



My Experiences, My Rights: Health and Wellbeing Project



The Donald Beasley Institute is looking into **health and wellbeing** of disabled people.



Health and wellbeing means things like:

- how we feel about ourselves
- looking after our bodies
- getting the support we need.



Sometimes disabled people do not get good health and wellbeing:

- services
- care
- support.



We are looking for people to take part in a **study** so we can get more information about these things.

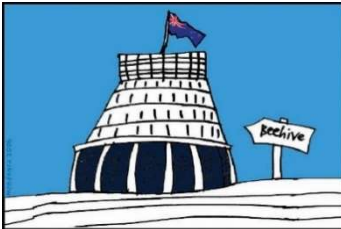


A **study** is how we find out the information we need.

Why are we doing this project?



The **United Nations Convention on the Rights of Persons with Disabilities** is an agreement by lots of different countries from around the world.



The **convention** sets out what the governments should do to make sure disabled people:

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





The United Nations Convention on the Rights of Persons with Disabilities is also called the **UNCRPD**.



One of the rights in the UNCRPD is the right to a good level of health without **discrimination**.



Discrimination is when disabled people are treated unfairly because of their disability.



It is important to understand if disabled people are getting this right.

How we will do the study



We want to speak to disabled people about health and wellbeing.



We want to find out:

- what disabled people think about the services they get
- what services disabled people would like to get in the years to come.

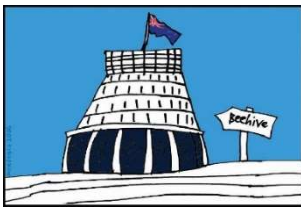


What happens after the study



After the study we will have some good information about:

- the experiences disabled people have of health and wellbeing
- ways things can be done better in the future.



We will give this information to the:

- New Zealand government
- United Nations.



How to get in touch with us



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



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



You can also find more information about this study on our **website**:

**[www.donaldbeasley.org.nz/projects/
disabled-person-led-monitoring-of-the-unrcrpd/](http://www.donaldbeasley.org.nz/projects/disabled-person-led-monitoring-of-the-unrcrpd/)**



You have until **5pm** on **Friday 30th October 2020** to let us know if you want to take part in the study.



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- **Sam Corliss**



- **Steve Bolton**