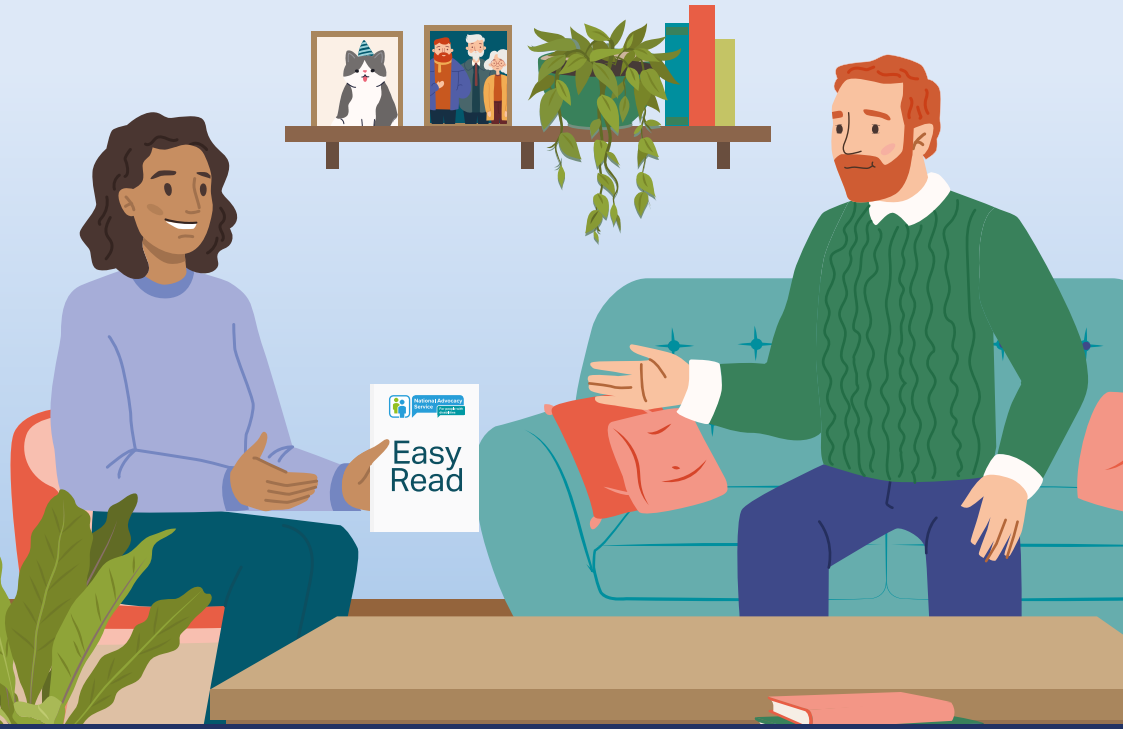
National Advocacy Service

For people with disabilities

My Life, My Rights, My Wishes

Easy Read Leaflet



A booklet to support people who communicate differently to share their wishes about where they want to live.

Coimisiún na hÉireann um Chearta an Duine agus Comhionannas
Irish Human Rights and Equality Commission

Deontas-mhaoinithe
Grant Funded

This project has received funding from the Irish Human Rights and Equality Grants Scheme as part of the Commission's statutory power to provide grants to promote human rights and equality under the Irish Human Rights and Equality Commission Act 2014. The views expressed in this publication are those of the authors and do not necessarily represent those of the Irish Human Rights and Equality Commission.

This booklet is to support people to understand their rights. It will also support people who communicate differently to think and keep a record of their will and preference's. This booklet will help people to tell others where they want to live and what is important to them.

Photosymbols®
Professional Licence 5336359305271

National Advocacy Service
For people with disabilities

This booklet was made by the **N**ational **A**dvocacy **S**ervice for People with Disabilities. We call ourselves NAS for short.



NAS works with people to help them have their wishes listened to, such as where they live or want to live.



NAS made this booklet to help people share their wishes about where they want to live.



This booklet will tell you about why this is important.



This booklet will tell you about your rights.



This booklet will help the people around you learn how to explore your wishes with you and to understand them.



