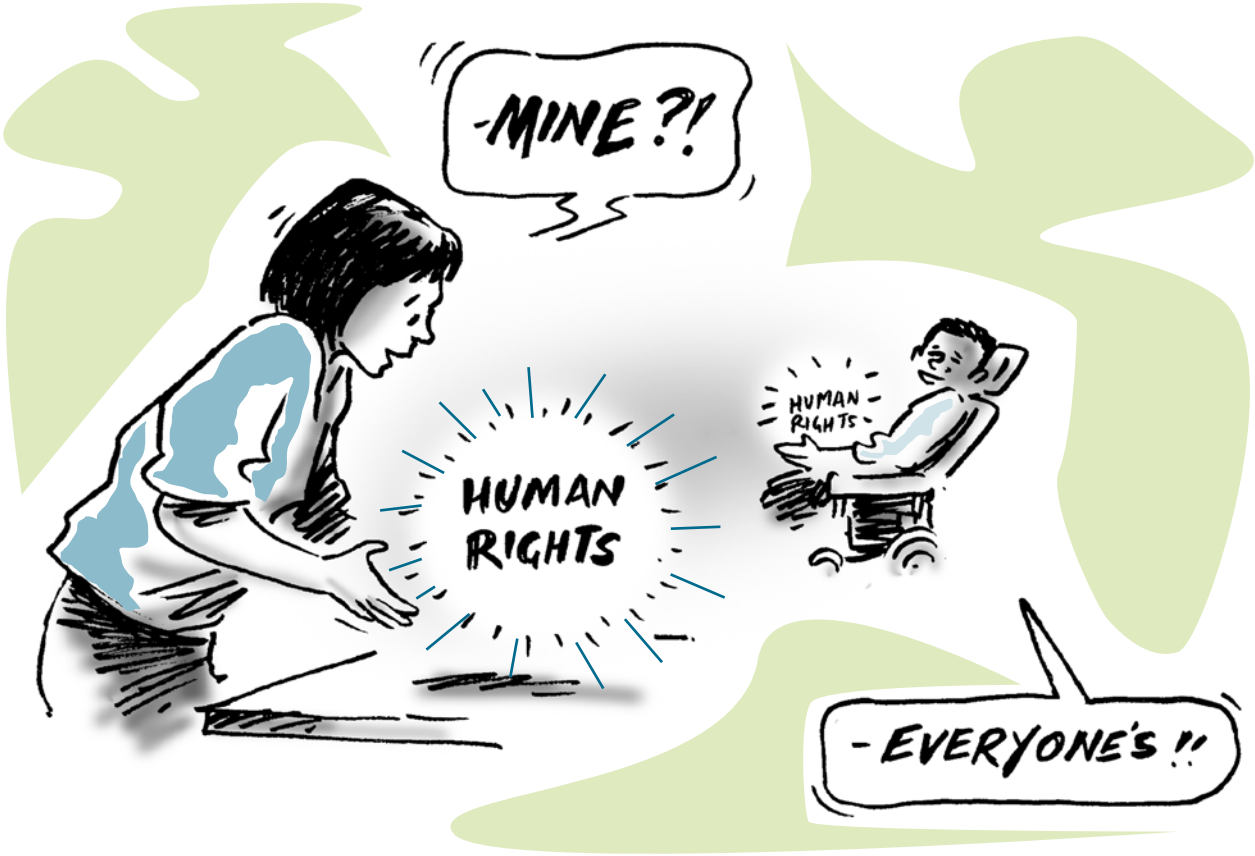
Everyone has human rights

Understand Yours!



A guide to human rights for people with disability

About QAI

Queensland Advocacy Incorporated has published this booklet. "QAI" is Queensland Advocacy Incorporated for short.

QAI is an advocacy organisation for people with disability. QAI stands up for your rights.

About this booklet

This booklet is part of a project that aims to tell you about your human rights. The project also aims to find out if your human rights are being respected.

Contact QAI

You can contact QAI by:

Visiting	Suite 2, Ground Floor Brisbane Transit Centre 151 Roma Street, Brisbane Qld 4000
Writing	You can also write a letter to this address
Ring up	1300 130 582 or (07) 3236 1122
Send a fax	(07) 3236 1590
Email	qai@qai.org.au
QAI's website is at	www.qai.org.au

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Your human rights

Human rights are the most important rights.

Human rights belong to every person.

This book tells you about your human rights.

Knowing about your human rights is the first step towards having your rights respected.

