



# S.H.I.F.T.

Support - Human rights - Independence - Families – Transition



## Easy-to-read text

'Easy-to-read' is information that is written in a simple and clear way so that people with intellectual disabilities and all people can understand it. You can find more information about easy-to-read at [www.inclusion-europe.eu/easy-to-read](http://www.inclusion-europe.eu/easy-to-read).



## Who we are

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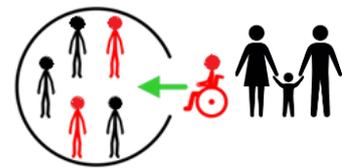
We are 'COFACE Families Europe'.  
We are a group of organisations  
that represent families in Europe.  
In short, we are called 'COFACE'.  
At COFACE, we want to make sure  
that all families can enjoy a good and safe life.



## What this booklet is about

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We wrote this booklet to talk about the inclusion  
of people with disabilities and their families  
in the community or society.  
Inclusion means to be part of something.  
It means to not be left out.



We made this booklet:

- To talk about the rights and needs of families of people with disabilities.
- To say what should be done so they can get the right support.

This booklet can be useful for everyone who wants  
to work for the inclusion of people with disabilities and their families.  
For example:

- People who make laws and decisions,
- People who work with people with disabilities,
- People with disabilities and their organisations,
- People who make services for people with disabilities.

This booklet is based on:

- The **‘United Nations Convention on the Rights of Persons with Disabilities’**.  
In short, we call it ‘UN CRPD’.  
The UN CRPD is an agreement between many countries about the rights of people with disabilities. It says what rights people with disabilities have and how countries should protect these rights.



- The **‘Sustainable Development Goals’**.  
In short, we call them ‘SDGs’.  
The SDGs are goals set by many countries in the world to look after the planet and its people and make a difference by 2030.



We call this booklet **S.H.I.F.T.** and this stands for:

- **Support**  
Support means helping someone to do something.
- **Human rights**  
Human rights are the rights all people should have to be free and equal.
- **Independence**  
Being independent means doing something on your own and making your own choices in life.
- **Families**  
Families can be parents, brothers, sisters or other relatives.



- **Transition**

This is when life or society changes.

For example when people are growing up, their lives, needs and wishes change.

Societies also change,

when the needs of the people who live in them change.



In the following pages, we will talk about these important topics.

## Support

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Giving support to people with disabilities means

you help them to be part of society

and to not be left out of things

just because they have a disability.

Support should fit all people's needs.



People with disabilities should get the right support

to be able to take part in all things in life as everyone else.

For example:

- To go to school and study like everyone else,
- To work and earn their own money,
- To live independently and make their own choices in life,
- To go to the hospital and get good health care when they are sick.

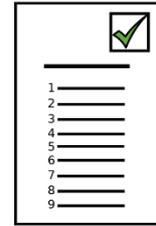
To give the right support to people with disabilities, it is important to:

- Listen to the needs and respect the rights of all people with disabilities and their families.



- Use 'the European voluntary framework for quality services'.

This is a text that says how countries in Europe can offer good services that respect the needs of all people.



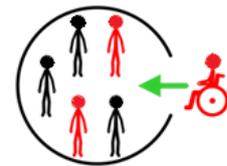
- Involve and ask people with disabilities and their families for their opinion when creating services for them. People with disabilities and their families know their needs best.



- Give training to young people on how they can live independently when they become adults.

This way, all people with disabilities can get the right support to:

- Be part of society like everyone else,
- Live independently in houses that fit their needs,
- Go to school and to university,
- Get a job,
- Take part in sports and other activities they want,
- Get around like anyone else.



## Human rights

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Human rights are the rights all people should have to be free and equal throughout their life. People with disabilities have the same rights as everyone else.



It is important that:

- We get a better understanding about disability and what rights people with disabilities have. People are not left out because of their disability

but because things and services are not accessible or because they do not get the right support.

For example, when buses do not have ramps, people in wheelchairs cannot use them to get around like other people.

Or when information is not easy to read, it is hard for people with intellectual disabilities to understand it.



- People with disabilities, their families and their organisations take part in the decisions about their lives. This way, it is easier to:



- Find solutions,
- Decide on the actions to take,
- Avoid any risks.

- Children with disabilities have the chance to live and grow up in their family and not in an institution away from the community.