It will help you to work together to write down your wishes about where you want to live.

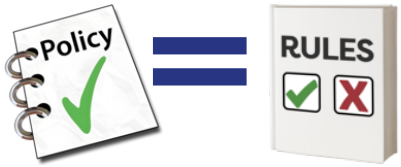
Words we use in this booklet:



Congregated settings:
A congregated setting is where 10 or more people live together in one big house, or in smaller houses in the same place.



Decongregation:
Decongregation means people moving out of **congregated settings** to smaller homes in the community.



Policy: A policy is a set of rules to help people know what to do about something. This booklet talks about a policy that was made by the HSE. Policies are important to make sure everyone is treated the same.

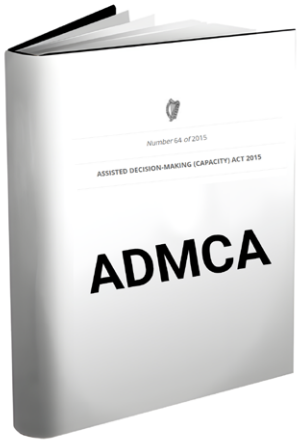




Irish and International Laws: These are legal rules made by the Government of Ireland and rules made between the Irish government and other countries. The governments that agree these rules also agree not to break these rules.



UNCRPD: UNCRPD stands for the **U**nited **N**ations **C**onvention of **R**ights for **P**eople with **D**isabilities. The UNCRPD is a set of legal rules that Ireland agreed to follow to make sure people with disabilities enjoy the same rights as everyone else.

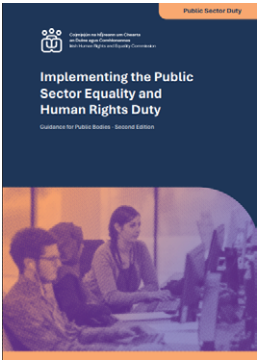


ADMCA: ADMCA stands for the **A**ssisted **D**ecision-**M**aking (**C**apacity) **A**ct 2015. This is a new law that supports the rights of people to make their own decisions. Under this law, there are many options for people who need support to make decisions about their life.



Public Services: A public service is a service that the government provides to everyone. Everyone has a right to access a public service. These services must respect people's rights and treat everyone fairly. An example of a public service is a public hospital or public transport.





Public Sector Duty: This is a legal rule that says public services must treat everyone the same.









Communicate Differently: Some people do not communicate using words. Some people use other ways to communicate their wishes and needs. People can use movement, sounds, pictures, or technology to communicate.
This way of sharing is called communicating differently. It helps everyone share their wishes in their own way.



Why Is It Important To Share Your Wishes About Where You Want To Live?

2011



In 2011, a **policy** called Time to Move on from **congregated settings** was made by the HSE.



This **policy** said it was not a good idea for people with disabilities to live in big, **congregated settings**, away from the community.



This **policy** talked about how people with disabilities should live in the community like everyone else.





OR



This **policy** said people with disabilities should live in smaller houses on their own, or with 4 other people or less.



This **policy** said the HSE must make sure everyone living in a big, congregated setting would move to a smaller house in the community.



NAS is worried that it has been a long time since this **policy** was made and that not many people have moved out of **congregated settings.**



NAS thinks it is very important to remind everyone about this **policy**. NAS would like to see this **policy** used to help people to move to smaller homes in the community.



NAS thinks it's important for everyone living in **congregated settings** to be supported to have their wishes on where they want to live understood and written down.



NAS would like to see people's wishes on where they move to in the community respected.



It is important to let people know what your wishes are so that they can help you.



It is important that people work with you to understand your wishes, using your choice of communication.



You can ask for these wishes to be written down so that everyone will know what these are.



You can make changes to this record and change your wishes at any time.







NAS has created this booklet to make sure that if you live in a **congregated setting**, your wishes are understood and written down about where you live or where you want to live.



Rules To Support You:



There are lots of rules around supporting you to have your wishes on where you want to live respected.



Some of these rules are:

The government and **public services** have a **Public Sector Duty** to respect everyone's rights and to treat everyone the same.







