
















Your Rights – Easy Read

 People with intellectual disabilities have the same rights as everyone else in Aotearoa New Zealand. New Zealand laws and international agreements protect these rights.


Your Rights

- ◆  To be treated with dignity and respect.
- ◆  To make your own choices (with support if needed).
- ◆  To live in the community, not in an institution.
- ◆  To get health care and go to the doctor.
- ◆  To go to school or learn new skills.
- ◆  To speak up and be listened to.
- ◆  To be safe and not be abused or neglected.
- ◆  To have friends, relationships, and privacy.
- ◆  To get support that works for you.

What protects your rights?

- ◆  The New Zealand Bill of Rights Act – protects your freedom and dignity.
- ◆  The Human Rights Act – says it is illegal to discriminate against disabled people.
- ◆  The Code of Rights – protects people using health and disability services.



- ◆  The United Nations Convention on the Rights of Persons with Disabilities – says disabled people must have the same rights as everyone else.

Who can help you?

- ◆  Citizen Advocacy Auckland – connects you with someone to stand beside you.
- ◆  Health and Disability Advocacy – 0800 555 050 – helps you speak up and make a complaint.
- ◆  Human Rights Commission – 0800 496 877 – helps with discrimination or unfair treatment.
- ◆  Community Law Centres – free legal help for people with low income.
- ◆  Auckland Disability Law – helps disabled people with legal issues like rights, housing and access to services.
- ◆  Website: www.communitylaw.org.nz/your-local-centre/auckland-disability-law