- People who work to make services for people with disabilities know about the UN CRPD and the rights of people with disabilities.
- People with disabilities and their families know about their rights and the UN CRPD.
- People with disabilities have the right to make their own choices.
- People with disabilities have the chance to use new technologies and things and services that help them make their lives better. For example, a blind person should have the chance to use technology which reads out the text.

- People with disabilities have the chance to speak up for themselves and to ask for help when they feel their rights are not respected.

## Independence

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Being independent means a person can make choices on their own and live as they choose.



People with disabilities have needs and wishes like everyone else. Services should fit the needs of all people with disabilities so they can have an independent life.

For that, it is important that:

- All things and services in society become accessible to them.  
For example:
  - Schools,
  - Health care like hospitals,
  - Houses,
  - Jobs,
  - Transport like metros, buses and trains,
  - Culture and sports activities.
- Children with disabilities can go to school with all other children and take part in the same activities.
- Young people with disabilities have the chance to:
  - Go to university,
  - Take part in trainings and grow their skills,
  - Find a job.

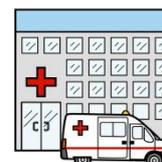


- People with disabilities have the chance to work in any job they want. For example, they can work at a school, at a shop or any other job. Companies should adjust their jobs and offices so that people with disabilities can work there too.



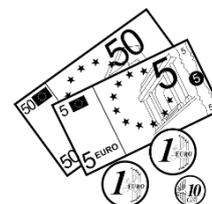
- People with disabilities have the chance to go to the hospital and get good health care when they get sick. People who work at hospitals should listen to their needs and respect their choices.

HOSPITAL



- Countries take into account the needs of people with disabilities when they made laws and decisions.

- People with disabilities get money and other support to be able to live an independent life.



- People with disabilities, their families and all people who make services for people with disabilities work together.



## Families

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Families of people with disabilities should get good and right support to not be left out. People with disabilities have the right to make their own family too.

At COFACE, we made the 'Disability Charter for Family Carers' This is a text that talks about the rights and needs



of families of people with disabilities.

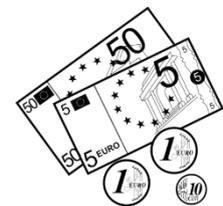
It is important to:

- Use the 'Disability Charter for Family Carers' to learn more about how to give the right support to families of people with disabilities.



- Examine and understand at early age the needs of children with disabilities and their families.

- Give money to families of children with disabilities so they are able to pay for things and services they need.



- Give free training to families of children with disabilities so that they know how to support their child with disability.

- Help parents or partners of people with disabilities who work by:

- Allowing them more time off work,
- Giving them extra money to support their needs.

- Speak with the families to find the best solution for all. The families know best what kind of support they need.



- Speak to people with disabilities about their right to have a sexual life and to make their own family.

- Bring together families of people with disabilities to talk about their needs and support each other.



## Transition

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'Transition' is when life or society changes.

For example, when people are growing up, their lives, needs and wishes change.

Societies also change

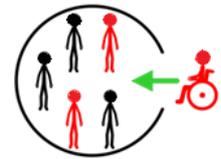
when the needs of the people who live in them change.



It is important to:

- Accept all people with their differences.  
People may be different but we have the same rights and we should all be treated with respect.

- Make sure all people can take part in society and nobody is left out.  
People with disabilities should not be left out because of their disability.



- Take into account disability in all decisions taken for society.  
Each decision should respect the needs and rights of people with disabilities too.

- Change any wrong ideas people may have about disability and show that people with disabilities have

- Needs,
- Skills,
- Rights as everyone else.



- Teach human rights at schools.

- Show disability in a positive way in:

- Television shows,
- Films,
- Series,



- Advertisements.

This will help people understand that people with disabilities are just like anyone else.

- Push companies who make toys to create toys that fit the needs of children with disabilities too.

- Make all things and services accessible for people with disabilities and all people.

For example:

- Technology like computers, and mobile phones.
- Transport like buses and metros,
- Buildings like offices and schools.



- Make laws to stop discrimination.

Discrimination is when a person is treated differently just because they may have:

- A disability,
- A different religion,
- A different colour of skin.

This is unfair and must stop.



- Help people with disabilities and their families to explain to the government their needs and everyday problems.

## More information

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To know more about the work we do at COFACE, you can have a look at our website at [www.coface-eu.org](http://www.coface-eu.org).

If you have questions about this booklet, you can send us an email at [secretariat@coface-eu.org](mailto:secretariat@coface-eu.org).

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