Image one: My Experiences, My Rights: A Monitoring Report on Disabled People’s Experiences of Health and Wellbeing in Aotearoa New Zealand Key Findings and Recommendations 1/20

Image two: Aotearoa New Zealand is a signatory of the **United Nations Convention on the Rights of Persons with Disabilities** (UNCRPD). This means the New Zealand Government has agreed to implement the Convention’s provisions, monitor progress, and report back to the Convention’s Committee on **various issues affecting disabled people** (Article 33). In 2018, the Donald Beasley Institute (DBI) was commissioned by the Disabled People’s Organisations (DPOs) Coalition to **independently monitor the health and wellbeing experiences of disabled people in Aotearoa New Zealand.**

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Image three: Article 25 of UNCRPD recognises disabled people’s right to the highest attainable standard of health.

My Experiences, My Rights: A Monitoring Report on Disabled People’s Experiences of Health and Wellbeing in Aotearoa New Zealand 3/20

Image four: **Key Finding 1:**

Many disabled people experience financial, physical, mental, communication and sensory barriers when accessing affordable, high-quality healthcare and services.

My Experiences, My Rights: A Monitoring Report on Disabled People’s Experiences of Health and Wellbeing in Aotearoa New Zealand 4/20

Image five: **Key Finding 2:**

The health and disability support system is complex. It is often difficult for disabled people to navigate.

My Experiences, My Rights: A Monitoring Report on Disabled People’s Experiences of Health and Wellbeing in Aotearoa New Zealand 5/20

Image six: **Key Finding 3:**

Many disabled people have limited choice
and control over the services, treatment and medication they receive.

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Image seven: **Key Finding 4:**

Some disabled people experience barriers when accessing public health programmes and sexual or reproductive health services.

My Experiences, My Rights: A Monitoring Report on Disabled People’s Experiences of Health and Wellbeing in Aotearoa New Zealand 7/20

Image eight: **Key Finding 5:**

A lack of disability support and specialist care in rural areas has been detrimental to the health and wellbeing of disabled people.

My Experiences, My Rights: A Monitoring Report on Disabled People’s Experiences of Health and Wellbeing in Aotearoa New Zealand 8/20

Image nine: **Key Finding 6:**

For many disabled people it is difficult to get an accurate diagnosis and treatment.

My Experiences, My Rights: A Monitoring Report on Disabled People’s Experiences of Health and Wellbeing in Aotearoa New Zealand 9/20

Image ten: **Key Finding 7:**

Health and disability professionals often lack the disability training and awareness needed to provide disabled people with high-quality health care.

My Experiences, My Rights: A Monitoring Report on Disabled People’s Experiences of Health and Wellbeing in Aotearoa New Zealand 10/20

Image eleven: **Key Finding 8:**

The negative attitudes of health professionals towards disability can be a barrier to disabled people receiving high- quality health care.

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Image twelve: **Key Finding 9:**

Many disabled people cannot access private health and life insurance because their disability is considered a pre-existing condition.

My Experiences, My Rights: A Monitoring Report on Disabled People’s Experiences of Health and Wellbeing in Aotearoa New Zealand 12/20

Image thirteen: **Key Finding 10:**

Many disabled people covered by ACC (as a form of insurance) find it complex, inconsistent and overly focused on rehabilitation.

My Experiences, My Rights: A Monitoring Report on Disabled People’s Experiences of Health and Wellbeing in Aotearoa New Zealand 13/20

Image fourteen: **Key Finding 11:**

A lot of disabled people are afraid of being denied healthcare due to prejudices held by health care professionals.

My Experiences, My Rights: A Monitoring Report on Disabled People’s Experiences of Health and Wellbeing in Aotearoa New Zealand 14/20

Image fifteen: **Recommendation 1:**

The implementation of a more equitable health and disability support system that does not discriminate on the basis of disability.

My Experiences, My Rights: A Monitoring Report on Disabled People’s Experiences of Health and Wellbeing in Aotearoa New Zealand 15/20

Image sixteen: **Recommendation 2:**

The implementation of a more holistic and equitable approach to disabled people’s healthcare, including free primary healthcare and dental care.

My Experiences, My Rights: A Monitoring Report on Disabled People’s Experiences of Health and Wellbeing in Aotearoa New Zealand 16/20

Image seventeen: **Recommendation 3:**

The provision of equitable health and disability supports and services in regional and rural areas.

My Experiences, My Rights: A Monitoring Report on Disabled People’s Experiences of Health and Wellbeing in Aotearoa New Zealand 17/20

Image eighteen: **Recommendation 4:**

Improved disability rights training and awareness within tertiary health programmes and ongoing professional development.

My Experiences, My Rights: A Monitoring Report on Disabled People’s Experiences of Health and Wellbeing in Aotearoa New Zealand 18/20

Image nineteen: **Recommendation 5:**

Improve and introduce insurance-related legislation that prohibits discrimination on the basis of disability.

My Experiences, My Rights: A Monitoring Report on Disabled People’s Experiences of Health and Wellbeing in Aotearoa New Zealand 19/20

Image twenty: **Recommendation 6:**

Ensure all health-specific policy and legislation is developed using a rights-based framework according to the UNCRPD.

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