



Centre on Human Rights  
for People with Disabilities

# Understanding your human rights



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

This leaflet tells you about human rights and disabled people.

**Easy read**

# 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.

## Examples of human rights

### The right to healthcare

Disabled people should get the same standard of healthcare as everyone else.



### The right to education

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



### The right to work

Disabled people have the right to work.



## More examples of human rights



### **The right to live independently and participate in the community**

Disabled people have the right to live where they want. Disabled people should be able to join in with activities and groups with everyone else.



### **The right to get justice**

Disabled people should have the same rights as everyone to

- go to court
- take other people to court
- take part in what happens in courts.

### **The right to a good enough standard of living**

Disabled people have an equal right to a good enough standard of living for them and their families.

This is about basic things to live like

- food
- clothing
- housing
- clean water.



### **The right not to be tortured or cruelly treated**

No one should be treated cruelly or tortured.

# Protecting your human rights



## **The European Convention on Human Rights (1950)**

This is a law called an **international treaty**.

This law is to protect the human rights of people who live in Europe.

Northern Ireland is part of Europe.

In Northern Ireland we have a law called the **Human Rights Act (1998)**. **This protects the human rights of everyone.**



We also have a law called the **Disability Discrimination Act**.

This law is to protect disabled people from being treated unfairly.

There is an agreement to protect the human rights of disabled people.



It is called the **United Nations Convention on the Rights of Persons with Disabilities**.

Countries that sign this agreement promise to make sure disabled people get their human rights.

It says people with disabilities have the same human rights as everyone else.



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# How Disability Action's Centre on Human Rights can help you

Disability Action's Centre on Human Rights works



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



## Understanding your rights

We run training sessions about human rights for

- people with disabilities
- the families of disabled people
- disabled people's groups.



## Supporting your group

We can help disabled people and disabled people's groups understand more about human rights.



## Supporting you to get your rights

If you are a disabled person and you think your human rights have not been respected you can speak to one of our advocates.

They can help you speak up.



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# To find out more about Disability Action's Centre on Human Rights

## Contact



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**Mencap made this easy read.  
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