

# My rights

## Nothing about me, without me

**Life Without Barriers has made a promise to support your rights.**

This poster explains the rights that all people with disability have. It says what you can expect when using our services. It tells your support people what they can do to help you have your rights.

### How I can find out more about my rights

You can ask your support person or visit our website by scanning the QR code or using this address [www.lwb.org.au/disability/our-approach/your-rights/](http://www.lwb.org.au/disability/our-approach/your-rights/).



### What can I do if I'm not getting my rights?

If you are not getting your rights, you can talk to your support person or someone else you trust. You can also send an email to [complaints@lwb.org.au](mailto:complaints@lwb.org.au) or ring this number 1800 721 226. You can go to our website to find out more: [www.lwb.org.au/contact-us/complaints-or-feedback](http://www.lwb.org.au/contact-us/complaints-or-feedback).



### I have equal rights and opportunities

**This means I won't be treated differently because of my disability or stopped from doing something.**

I have the same right as anyone else to:

- Communicate in ways that suit me and be listened to.
- Have my privacy respected including in my own home.
- See my friends and have consensual romantic or sexual relationships.

### I get justice

**This means I can make a complaint to Life Without Barriers if I am not getting my rights. I can also take people to court if I have been treated unlawfully.**

It also means that I will not be treated differently or badly if I make a complaint about my services or supports.

### I am part of my community

**This means I can do the things I want in the community, just like anyone else.**

I can spend time with my family and friends in my home or where they live, including on country if I am a Aboriginal and/or Torres Strait Islander person.

I can use the internet and social media to get information and communicate with other people.

I can practice my culture, religion or speak my own language.

### I make my own choices

**This means I decide what I do and don't want to do in my life.**

I can choose:

- The people who work with me and how they support me, including who helps me make decisions if I need help.
- How I want to live in my home, including what time I go to bed, what I wear and how I spend my money.

### I am respected for who I am

**This means I should always be treated with dignity as a unique person with the same worth as anyone else.**

I am treated like an adult, not a child.

The people who support me know and respect my unique self and life experiences.

### I am safe

**This means I will not be hurt, abused, neglected or exploited by anyone.**

It also means I can tell someone if I'm not safe and they will take action to help me.

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Human rights are important to everyone, especially to people with a disability. We have the right to be treated... like everyone else

**LIFE  
WITHOUT  
BARRIERS**