

The Scottish Government has given money to the Independent Living Movement to help them. To find out more about the Independent Living in Scotland project please visit www.ilis.co.uk



You can find out more about the Equality and Human Rights Commission by going to our website:
www.equalityhumanrights.com

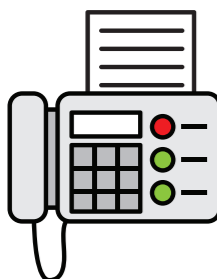
You can ask us about how we can help you by using the Equality and Human Rights Commission Helpline.



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**Equality and
Human Rights
Commission**

equalityhumanrights.com



What disabled people want for independent living in Scotland

EasyRead Version

What is independent living?

Independent living means you can have the same freedom, choice, dignity and control as other people at home, at work and in the community. It means a right to the practical help you need to take part in your community and to live an ordinary life.

Independent living does not have to mean living by yourself or looking after yourself.

What do people need for independent living?

It needs to be easy to get into and to move around in the places and buildings where people live, work and have fun.

It needs to be easy to use buses, trains, planes, taxis and the roads.

It needs good support services for people so they can have jobs, education, training and an ordinary life.

It needs the people who make laws, plans and services to support independent living.

This fits with the Basic Rights of Independent Living that have been agreed by disabled people. (see page 12)



Independent living in Scotland

The Scottish Government wants to make sure everyone can take part in the community and live an ordinary life.

To help with this, a group of people from different organisations is working with the Equalities and Human Rights Commission on the Independent Living in Scotland project. The group wanted to find out what has already been done to make independent living happen and what needs to happen next. That is why this report has been written.

The group found out that there have been new laws, government plans and better ways of working that have helped independent living – but there are still many things that stop disabled people from living like other people.

This report says what the important issues are and what needs to be done so more disabled people can enjoy independent living.

For more disabled people to enjoy independent living, there needs to be lots of action.

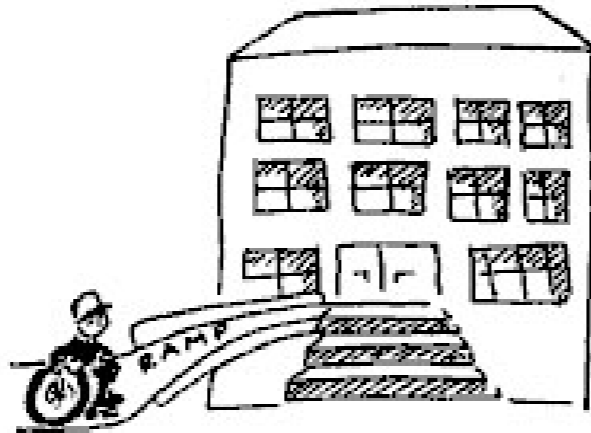


Actions for places, transport and housing

It can be hard for some people to get into and around buildings and public places.

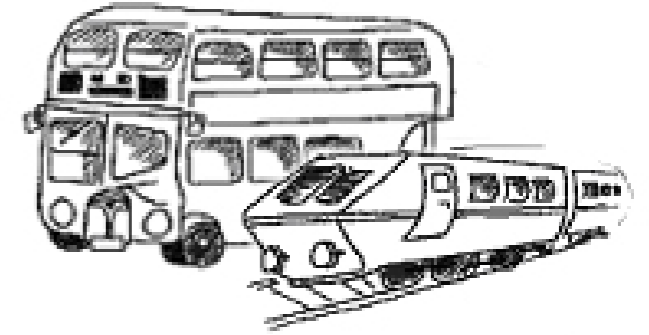
It can be hard for disabled people to get into and out of some buses, trains and taxis. It can be hard to get good information about ways and times to travel. People who are not disabled often park in spaces that are for disabled people.

Houses can cost a lot to buy or rent and are not always accessible for disabled people. It can be hard to get money to adapt houses to make them better for disabled people. It can be hard to get information about houses that are easy for disabled people to live in and about how someone can get a house.



Ideas for action :

- Make sure access panels can look at buildings and places and say how they can be easier for disabled people to use
- Make sure different kinds of transport, like buses and trains, link together so it is easier for people to get to where they want to go
- Have more public transport that comes when you ask for it, like dial-a-bus.
- Provide travel training for disabled people.
- When new houses are built, make sure the builders think about the needs of disabled people.
- Build more houses for people who use wheelchairs.
- Find more ways to help people who do not have much money to buy houses.
- Provide better information about all of these things.



