Your rights
Your rights

Here you can find out about:

Valuing people

Your rights

Your rights to a good service

Our rights!
Valuing People is a plan from the Government to make life better for people with learning difficulties.

Valuing People says all people with learning difficulties will have respect and not be treated badly or bullied.

Valuing People says services will work together to make sure people with learning difficulties:

- Have their legal and civil rights
- Are supported to be independent
- Have choices
- Are included in the community

This means that you will have the same chances as everybody else and you will get your rights.

Go to Find Out More
Your rights

Here are some of your rights:

- To be safe and not to be hurt.
- To use the law.
- To speak up and say what you want to say.
- To be included in your community.
Your rights

More of your rights:

- To be treated as equal.
- To get a good service.
- Not to have things stolen.
- To make choices about your life.
Your rights

To have clear information that you can understand.

To get support if you need it.

To complain when things go wrong.

To tell someone if things go wrong or tell the police if someone is breaking the law.
Your rights

You have a right to a good service

The services you use may include:

- Residential Homes
- Supported Living
- Day Opportunities
- Adult Care Services (Social Services)
- Health Services
- The Police
- Transport
- Advocacy
- Colleges
- District Councils

Most services will have a list of rules to say what service they can give people.

It is your right to get that information in a way that you can understand.
Your rights

You have a right to make choices about your life

Choice is about having the information to decide what you want for yourself.

For example, you have a right to choose:

What you want to do at college or in a job.

Who you want to have a relationship with or make friends with.

What you want to tell other people and who they talk to about what you say.

You can choose to see what is written down about you.
Your rights

You have a right to get support if you need it

You have the right to be included in your community and to be as independent as you can and want to be.

There are different services in the area where you live that can give you support.

Every year councils who provide care and housing services work together with the National Health Service (NHS) to make a plan. This plan is called the Charter for ‘Better Care’, Higher Standards’.

It tells you about:

Services that can support and help you live in the community.

How services will work and treat you.

Where to go to find services you want and how to find out more.

Go to Find Out More
Your rights

You can ask different people to support you
People who can support you include:

- Your Social Worker
- Your Community Nurse
- Victim Support
- An Advocate
- A Solicitor
- A friend or member of your family
- A link worker or college tutor
- The Citizens Advice Bureau
Your rights

What is good support?

Someone who is paid to support you maybe called a Support Worker, Key Worker or a Link Worker. You may also get support from other people.

A good supporter is someone who will:

Give you time.

Listen to you.

Ask you what you want and what you don’t want and how you want support to be given.
Your rights

You have a right to complain

If you are not happy with a service you are getting you can make a complaint.

It may be that the service is not doing what they said they would do or not following the rules.

For example:

 Someone who is paid to support you does not listen to what you say.

 You do not get information in a way you can understand.

 You do not have a choice and someone else makes your decisions.

 You are not supported to use the law.

 You can choose to make a complaint. Making a complaint can be a good way to put things right.

 Go to Making a complaint