



DONALD BEASLEY
INSTITUTE



My Experiences, My Rights: Health and Wellbeing Project

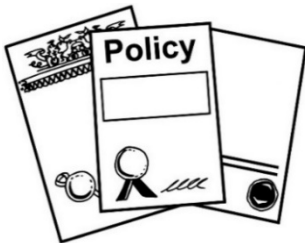


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The Donald Beasley Institute is looking into health and wellbeing issues for disabled people.



We would like to hear your thoughts about what we should look into.



We could look at things like **health policies and laws.**



Health policies and laws are rules made by the Government which health services must follow.



We could also look at things like your **rights**.



Rights are things that you are entitled to.

For example everyone has a right to things like:

- housing
- being kept safe
- having enough food to eat.

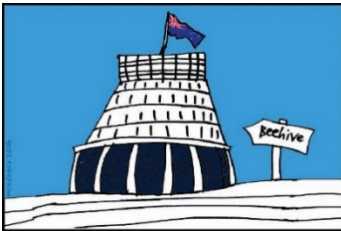


Sometimes disabled people do not get their rights.

Why are we doing this project?



The **United Nations Convention on the Rights of Persons with Disabilities** is an international agreement that sets rules around services for disabled people.



The **convention** sets out what the New Zealand Government should do to make sure disabled people:

- have the same rights as everybody else
- are able to live a good life.





Sometimes disabled people do not have health services that work for them.



This project will help to make a better health system for disabled people in New Zealand.

Who can give feedback?

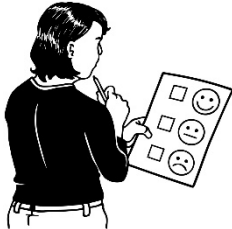


We would like to find out about what health services works best for **you**.



We would like disabled people who are **18 years and older** to share their stories.

How you can tell us what you think



You tell us what you think we should look at in 2 ways.

1. You can do a short **survey**.



A **survey** is a list of questions that you will need to answer.

2. You can take part in a **focus group**.



A **focus group** is a group of people that talk about things they are asked to talk about.



Focus groups will be held in 2 different ways.



The focus groups will be:

1. in different places in New Zealand
2. online using group video chat.



We will be able to tell you more about our focus groups after you get in touch with us.

How to get in touch with us



You can get in touch with us if you would like to take part in this research.

You can talk to us on the **phone**:



0800 878 839

This a free call number



Free call number means it will not cost you any money to call this number.



You can **email** us on

uasaka@donaldbeasley.org.nz



See our **website**:

www.donaldbeasley.org.nz/projects/disabled-person-led-monitoring-of-the-uncrpd/



This information has been translated into Easy Read by the Make It Easy service of People First New Zealand Inc. Ngā Tāngata Tuatahi.



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- Changepeople.org.nz



- Photosymbols.com



- Sam Corliss



- Steve Bolton