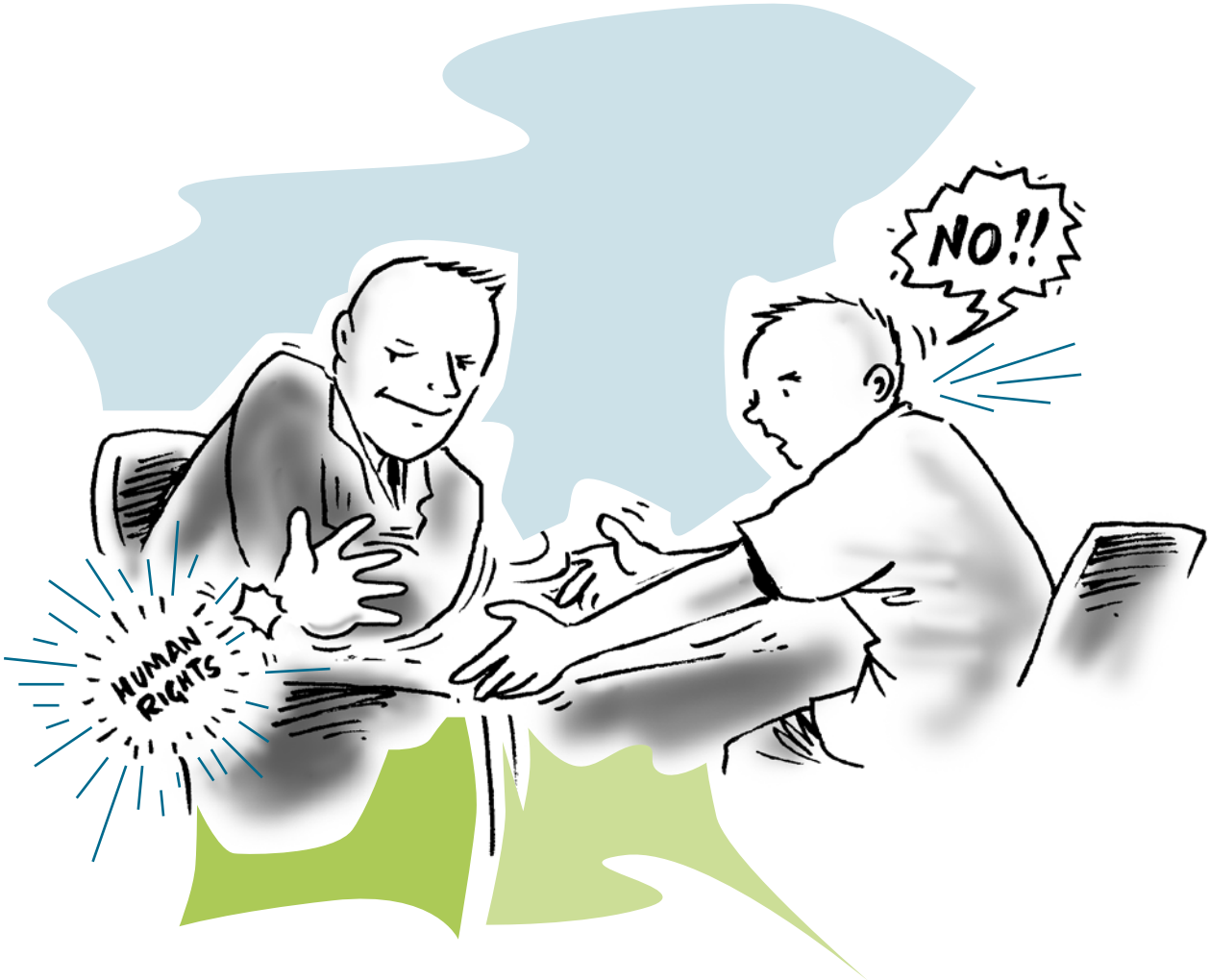
There is a lot to know about human rights.

This book is only a start.

Some human rights have to be followed right now.

Other human rights have to be worked on over time.

Along with human rights also comes responsibilities.



You have the right to complain when your rights are not respected.

You can get help from someone you trust.

QAI can also help you find the right person to talk to.

You are just as important as anyone else.

No one is allowed to put you down, or make you feel bad about yourself.

You have the right to be treated the same as everyone else.

No one is allowed to treat you unfairly because of your disability.

You have the right to extra help you need to do things that other people can do.

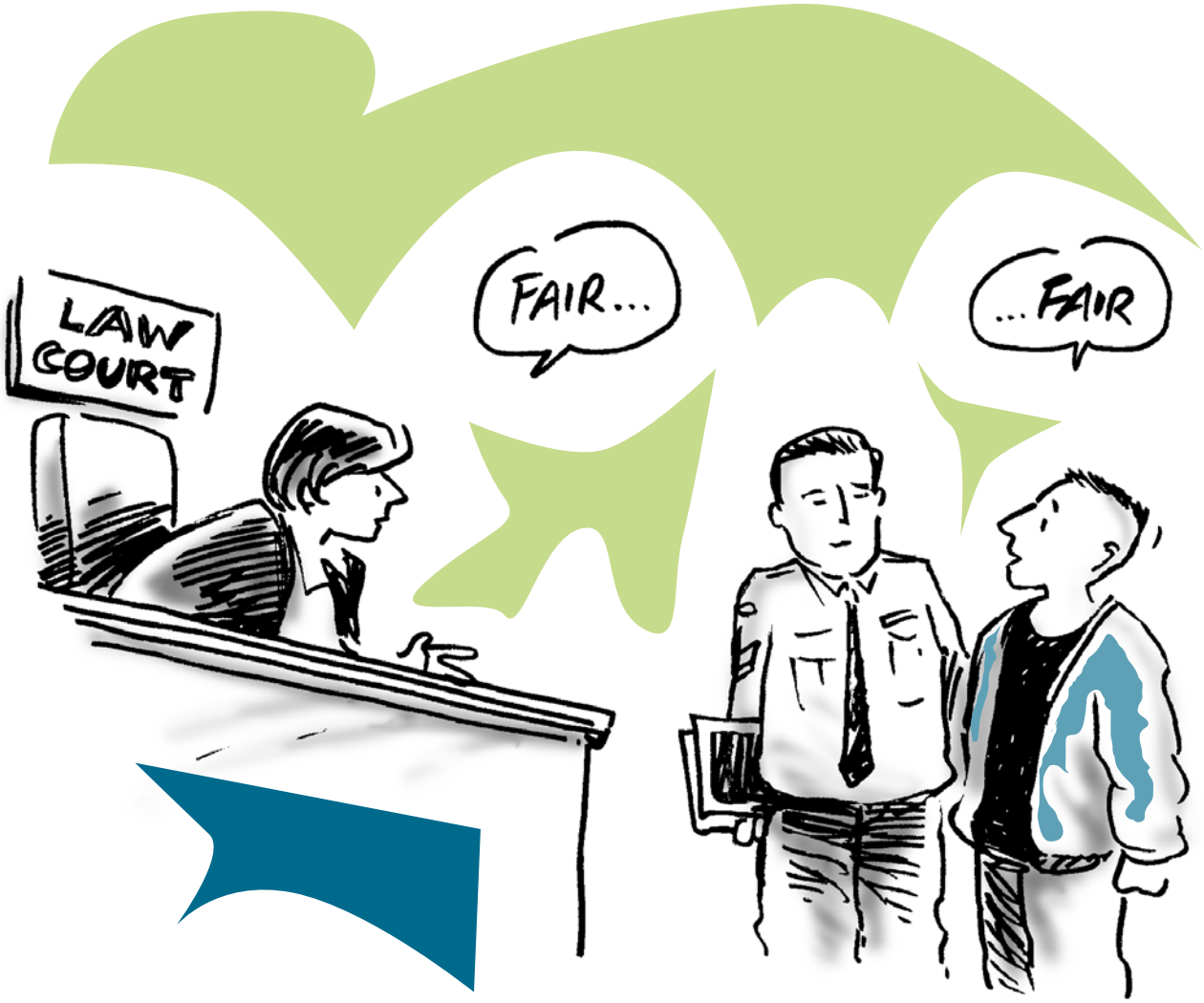
You have the right to life.