The **UNCRPD** says that people with disabilities have the same choices as everyone else about where they want to live and with who.





The **UNCRPD** says that you have a right to choose how you communicate.





The **ADMCA** and **UNCRPD** say that people working with you should always try and find out what your wishes are, even if you **communicate differently**.







The **ADMCA** says it is important that people working with you try to understand how you communicate as part of helping you to make choices. One of these choices could be about where you want to live.



4 Ways To Understand Your Wishes:









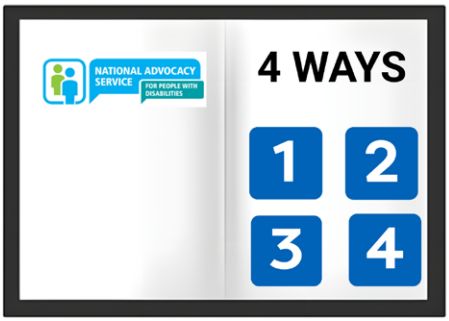


If you **communicate differently**, there are ways to help you to share your wishes. This helps others understand what you want.





This helps you make important decisions. For example, you can decide where you want to live or who you want to live with.



NAS uses 4 ways to understand in helping to make a person's wishes known.



These are 4 ways to help us to learn about you and make sure you have good information to make decisions.



Anyone who supports you can also use these 4 ways to help you make decisions and show others what you want.



These 4 ways are:

1. What matters to you.
2. Your life and your choices.
3. How you show us what you want.
4. Your rights are important.



The people who support you can write down what they have learned about your wishes in this booklet, to make sure everyone understands what is important to you.



The people who support you can look at this to make sure everyone understands and respects your wishes.



1. What Matters To You :



This means getting to know you by understanding what is important to you. For example, finding out as much as possible from the people who know you best.



It is about working with you to understand how you communicate and what makes you happy.



It is about talking to the people who are important to you and who know you very well.



This helps the people who support you to understand you better. They can help you share your thoughts and wishes.



2. Your Life And Your Choices:



Everyone should have a good life.



This is about looking at your life to make sure you have the same choices as everyone else.



People can do this by looking at 8 different areas in your life, for example are you able to live an ordinary life and have friends, can you pick what you want to do and where you want to live.



Everyone should have a good life that makes them happy in these 8 areas.



To look at these 8 areas in your life, people can ask questions. They can ask these questions to services or important people.



This makes them think about your point of view and what you want in your life.



An example of one of these areas would be self-determination. This means that you are the one making decisions about your life. One of these decisions could be about where you want to live.



3. How You Show Us What You Want:



This means someone will spend time with you in places and with people that are important to you.



This could be in your home, your job, in your day service, with different people like your family, your friends or with people who support you.



This can help people learn new things about you from what they see. This can help them think differently about you.



This can help people understand what you like and don't like.



This can help people understand what is going well and what is not going well for you in your life.



This can help people understand your needs and wishes better.



This can improve how others treat you and support you.



4. Your Rights Are Important:



Rights are something that everyone has.



We are all born with rights and they should not be taken away.



People and services must respect and uphold our rights.



You have the right to make decisions about your life.



An example is that you have a right to choose where you live.



Using this way, people can look at your life to make sure you are being treated fairly and enjoying the same rights as everyone else.



If someone thinks your rights are not being respected, you might need help.



This could mean talking to people who can change this for you or making a complaint.



If this doesn't make things better for you, you can talk to a service like NAS or to a person who knows the law.



When they are used together, these 4 ways can help the people who support you to understand your wishes and help you to make decisions.



You can use the rest of this booklet to make sure someone understands and writes down your wishes.

Me & My Wishes



This next section is for you to help list a person's wishes, helping to ensure their wishes on where they would like to live are written down. This section can change over time and the person can change them whenever they want. This is to help you work together to list all of the things that are important to the person, so that their voice and their wishes are heard.