Actions for personal support and services

It is important that disabled people get the right things when they use personal support and services.

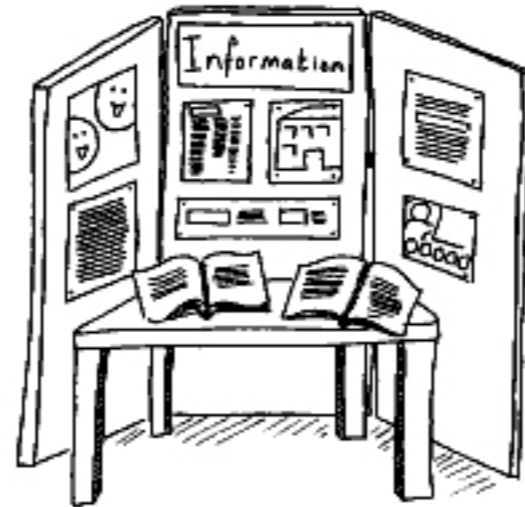
They can need:

- equipment
- personal assistants
- health services
- clear information
- help to speak up from others.

Some staff who work in health or social care services do not know much about disability and disabled people or about independent living. Sometimes disabled people are not given any choice or say about the health or social care services they get.

It is possible for disabled people to get self-directed support. This is a way of deciding or arranging your own services but not many disabled people use this.

People need good information, advice, advocacy and support. There are gaps in this across Scotland and organisations do not link together enough.



Ideas for action :

- Make sure services join up to look at all the needs of a disabled person and provide a service that is right for them and respects their rights and choices.
- Stop people from having a crisis or an emergency by helping them sooner.
- Tell people about self-directed support and set up better systems to help them get and use this.
- Support disabled people to be good employers when they employ their own personal assistants.
- Find out what information, advice and advocacy services there are in Scotland.
- Provide better information and support when people are moving from one place or service to another.



Actions for work, education and other areas of life

Independent living means people need the chance to have a job, money, education, training and learning. It also means people need the chance to take part in social activities and get out and about.

Disabled people are more likely to live on benefits. They are more likely to not have a job than people without disabilities. Disabled people sometimes need to spend a lot of money on equipment or care or transport. But often they do not have much money or savings.

Often disabled people do not have as good training and education as others. Sometimes, they do not get good information when they are leaving school.

It can be harder for disabled people to be volunteers or be on local or national groups because of lack of support.

Sometimes disabled people have been attacked just because they are disabled.



Ideas for action :

- Give more disabled people across Scotland help and support to get jobs.
- Give people better support when they leave school or move from one place or service to another.
- Provide more chances for work experience, training and being a volunteer.
- Protect people from being bullied or attacked. Make sure they are able to tell about this so there is more chance that someone will catch the bullies and attackers.

Actions for people who decide about laws, plans and services

Not many people know about independent living and the right of disabled people to have control over their own lives. This means that policies, plans, laws and services do not talk about independent living very often.

Different groups of people need different kinds of support and services that are right for them. Sometimes the people who provide services or others in the community do not treat disabled people fairly.

It has been hard to get enough money for independent living. Spending money on independent living can do many good things for disabled people and others. These things will also save money or help people get more money – but people do not talk about this enough.



Ideas for action :

- Make a big plan for independent living.
- Involve disabled people in more organisations and groups.
- Look at all laws and government plans to make sure these help independent living.
- Tell people what independent living means – especially the people who make plans and run services.
- Tell staff and others to treat disabled people more fairly.
- Say what services and others must do to help disabled people enjoy independent living and have ways of checking if this happens.
- Work out how much independent living costs and show how it helps everyone.



Basic rights

- The basic rights of independent living are:
- Information.
- Getting support from others like you.
- Places that are easy to live, work and move around in.
- Buses, taxis, planes and trains that are easy to use.
- Houses that are easy for disabled people to get into and live in.
- Equipment that helps people.
- Support just for you to do the things that you want to do.
- Education and learning.
- Having money every week.
- Having a job.
- Keeping well.
- Being able to speak up or getting help to speak up from others like you.
- Being able to communicate with others in the way that is best for you.