You have the right to the things you need to stay alive.

You have the right to learn things, and be as independent as possible.

You have the right to be safe in emergency situations.

Emergency situations include bush fires, floods, and fires in buildings.

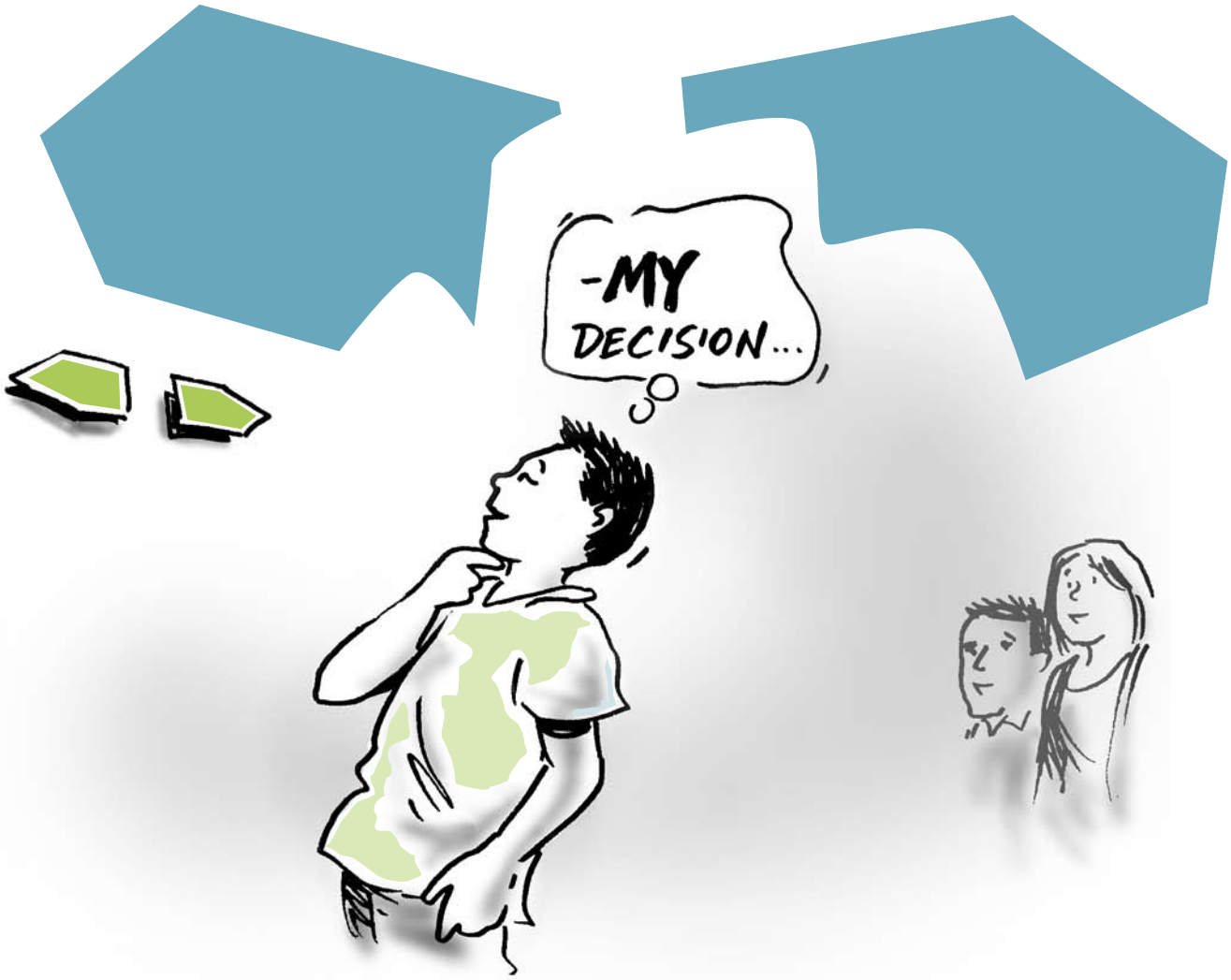


You have the right to be treated fairly by the law.

