do to make this idea happen?	Is there anything I will need support to do? What kind of support do I need? (technology, equipment, support from a person, a visual plan or example, training for myself, peer support, other)	Do I have this support? Yes or if No, who can I ask to find it?	When do I want to do this?
Summarise information about issues in a way I can understand					
Explore my political beliefs and values					
Understand how elections will affect my life					
Visit Parliament house, political meetings, rallies or political figures					
Enrol to vote					

Making 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 I get the support to make decisions?

Look at the list in the tables on the next pages.
Choose as many ideas as you want.

Once you have done this you can then think about whether you need support to make these ideas happen. What things can you organise yourself and what do you need support to do? Fill in the columns that ask you about the support you need.

We've also given you an example.

Choose the ideas that will help you to make decisions.	Is there any more information I want to record about this?	What can I do to make this idea happen?	Is there anything I will need support to do? What kind of support do I need? (technology, equipment, support from a person, a visual plan or example, training for myself, peer support, other)	Do I have this support? Yes or if No, who can I ask to find it?	When do I want to do this?
Example: Weigh up the pros and cons of a decision	I don't always want my parents involved. I want to do this myself.	I can talk to someone else about a decision.	I need help to think through decisions. Maybe someone else can help me.	Maybe I will ask Pastor Mike.	Next Saturday night with church.

Now it's your turn

Choose the ideas that will help you to make decisions.	Is there any more information I want to record about this?	What can I do to make this idea happen?	Is there anything I will need support to do? What kind of support do I need? (technology, equipment, support from a person, a visual plan or example, training for myself, peer support, other)	Do I have this support? Yes or if No, who can I ask to find it?	When do I want to do this?
Learn the principles of supported decision making					
Understand how my preferences can be used as the building blocks of decisions					
Decide who is right to support me with a particular decision					

Choose the ideas that will help you to make decisions.	Is there any more information I want to record about this?	What can I do to make this idea happen?	Is there anything I will need support to do? What kind of support do I need? <i>(technology, equipment, support from a person, a visual plan or example, training for myself, peer support, other)</i>	Do I have this support? Yes or if No, who can I ask to find it?	When do I want to do this?
Design the communication process I need to explore a decision, for example picture symbol talking mats					
Develop a communication passport or personal profile					
Break decisions down into small steps					
Weigh up the pros and cons of a decision					
Manage conflicts of interest when it comes to decisions I make					

Accessing 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 in your community, you have a right to get it. If you need an assistant to be included, you have the right to get the help you need.

Do I need help with access?

Choose the kinds of help that apply to you.

Help to access a building or public place

Help to be accepted in places where I don't feel welcome, or where they try to put different conditions in place because I have a disability

Help with accessible toilets at the places I choose to go

Having signals I can touch or hear which help me to get around or use services

Getting services or products which are at a suitable height for me, for example service desks

Help to understand or make a complaint under the Disability Discrimination Act 1992?

Is there any other help I need to access the community?

Focus on your answers from above. Now think about what is needed to make these things happen. You can record these in the table on the next page.

Once you have done this you can think about whether you need support to make these ideas happen. What things can you organise yourself and what do you need support to do? Fill in the columns that ask you about the support you need.

We've also given you an example.

Describe the next steps needed to access the community.	What can I do to make this step happen?	Is there anything I will need support to do? What kind of support do I need? (technology, equipment, support from a person, a visual plan or example, training for myself, peer support, other)	Do I have this support? Yes or if No, who can I ask?	When do I want to do this?
<p>Example: What are the best ways I can use my smartphone to get around?</p>	<p>Talk to my key worker, Dom, who is good with technology.</p>	<p>Yes. Help to learn how to use my phone Technology Practice and training.</p>	<p>Yes.</p>	<p>It would be good if this was up and running by the middle of the year.</p>

Now it's your turn

<p>Describe the next steps needed to access the community.</p>	<p>What can I do to make this step happen?</p>	<p>Is there anything I will need support to do?</p> <p>What kind of support do I need? (technology, equipment, support from a person, a visual plan or example, training for myself, peer support, other)</p>	<p>Do I have this support?</p> <p>Yes or if No, who can I ask?</p>	<p>When do I want to do this?</p>
1.				
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When things aren't right

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, or stopping people from doing things that they want to do. Your supporters might need help to learn about some better ways of responding when they feel challenged by your way of communicating.

Are there any things happening to me that I don't like?

You can look at this list.

- Being put somewhere that I cannot leave when I want to
- Being given medication to control my behaviour
- Having something put on me to stop or make it harder for me to move, for example a harness in the car, or brakes on my wheelchair
- People using their hands or body to lessen my ability to move when I am upset
- Being stopped from getting what I want, when I want it, for example by putting locks on cupboards, or taking things away from me
- Being yelled at, punished, or controlled, for example people telling me to be quiet or forcing me to eat or do things when I don't want to

Are there any things happening to me that I don't like

Who can I talk to about this?

Write down the people who you trust to talk to about what about.

Who do you trust?	Write their names here
Example: A trusted family member	Bill my stepdad
A trusted friend	
An advocate or advocacy organisation	
A professional I trust	
Another person or people	

If something is happening to you that you don't like, you can also contact us at WA Individualised Services.

Do I have any more ideas?

If you want, you can look again at the main topics in this Planning Manual and add any more ideas or steps you think are important.

1. Understanding systems I am involved in

2. Being heard

3. Voting in elections

For example: I want to talk to Jordan Steele-John in parliament. I can send him an email. I need help to know his email. I will ask my friend Bill.

4. Making decisions

For example: I think I should do the Communication section.

5. Accessing the community

6. When things aren't right

Making a Goal

The main Goal of this Planning Area was to help you to be treated as an equal citizen. You may now have a list of strategies and actions that can help you do just that!

If there is anything else you want to add to this Goal statement, you can do that below.

For example: I had never questioned voting in elections.

Now you have finished, you may have a Goal, some Strategies to reach that Goal, and some Actions to get started!