Name _____

Supported by _____

	This information is to help tell people what I like and what I want.
	There are no right or wrong answers.
	What to think about before filling this in:



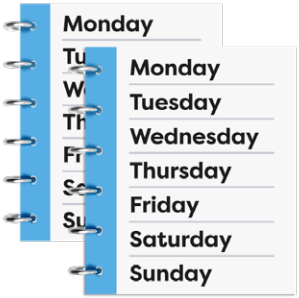
People:



Who is important to me?



How long have they known me?



How often do we see each other?



Important people in my life might be friends, family, staff in my services, key workers, professionals or someone else.



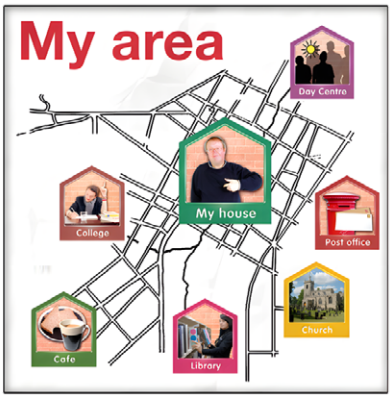
Do you need to talk to my doctor to make sure people are thinking about my medical needs?



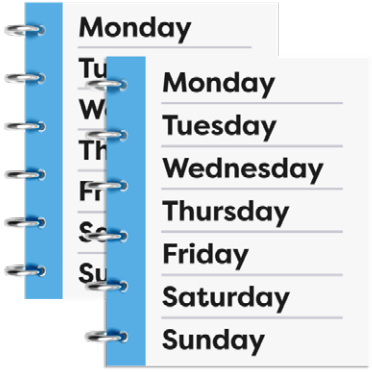
Places:



What places are important to me? These might be a café, my day service, my college, my job or somewhere else.



Where do I really like to spend my time?



How often do I go to these places?



Who do I go to these places with?



Communicate

Communication:



How do I like to communicate? For example, do I like to use pictures, Lámh or a communication device?



Do I have a speech and language communication report and is this up to date?



Do I have a communication passport and is this up to date?

1. What Matters To Me:

Things I like:

1.

2.

3.

4.

5.

6.

Things I don't like:

1.

2.

3.

4.

5.

6.

Things that are important to me, such as having a garden, my own bedroom, my own bathroom, living on my own or something else.

1.

2.

3.

4.

5.

6.

People that are important to me, for example, family, friends, my doctor or someone else.

1.

2.

3.

4.

5.

6.

Is it important that I live near any of these important people, for example, so that we can visit each other?

How do we visit each other now and will we still be able to do this?

Places that are important to me, for example, a friend's house, my day service, my job, my doctor or somewhere else.

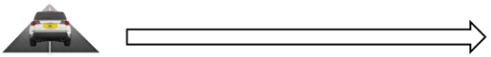
1.
2.
3.
4.
5.
6.

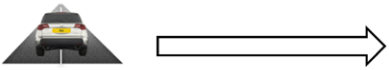
Is it important that I live near any of these places, for example, so that I can still go to my day service?

Where would I like to live?

Are there any other places nearby where I would also be happy to live?

If there were no houses available in the place I would like to live or nearby, would I prefer to live a long or short drive away?

Long Drive 

Short Drive 

I don't mind 

Are there any other things a home for me must have, for example, close to public transport, accessibility, good Wi-Fi, sensory supports or something else?

When I think about a place to call home, what does it look like?

Maybe I would like to draw this?

Have I lived anywhere else and why did I move?

Is there anything else I would like to tell people about where I would like to live?

2. Your Life And Your Choices:

Below are some examples of questions using the 8 areas of your life and choices for us to think about together when talking about where you want to live.

1. Self Determination:

- Do I get to choose who I want to live with or do I want to live alone?
- Have people thought about my wishes when making this decision?
- Can I still do all the things that I like to do?
- Can I decorate my space the way I would like?

What we have learnt together

2. Relationships:

- If I move, will I be close to my family, friends or services?
- Will I be able to live with the same people?
- If I move, will I be able to choose who I live with?

What we have learnt together

3. Emotional Wellbeing:

- If I move, will a new home meet my needs and be comfortable for me?
- Will I have my own space and privacy and what does this look like?
- What would I not like or find upsetting if I were to move somewhere new?