This includes extra help you need from police, lawyers, courts, or when you are in goal.

You have the right to a fair hearing if you have to go to court.

You have the right to use the law to protect your rights.



You have the right to make your own decisions.

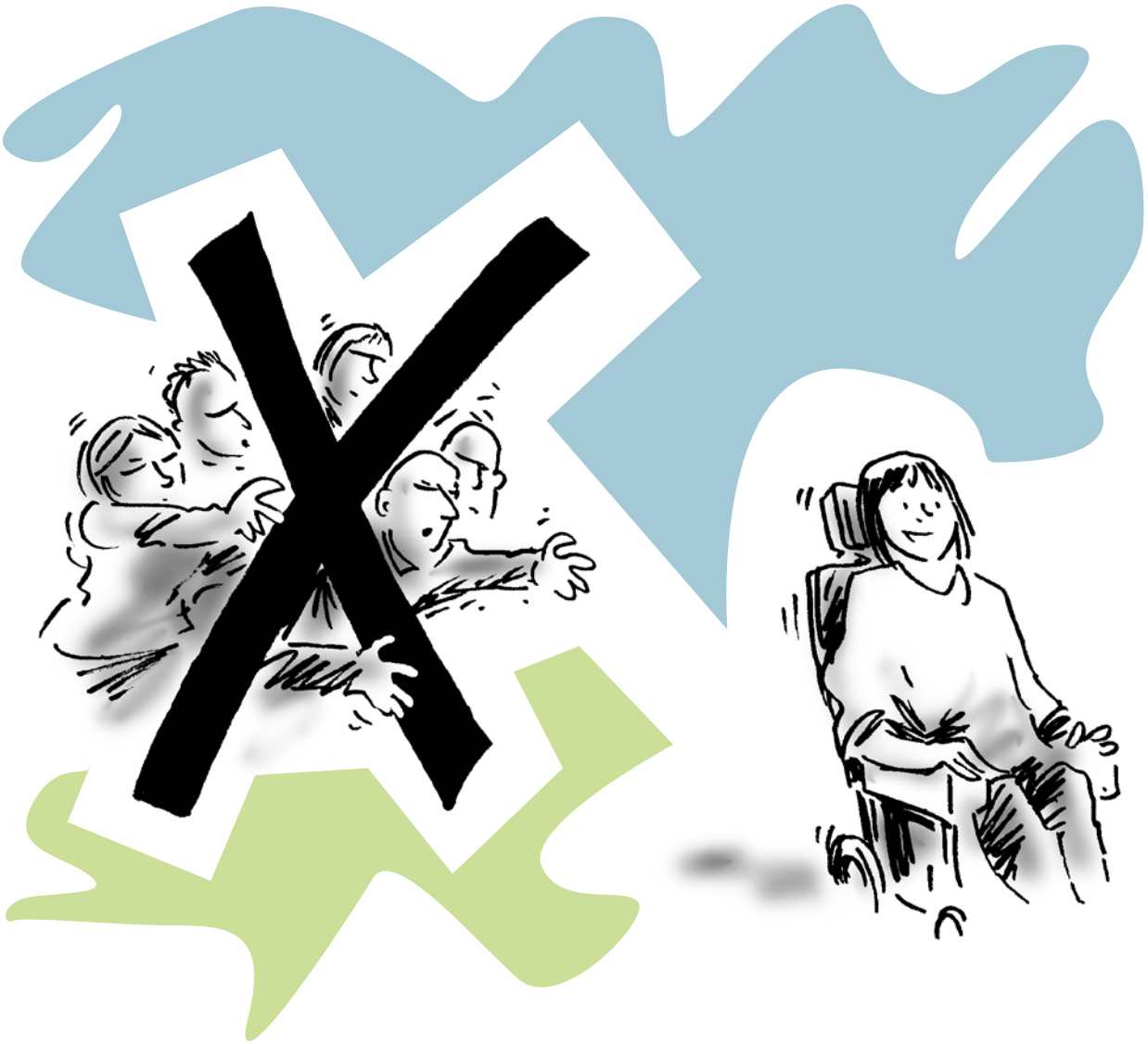
If you need support to make decisions, your support person should only provide the help you really need. They should not take over.

You must be treated fairly by anyone who helps you make decisions.

You have the right to have your own money.

You also have the right to own things.

You have the same rights as anyone else to be left things in a will.



No one is allowed to do things that hurt you.

