



Centre on Human Rights  
for People with Disabilities

**Advocacy Service**

**Have your voice heard**



**Supporting people with disabilities to  
get their human rights**

**Easy read**



## Who we are

We are Disability Action's Centre on Human Rights.



Our job is to

- tell people about the human rights of people with disabilities
- protect the human rights of people with disabilities.

## What are human rights?

Human rights are about how we treat each other.

They are about

- respect
- freedom
- equality
- dignity
- fairness.



Human rights are about being treated in a good and fair way.

Every disabled person has the same rights as everyone else.



There are laws to protect our human rights.

In Northern Ireland we have a law called the **Human Rights Act (1998)**.

# More about human rights



There is an agreement called **United Nations Convention on the Rights of Persons with Disabilities**.

Counties that sign this agreement promise to make sure that disabled people get their human rights. It says people with disabilities have the same human rights as everyone else.



Here are some examples of human rights

## **Healthcare**

You should get the same standard of healthcare as everyone else.



## **Education**

Disabled people should get the same chance to go to school and college and learn as everyone else.



## **Live independently**

You should be able to live your life the way you want to. You should get the chance to do as much for yourself as you can.

# Disabled people can find it harder to get their human rights



Sometimes disabled people find they are not treated in a good and fair way.

Disabled people can find it harder to get the same choices in life as everyone else.



Disability Action's Centre on Human Rights can help you.



We have **advocates** who can help you speak up.

# What is an advocate?



An **advocate** is someone who helps you to speak up for yourself.

They can also speak up for you if you find it hard to do this yourself.

You can speak to an advocate if you are not happy about something.

For example



- you may not be happy about the way someone has treated you



- you may not like where you live



- you may feel like you do not have a say in what is happening in your life

# Some of the ways an advocate can help you

Here are some of the ways an advocate can help you



- help you to understand your rights



- help you to speak up if you are not happy about something



- make sure you have choices about your life



- help you to have a say in how you want to live your life



- support you in meetings

## Some more ways an advocate can help you



- help you explain what you want to your family and other people in your life



- explain things to your social worker for you



- try make changes happen so you are happier.



You can speak to an advocate in private.

An advocate is there to support you.



All our advocates are trained to be able to support people to speak up.

They have lots of experience in working with disabled people.

# Contact an advocate



Human Rights Advocate  
Disability Action's Centre on Human Rights  
Portside Business Park  
189 Airport Road West  
Belfast  
BT3 9ED



Telephone: 028 9029 7880



Textphone: 028 9029 7882



Email: [humanrights@disabilityaction.org](mailto:humanrights@disabilityaction.org)



Website: [www.disabilityhumanrights.org](http://www.disabilityhumanrights.org)

**Mencap made this easy read.  
Thanks to Photosymbols for the pictures.**