

# Your right to be treated fairly

An Easy Read guide



**Ageing** and **Disability** Abuse Helpline

1800 628 221 (M-F 9-5)

## How to use this guide



The New South Wales (NSW) Ageing and Disability Commission wrote this guide. When you see the word 'we' or 'us', it means the NSW Ageing and Disability Commission.



We wrote this guide in an easy to read way. We use pictures to explain some ideas.

**Bold**  
Not bold

We wrote some important words in **bold**. We explain what these words mean.



You can ask for help to read this guide. A friend, family member or support person may be able to help you.

# Your rights



**Rights** are rules about how everybody should be treated.

Everyone has rights, including:



- people with disability



- older people



- people from different backgrounds



- people with different genders – your gender is who you feel you are as a person.



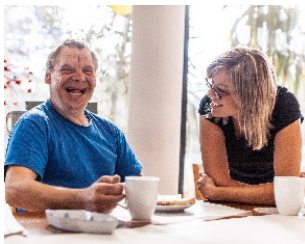
You have the right to be treated fairly.



You have the right to be treated the same as others.



You have the right to be treated with respect.



You have the right to feel safe in your own home.



You also have the right to feel safe in the community.



You have the right to feel safe at school or work.



You have the right to feel safe at the shops or a bank.



You have the right to feel safe when you go to the doctor's.



You have the right to make choices about your own life.



These can be big choices, like where to live.

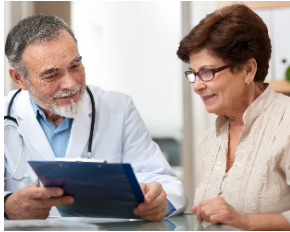


They can also be little choices, like what to eat for breakfast.





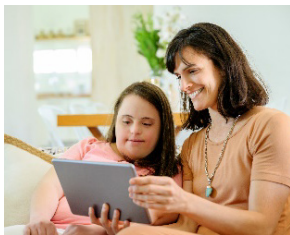
You have the right to see your family and friends.



You have the right to see a doctor and get the medicine you need.



You have the right to use equipment you need because of a disability, like hearing aids.



You have the right to use other supports and services you need.



You have the right to work and earn your own money.



You have the right to keep and use your own money.

## How to speak up



Some people are too scared to speak up when they aren't treated fairly.



But it's important to speak up when you haven't been treated fairly.



It's also important to speak up if your rights aren't being respected.



You can tell someone you trust, such as:

- a family member or friend
- an advocate – someone who speaks up for people with disability.



You might talk to someone in your community, like your doctor.

## You can get help



You can call the Ageing and Disability Abuse Helpline to get help.

**1800 628 221**



We are open:

- Monday to Friday
- 9am to 5pm.



You can send us an email.

**[nswadc@adc.nsw.gov.au](mailto:nswadc@adc.nsw.gov.au)**



If you are having an emergency:

- call Triple Zero  
**000**
- ask for the police.



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