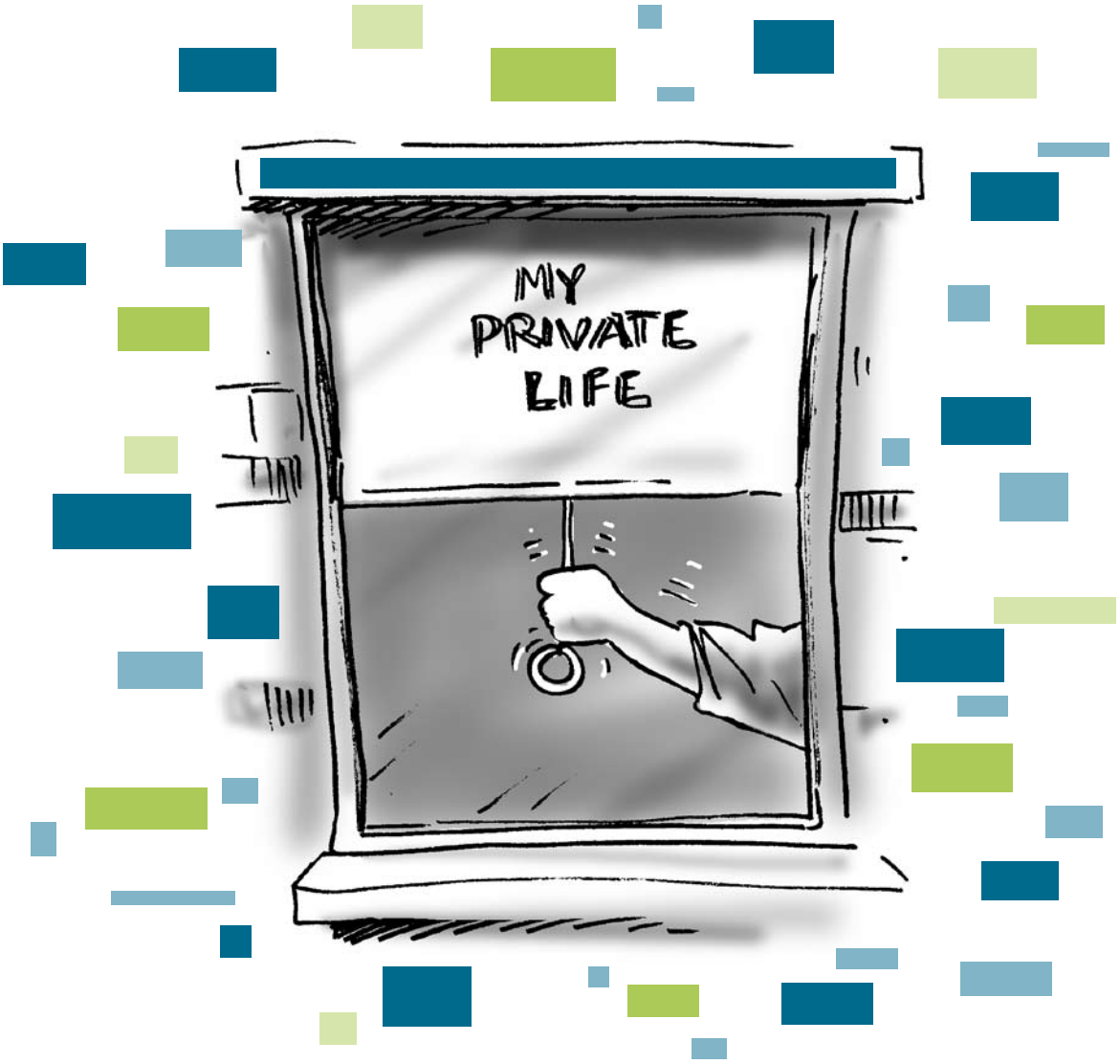
No one is allowed to do things that upset you.

No one is allowed to do things that make you feel bad about yourself.

No one is allowed to cheat you.

You have the right to live your own life.

No one can make you do things you don't want to (unless the law says they can).



You have the right to a private life.

You have the right to keep your information private.

No one is allowed to say things about you that are untrue or unfair.

You have the right to choose your own friends.

No one can stop you from seeing anyone you want to (unless the law says they can)

You have the right to be involved in organisations that stand up for your rights.

