

Bill of Rights



HEREFORDSHIRE'S
LEARNING DISABILITY
PARTNERSHIP BOARD
everything about us but not without us

A Bill of Rights is a list of important things that helps a person to live their life as they want to.

If you feel you are getting treated unfairly see your carer, support worker or someone you trust. The Bill of Rights might help you explain why you are not being treated fairly.



I have the right to...



...be listened to with or without my carer with me



...know about my money



...have relationships



...receive Easy Read public information at the same time as everyone else



...not to be stared at, bullied, shouted at, labelled or talked down to



...feel safe



...privacy such as:
Private phone calls and a lock on my door



...have a say in decisions about my life such as:
To choose my daily routine
To see who I want including friends and family
To wear what I want



...my own possessions



...open my own post



...not be treated differently because of who I am or what I believe in



...equal health care



...have my own opinion and beliefs which, will be acted on and listened to seriously



...vote



...work or volunteer



...have my individual needs recognised and Reasonable Adjustments made so I can take part in ordinary activities like everyone else



...have a say in where I live and who I live with