



ENDS 3 Consultation Mini Report

ASK, LISTEN and LEARN

What was learned
about RIGHTS

2023-2024



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SEMIAHMOO
HOUSE SOCIETY

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Thinking about the rights of people with disabilities

This year's ENDS consultation, there was a strong focus on Rights. The number 1 concern for people was "I think the Community does not know enough about the rights of people with disabilities" and the 4th main concern was "I don't know what my rights are."

This mini report has been created from the full ENDS 3 Consultation Report 2023-2024 to provide a focused summary about what was learned about people's rights.

ENDS 3.3 People exercise rights.

You understand what rights are and know what your rights are. You speak up for yourself or have help to speak up for yourself. You are able to change your mind. You have the right to say NO. People listen to you.

39 people said they know what their rights are.

19 people said they do not know what their rights are.

2 people talked about with rights comes responsibilities.



NO ONE GAVE EXAMPLES OF WHAT IT MEANS TO EXERCISE RIGHTS.

Asking people if they speak up for themselves when things are not going well in their lives.

34 said YES

9 said SOMETIMES

2 said NO

1 said they TRY TO

Asking people if they feel like people listen to them.

24 said YES
8 said SOMETIMES
2 said NO
1 said “depends who I am talking to.”

It can be hard sometimes to speak up - Asking people what reasons might make it difficult to speak up for yourself?

20 people said **UNITI/SHS could provide more education to teach me about my rights.**

17 people said **I find it hard to put my feelings & thoughts into words.**

17 people said **I don't want to upset the other person.**

17 people said **I don't want to get into an argument.**

13 people said **it can feel scary to speak up for myself.**

10 people said **I am worried what the other person will say.**

9 people said **I don't feel comfortable speaking up for myself.**

7 people said **I don't know how to speak up for myself.**

6 people said **I don't have the confidence to speak up for myself.**

INCLUSIVE LIVING: On behalf of people who communicate in different ways or don't use words to communicate about exercising rights.

"About people knowing their rights – in years past, we have said we were not sure. I say that has changed. We see when they make a choice – the choices are honoured. We are more aware of their choices and that they have the right to make choices."

"There has been a change in attitude. People we support understand that they have a right to make choices intrinsically – it is more embedded."

"When trust and relationships are present – people are more apt to speak up for themselves with words or behaviour."

"Being aware of how the system works is important to then be able to act as an advocate when needed."

"We think about helping staff feel empowered to be an advocate. Who is closest to the person – and their role as an advocate."

"What we see – long term and experienced staff who are not afraid to speak up on behalf of people – newer staff are sometimes not sure...this is why we keep the conversation alive."

Some things people said.

"I don't know what my rights are, but I know my family and staff will keep me safe."

"We have the right to be heard...that is what other people often forget."

"I also have responsibilities, such as to be honest and to treat people with respect."

"I know people are listening to me when they give me time to think about what I am going to say. They care about me and they value what I say."

"I think many people with disabilities don't know what "exercise their rights" mean."

What can UNITI/SHS do to help people exercise their rights? Some bright ideas...

"Make it an everyday conversation."

"Help people to learn to speak up for yourself when you are not feeling comfortable doing something."

"Help me listen to others."

"Teach us about our rights and how to exercise our rights."

"Provide education, classes, workshops and support us with our rights."

"Teach our supporters what our rights are and how to exercise our rights."

"To continue the conversation about advocacy with staff...and why..."

Thinking about what was learned...

Many people seem to know they have rights and some people said they do not know what their rights are. Very few people talked about "with rights come responsibilities." People want to learn more about what their rights are.

People were not able to give examples of exercising rights, so this may be an important topic to explore.

Most people said they find it hard to speak up and chose the reasons why. This is another area that would be important to explore to find ways to support and empower people.

ENDS 3.8 The Community is aware of the universal rights of all people.

People in our communities and neighbourhoods believe all people have a right to be happy, healthy and safe. People have the same things in life as everyone else. People understand that the law says everyone gets to have certain things in life and get to choose what they want in life.



Why is it important to help the Community (all people) understand that people with disabilities have the same rights as anyone else?

“Because it’s one world of people and we need to all lookout for each other – no less or no more. We are all important.”

“People with disabilities need to be treated equally and respectfully. People should understand that all humans have the same rights. Do not alienate people with disabilities.”

“Even if we look different to you...we all have equal rights.”

“Because all people deserve respect and to be heard.”

“All people have rights as humans. We are all equal, no matter what colour, culture or disability. We should all be treated as everyone in the communities.”

What are some cool ways we can help educate the community about the rights of people with disabilities?

“Teach kids first, so that they grow up to teach others. Kids can also teach their parents.” ...person who attended consultation.

CREATE AWARENESS AND EDUCATION!

- Educate kids in schools (Equally Empowered)
- Create workshops and presentations
- Take workshops – invite presenters to UNITI
- Public/Community events hosted by people with disabilities
- Build partnerships with different organizations
- People share their stories
- Tell personal stories
- Work/volunteer alongside community to show people's value, gifts and strengths
- Seminars and workshops through the Human Rights Museum

Advertise everywhere – spread the word

- Social media
- Make videos and share videos
- Create a comedy show about people's Rights and Lefts
- Booths at tradeshow and events
- Interviews in Newspapers and on Television

Keep the conversations alive

- With friends and family
- With supporters
- Keep the ENDS conversation alive

Advocate

- Send letters to the Government
- Role model for people in community
- Be present in the community
- Advocate for accessible communities
- Use plain language – everything to be in plain language

“Educate us...encourage us...support us. We don’t always speak up for ourselves.” ...person who attended consultation.

The Recommendations related to the rights of people with disabilities

It is recommended that Recommendations 8, 14 and 15 be a priority for UNITI/SHS.

Recommendation 8: UNITI makes it a priority focus to support the following:

- People know their rights.
- People know their rights and responsibilities.
- People know how to exercise their rights.
- Continue to support people to build self confidence and build skills to speak up for themselves.
- That staff across the organization have the skills to support people to build self confidence.

“What are my rights? First step is educating people on their rights.”
...Committee member

“Respect is a priority foundation to understanding other people’s rights.” ...Committee member

Recommendation 14: Follow up with people’s ideas on list above on page 7 and figure out who would like to take on some of the great ideas.

Recommendation 15: UNITI to:

- Create plain language resources on Rights and share throughout the organization and communities. Refer to the UN Convention of Rights for Person¹ with Disabilities.
- Have Rights posted throughout UNITI buildings. Visible and in public places.