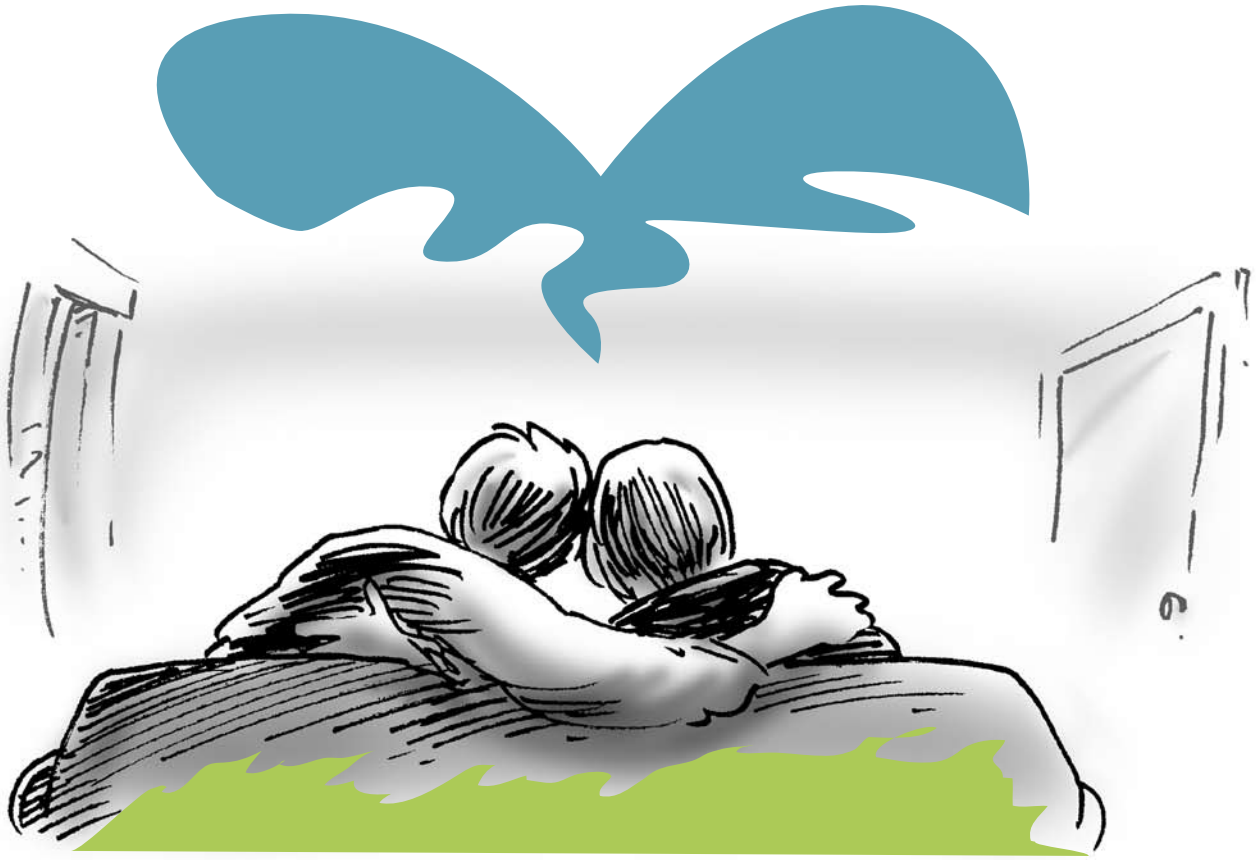
You have the right to your own opinion about things.

No one can tell you what to think.

You have the right to say what your opinion is without getting into trouble.

You have the right to choose your own religion.

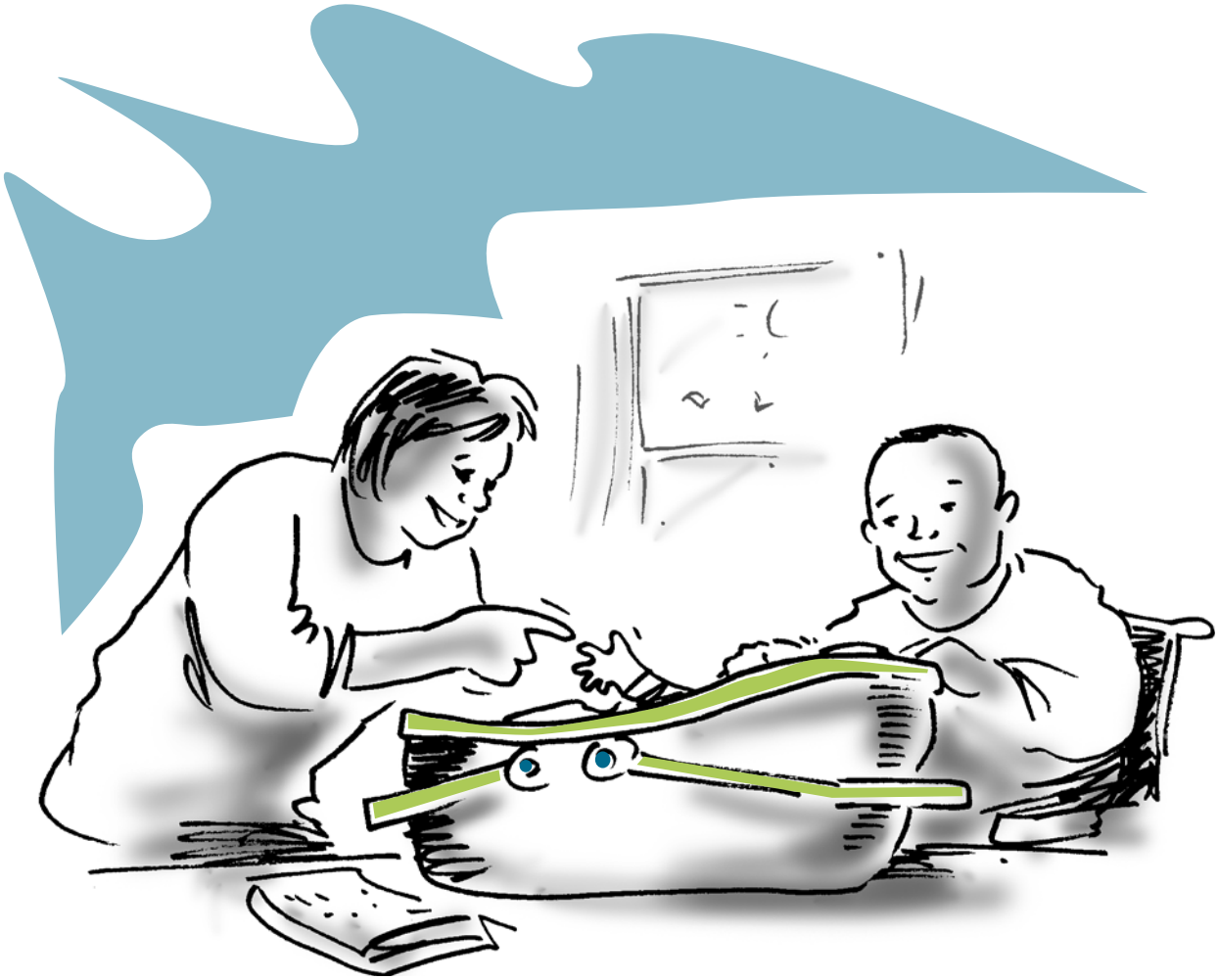
No one can make you be religious if you don't want to be.



