

Easy Read



Know Your Rights

Your guide to the United Nations Convention on the Rights of Disabled People



This leaflet was written by **Disability Wales**. It is an easy read version of “**Know your rights Use your rights Live your rights.**”

March 2022

How to use this document



This is an easy read document. But you may still need support to read it. Ask someone you know to help you.



Words in **bold blue writing** may be hard to understand. You can check what the words in blue mean on **page 19**.

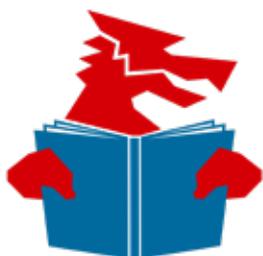


Where the document says **we**, this means **Disability Wales**. For more information contact:

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Hawdd ei Ddeall Cymru
Easy Read Wales

This document was made into easy read by **Easy Read Wales** using **Photosymbols**. To tell us what you think about this easy read version, [click here](#).

Contents

Page

Introduction.....4

About our work.....5

The United Nations Convention on the Rights of Disabled People.....7

Know your rights.....9

Use your rights.....13

 Making a complain.....13

 Going to court.....15

A real life Story.....16

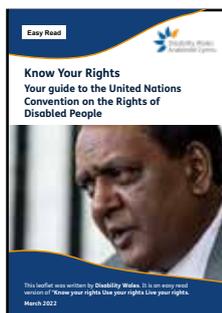
More information.....18

Hard words.....19

Introduction



This booklet has been written by **Disability Wales**.



This booklet is for disabled people and disabled people's organisations.



This booklet gives information about **United Nations Convention on the Rights of Disabled People**. But it is not legal advice.



There are 8 booklets in total. Each booklet has information about a different law.



This booklet was correct in January 2021. But the **United Nations Convention on the Rights of Disabled People** might change in the future.

About our work



We work hard to protect the **rights** of disabled people.



Rights are the things you are allowed to do. For example, you have the right to get married and the **right** to vote.

Rights tell us how we should be treated. For example, you have the **right** to be treated with respect.

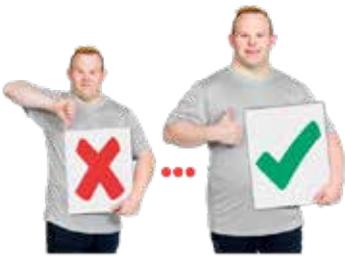
Other people have **rights** too. For example, you must treat other people with respect.



In 2020, we asked disabled people in Wales about their **rights**.



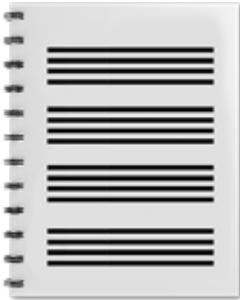
A lot of disabled people told us their **rights** were not well protected in Wales.



A lot of disabled people felt this would not improve in the future.



We want disabled people to know and use their rights. And to feel protected.



We wrote these 8 booklets to help.

The United Nations Convention on the Rights of Disabled People



We will call the **United Nations Convention on the Rights of Disabled People** the **Act** for short.



The **Act** has rules that lots of countries follow. Including the UK.



The **Act** protects the **rights** of disabled people.



The **Act** uses the **Social Model of Disability**. This means the **Act** wants to change society. To make life better for disabled people.



The **Act** is good because it explains disabled people's **rights** clearly.



And tells disabled people how to protect their **rights**.

Know your rights

The **Act** says disabled people have the following **rights**:

Equality



- to **equality**

Equality means treating people fairly.



- to life, freedom, and safety



- to be treated fairly



- to live **independently**

Independent means doing things for yourself and making your own decisions.



- to be safe from **abuse**

Abuse is when someone hurts you or treats you badly.



- to be protected from violence



- to travel and decide where to live



- to speak out



- to privacy



- to a home and family life



- to **equality** of education



- to have **equal** access to health services



- to work. And to have the support needed to work



- to have a good standard of living



- to take part in politics, community, and public life



- to a social life. And leisure facilities.

The **Act** also has some extra **rights** that are not in UK law. For example:



- the **rights** of disabled women



- the **rights** of disabled children.

Use your rights

Make a complaint

You can use the **Act** to complain:

- about **discrimination** by the Government. Or by **public bodies**



Public bodies are services that are run for the public. For example, the NHS, local authorities, national parks, or fire service.



- about problems with services for disabled people



- about **discrimination** in your local area.

Discrimination is when you are treated badly or unfairly because of your sex, race, religion, disability, or sexual identity.

To complain about a public body, you should:



- work out what part of the **Act** to use
- tell the **public body** they are breaking the rules
- if they don't listen, make an official complaint
- if that doesn't work, complain to someone in your local government
- if nothing you try works, you could go to court.

Going to court



If you want to go to court, you can't use the **Act**.
Because it is not part of **UK** law.



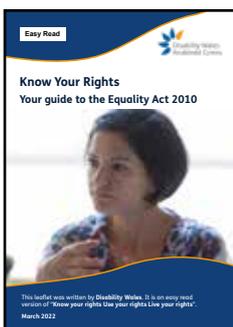
But you can use **The Human Rights Act** or **Equality Law** instead.



Then you can use the **Act** to make your case stronger.



You can find out more about **The Human Rights Act** and **Equality Law** from the **Know Your Rights - More Information** booklet.



You can find out more about **The Equality Act** in **Know Your Rights - Your guide to Equality Act 2010**.

A real life story



A disabled woman was not able to leave her bed.



She was told by healthcare staff that she needed a different bed.



The different bed would mean she could have bed baths.



She asked the council for a double bed. Because she still wanted to sleep next to her husband.



The woman offered to pay the extra cost for a double bed. But the council said they would only get her a single bed. Not a double bed.

What happened next



18 months later the **Disability Law Centre** gave the women some advice.



They said the council was breaking the **Act** rules.



The **Act** says disabled people have the right to respect for private and family life.



The woman told the council they were breaking the **Act** rules. And they should pay for the double bed.



Three hours later the council bought her the double bed.

More information



Governments that follow the **United Nations Convention on the Rights of Disabled People** must give regular updates. To show they are following the rules. You can read the updates here:

www.ohchr.org/EN/HRBodies/CRPD/Pages/SPReports.aspx

The **UK** report on the **United Nations Convention on the Rights of Disabled People** and how it is being used in the UK:

assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/345120/uk-initial-report.pdf

Information about the Committee on the Rights of People with Disabilities (CRDP):

www.ohchr.org/EN/HRBodies/CRPD/Pages/QuestionsAnswers.aspx

Information about the **UN Special Reports** for the rights of disabled people in the UK:

www.ohchr.org/en/issues/disability/srdisabilities/pages/srdisabilitiesindex.aspx

The **Equality and Human Rights Commission** guide to the **United Nations Convention on the Rights of Disabled People** and what it means for Disabled People:

www.equalityhumanrights.com/en/publication-download/united-nations-convention-rights-persons-disabilities-what-does-it-mean-you

Hard words

Abuse

Abuse is when someone hurts you or treats you badly.

Discrimination

Discrimination is when you are treated badly or unfairly because of your sex, race, religion, disability, or sexual identity.

Equality

Equality means treating people fairly.

Independent

Independent means doing things for yourself and making your own decisions.

Public bodies

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