# A toolkit: Using human rights to help move people from institutions to the community

# Easy Read

Easy Read logo of woman smiling and reading an Easy Read
 

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| A toolkit by the Scottish Human Rights Commission (SHRC) |  |

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## Who we are

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| Scottish Human Rights Commission logo | We are the Scottish Human Rights Commission. We are called SHRC for short. |
| People in a circle around a woman protecting her underneath a Scotland flag. | Our job is to protect people’s human rights in Scotland. |
| Woman pointing to herself | Human rights are rights that every person has. For example, the right to be alive and the right to go to school. |
| Headshots of the four defenders from the film | We made this toolkit together with 4 human rights defenders. Human rights defenders are people who work to make things better for other people's human rights. |
| Teenage boy inside a house that says "my house". He is smiling and giving 2 thumbs up | This toolkit is about the right to independent living. |
| Three people pointing at a paper copy of the UN Disability Rights treaty. | The United Nations Convention on the Rights of Persons with Disabilities says everyone has the human right to independent living. The convention is also called CRPD. |
| Teenage boy inside a house that says "my house". He is smiling and giving 2 thumbs upA woman writing at a table. A man sits next to her helping her. | The right to independent living means people should be living in their own homes in the community. They should be given support if they need it. |

## What human rights indicators are

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| Plant in three stages of growth from seed to leaves. Above the plant is a ruler measuring the change. | Indicators can help measure change. |
| Four plants in a row. On the left is a ruler measuring their height. | Indicators can tell you if things are getting better or if they are getting worse. |
| Plant being watered and under the sun | Indicators can also tell you what is needed to make things better. |

## Using indicators to help move people from institutions into the community

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| Speech bubble with a question mark in it | Indicators give human rights defenders questions to ask people in charge to check if they are doing all the pieces that human rights say they should. |
| Jigsaw puzzle Teenage boy inside a house that says "my house". He is smiling and giving 2 thumbs up | There are indicators that tell us all the pieces of the right to independent living. |
| A piece of paper with a list of promises the government made | Indicators tell us what commitments the government has made. A commitment is something the government has promised to do.  For example, has it made a plan to get people out of institutions. |
| Bags of money | Indicators tell us what efforts the government made to keep its promise. For example, we can check if the government has given money to pay to get people out of institutions. |
| Man walking out of a hospital door with a big smile. Underneath it says "The right to liberty". | Indicators tell us the outcome. This means what has happened. For example, how many people have moved out of institutions. |

## How to use indicators to check what is happening

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| 15 | We have made 15 signs of change to look for to check whether things are getting better or worse. |
| Calendars moving from 1st to 2nd to 3rd | One sign is to look for more laws and plans that protect the right to independent living. This is a sign of a commitment. |
| Two people stand at a white board One person is drawing and the other is pointing to the board | One sign is more people who work with people with learning disabilities and autistic people doing training to understand what people need. This is a sign of effort. |
| Secure hospital behind chain link fencing.Red cross meaning "no" | One sign is institutions like hospitals for people with learning disabilities being closed. This is a sign of outcome. |
| Screenshot of all the indicators from the toolkit. | You can read all our 15 signs of change in our toolkit which is available online [here](https://www.scottishhumanrights.com/projects-and-programmes/spotlight-projects/moving-from-institutions-to-independent-living/). |

## The route to independent living

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| Map of a town | We made a route map which shows what it will look like if things get better. It looks at 3 things:   * Access to support services * User control * Living arrangements |
| Family sitting on a couchPeople talking at a table. | Some examples of access to support services are living near your own family and being able to work. |
| Two people at the shops. One person is holding the shopping basket and the other is putting food in it.Four people chatting at a pub bar | Some examples of user control are being able to do what you want, like shopping or going to the pub. |
| White house | Some examples of living arrangements are being able to get a house and living somewhere you feel safe. |

## Follow the Money

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| Bags of money | A helpful way to test if Scotland is making progress on moving people from institutions to the community is to check how money has been spent. This will help to tell you about the commitments and efforts that have been made. |
| Speech bubble with question mark in it | This means asking questions like   * Do people with learning disabilities and autistic people get to say how they think money should be spent? * Is there clear and accessible information about how the money is spent? |

## What Human Rights Defenders can do

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| Front cover of the toolkit. It says "Measuring Change on Ending Institutionalisation in Scotland: A Toolkit for Human Rights Defenders". Hospital with padlocked doors surrounded by measuring tape | You could share this toolkit with people who make decisions about moving people learning disabilities and / or autistic people from institutions to the community. They can use it to help them. |
| Man gesturing and talking. Woman writing down what he is saying. | You can complain to:   * your MSP, * the Scottish Public Services Ombudsman, * the Care Inspectorate, * and the Mental Welfare Commission. |
| Lawyer in a suit with a briefcase. | You could speak to a lawyer if you are stuck in hospital. |
| Whistle | If you work in a service and are worried about human rights, you can become a whistleblower. A whistleblower is a person who tells someone about problems they see. |
| Man smiling and talking through a megaphone | You can speak up. We have 5 key messages you can use:   * Be transparent. * Understand people’s differences. * Mental health, learning disabilities and autism should be understood differently. * Be Accountable. * Take Ownership. |