You have the right to have a private relationship with another person.

You have the right to have sex with another person if you are both adults, and that's what you both want.

You have the right to get married if you and your partner want to.



You have the right to have children if you and your partner want to.

You have the right to information and support about family planning.

Family planning helps you work out if you want to have children, and when you want to have them.

You have the right to live where you want to.

You have the right to live with people you want to live with.

You have the right to support services in the community that will help you live the way you want to.

You have the right to live in the community.

No one can make you live in an institution (unless the law says they can).

You have the right to be as independent as possible.

You have the right to equipment and services that will help you be more independent.

You have the right to get help to learn skills to be more independent.

You have the right to get help to learn how to do things again if you have been sick or if you had an accident.

You have the right to be able to use things that everyone else uses.

This includes buildings, transport and information. Even things like signs should be easy to read.

You have the right to a good education.

You have the right to an education in a regular school.

You have the right to keep learning things for your whole life if you want to.

You have the right to get extra help you need to learn things.

You have the right to get involved in politics.

You have the right to a secret vote in elections.

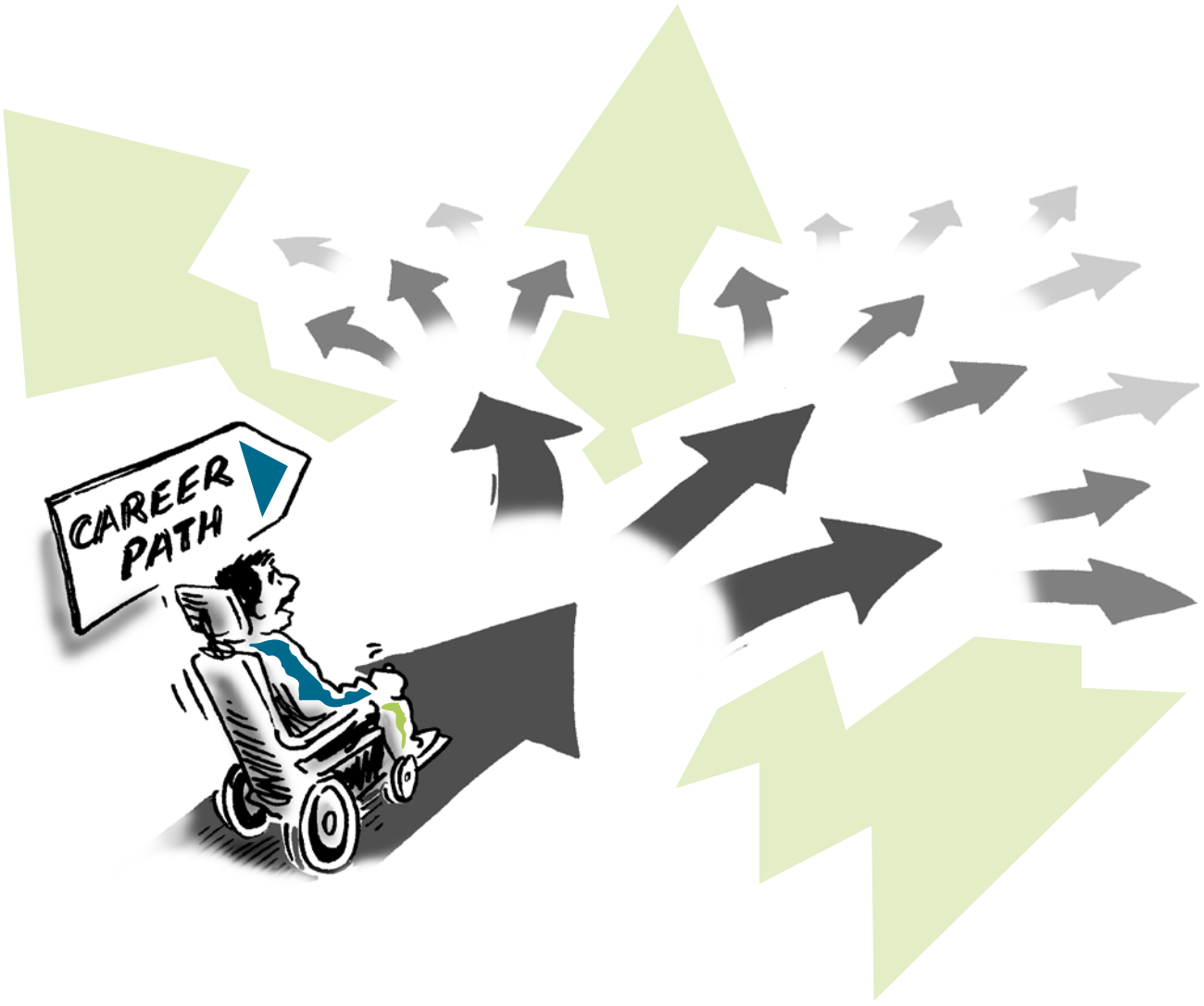
You have the right to have your say about things the government wants to do.