What we have learnt together

4. Physical Wellbeing:

- If I move, will a new home be accessible for me and meet my needs?
- Will I easily be able to get to the places and people that are important to me?
- Will I be able to bring all the things I own?

What we have learnt together

5. Financial Wellbeing:

- Will there be any change to the amount of money I will have to pay?
- Will I need to change anything about how I manage my money?
- Will I need to change anything about how I budget my money?

What we have learnt together

6. Personal Development:

- Will a new home support the level of independence I want?
- Will I be able to access the services that support my personal development such as my day service, my job or training?

What we have learnt together

7. Social Inclusion:

- Will I be close to my community and easily be able to access it?
- Will I be able to use public or accessible transport to access the community?
- If this is a new community, will there be a way to help me get to know it?

What we have learnt together

8. Rights:

- If I move, will I be able to access a new home freely? For example, by having my own key?
- There is more information about Rights under the Your Rights are Important section.

What we have learnt together

3. How You Show Us What You Want:

This way of showing your wishes lets me spend time with you in the places that you care about. It is about me looking at the ways in which you show you are happy or unhappy. We can do this at different times and in different places that are important to you.

Things to look for:

- How do I react in different places and with different people?
- How do I communicate in different places and with different people?
- Where am I when I appear to communicate I am happy and how do I do this?
- What place(s) do I appear to communicate I am not happy and how do I do this?
- Are there any people that I communicate with that I am really happy to see?
- Do I communicate that I am happier in a group or do I appear happier in my own company?
- Do I communicate in different ways in different environments, can you document this?

Thinking about where I live now to understand what I would like in a new home:

- Do I currently live with other people and if I do, do we spend time together? For example, do we choose to have our meals together, to watch television together or to do something else together?
- If I do not live with other people, do I like my own company or do I seek out company from others?
- What are the things about where I live now that I communicate I like?
- What are the things about where I live now that I communicate that I do not like?
- Is there anything you have seen about where I live that does not meet my needs?
- Is there anything you have seen about where I live that really supports me?
- Do I want you to talk to anyone else about this?

Now that we have thought about all of this together, I can write down what I understand you have communicated to me. I can do this on the next page. This will help show people what you like and what you don't like. It will help show people who you like and who you don't like. It will help people understand what is important to you. This can change over time and we will write this down too if it does.

1. What you've shown me

Place: _____ **Date:** _____

Who was there? _____

What did I see?

2. What you've shown me

Place: _____ **Date:** _____

Who was there? _____

What did I see?

3. What you've shown me

Place: _____ **Date:** _____

Who was there? _____

What did I see?

4. What you've shown me

Place: _____ **Date:** _____

Who was there? _____

What did I see?

4. Your Rights Are Important:

Things to consider:

- Has anyone asked me where I want to live?
- Do I have choice and control over this decision?
- Have I been included in this decision and/or have important people to me been included, if this is my wish?
- Have I been invited to meetings about this?
- Has my communication style been supported and respected in relation to making an informed decision?
- Have I been provided with information in a format that is accessible to me?
- Have my wishes been made known to the decision-makers?
- Have my wishes been recorded on my personal file or in a place that they can be accessed?

What have we learnt?

Signature: _____

Date: _____

Contact details:

	If I feel my wishes are not being listened to, I can contact an independent advocacy service such as NAS. NAS details are:
	By phone: **0818 07 3000**
	or by email at **info@advocacy.ie**

National Advocacy Service
For people with disabilities

Citizens **Information** Board
information · advice · advocacy

Coimisiún na hÉireann um Chearta an Duine agus Comhionannas
Irish Human Rights and Equality Commission

Deontas-mhaoinithe
Grant Funded

If you would like the support of an Independent Advocate, you can:

Call us:
0818 07 3000

Complete a form on our website:

Email us:
info@advocacy.ie

Send a letter:
National Advocacy Service (NAS) for People with Disabilities
Level 3 Rear Unit
Marshalsea Court
Merchant's Quay
Dublin 8
D08 AEY8

or

You can ask someone else to help you contact us.
More information is available on our website: www.advocacy.ie