

Bill Of Rights Charter



Written by
people with learning disabilities
2012



people first forum

giving a voice to people with learning disabilities



This Charter



In 2004 members of Poole Forum and Bournemouth People First (now People First Forum), and People First Dorset wrote their own Bill Of Rights without staff.



In 2011 they updated and added to the Bill Of Rights. They feel the message should be spread to as many people as possible so we have made this Charter.



This Charter is for organisations, services and individuals to sign up to, to say that they will support and work to the Bill Of Rights - the rights that most people take for granted!

Equality



We hope that you will sign up and show your support to achieving equal rights for all. Read on to find out more about the Bill Of Rights...

Bill Of Rights



The right to feel safe when going out

- from strangers, from burglars and from bullying



The right to feel safe in our own homes

- to learn how to be safe in our home
- to feel safe from staff
- to be able to report staff when they are mean



The right to live where we want to live

- to live where we want to
- to live with who we want to
- to make choices in the home and elsewhere



The right to support when and if I need it

- to choose our own carers and to choose how we are supported
- to respectful 'give and take' between carers and service users



The right to relationships

- to learn about friendships
- to marriage
- to engagements
- to sex education
- to choose when to have a relationship or not



The right to say NO!

- to bullying
- to drugs or drink
- to strangers
- to parents
- to staff



The right to confidentiality

- when making a report it won't come back on us
- we decide who sees our life plan
- around health issues (patient - doctor)



The right to communicate

- to use the latest technology (e.g iPads)
- to alternative communication
- to plain language with pictures



The right to independence

- to make decisions
- to go out
- to take care of our own stuff
- to run our own business
- to choose what to do
- to come and go when we want
- to be the boss of our own life
- to control our own money
- to a job



The right to adulthood

- to make our own decisions
- to get married
- to have children
- to have sex
- to birth control
- to vote
- to have a drink



The right to use public facilities

- swimming pools
- libraries etc



The right to transport

- to accessible transport
- to learn to drive



The right to good health care

- to confidentiality around health issues (patient - doctor)
- to make decisions
- to choose what to do
- to plain language with pictures

Listen to us!



The right to have our voice heard by the Government about

- day services
- good health care
- living where we want to
- jobs



The right to freedom of speech

- to be the boss of our own life
- to make decisions
- to choose what to do



The right to have feelings

- to grief
- to get angry

Sign Up

To sign up, all you need to do is contact your nearest group:

- People First Forum
- People First Dorset



Your logo will then be added to the website to show you are supporting the Bill Of Rights.

We would like to thank Dave Hingsburger who facilitated both Bill Of Rights events (2004 and 2011).

Dave Hingsburger is a well known author and disability rights speaker from Canada.



Photo: just some of us with Dave Hingsburger in 2011

Contact Us

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giving a voice to people with learning disabilities

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