You have the right to work.

You have the right to a regular job in the community.

You have the right to fair conditions of work, including fair pay.

You have the right to be safe at work.



You have the right to try to get a better job if you want to.

You have the right to extra help you need to get or keep a job.

You have the right to a good standard of living.

This includes the right to good housing and any support you need because of your disability.

You have the right to social security.

This means that you get enough money to live on from the government if you can't earn enough by working.

You have the right to the best possible health care.

You have the right to the same health care services that everyone else can use.

You also have the right to any special health care you need because of your disability.

You have the right to choose your own doctor.

Your doctor has to explain things to you.

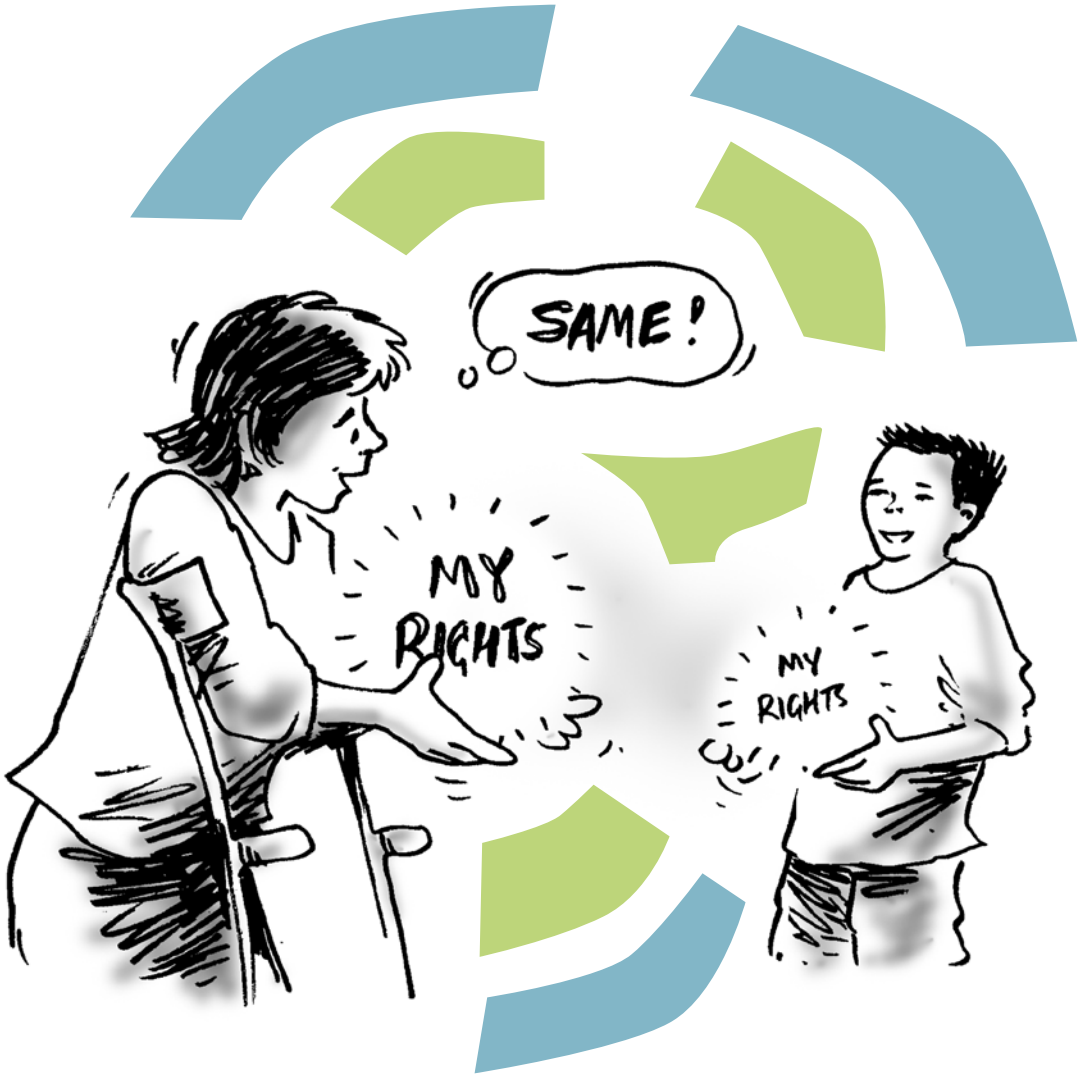
Its up to you to make decisions about your own health care.
(unless the law says someone else can make these decisions for you)

You have the right to be involved in sport.

You have the right to have time to yourself to do fun things.

You have the right to go to art galleries, museums, movies, plays, and concerts.

You have the right to be involved in singing, dancing, or making art.



If you are a woman or a girl, you have the same rights that men and boys have.

You also have the right to get extra help you need because you are a woman or girl.

If you are from ...

.... an Aboriginal or Torres Strait Islander background, or

.... a Non-English speaking background ...

you have the same rights as anybody else.

You have the right to get extra help you need because of your race, language or culture.

You have the right to belong to your culture.

Thank you

Some other organisations have helped QAI publish this booklet.
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Endeavour Foundation
Mamre
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Carers Queensland
Cootharinga Society of North Queensland
AMPARO Advocacy Inc
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