



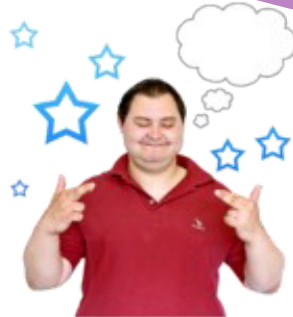
My Rights

to live my life my way

If I need some extra support to live my life my way due to disability or a health condition,
I have a right to...



... a conversation with a social worker about the support I need to live the life I choose to lead.



... be asked what matters most to me, and for people close to me to be asked too.



... have help to take part in conversations and decisions, from someone like a friend, family or an independent advocate.

If I am eligible for care and support, I have a right to...



... have enough money in my personal budget to pay for the care and support I need.



... choose a direct payment and arrange my own support - or ask the council to arrange support for me.



... choose where I live, and who supports me.
... have a plan that reflects my needs and wishes.



... have a financial assessment to work out how much I need to pay towards the cost of my care and support.

For more info....

yourlifedoncaster.gov.uk/your-rights

01302 737391

SCAN ME



My human rights...

All human beings have human rights.

Human rights mean I should be treated fairly, with dignity and respect.

I should be able to make choices about my life and do the things that are important to me.



Right to life



Right to be free from serious harm



Right to be free from slavery and forced work



Right to liberty



Right not to be punished for something that wasn't against the law when I did it



Right to respect for private and family life



Right to freedom of thought, belief and religion



Right to freedom of expression



Right to get together and join groups



Right to marry and start a family



Right to a fair trial



Right not to be discriminated against



Right to enjoy things that belong to me



Right to education



Right to a free election



Banning the death penalty

Decision making and my rights



1. People must assume I can make my own decisions, unless a mental capacity assessment shows I can't.

2. People must help me to make my own decisions. Try different ways to support me.

3. If I make a bad decision about my life, it doesn't mean I lack capacity.

4. If I lack capacity to make a decision, the person who makes the decision about my life must make the best decision for me.

5. If I lack capacity to make a decision, any decisions made about my life must not limit me or take away my basic human rights

Mental capacity is the ability to make decisions



Help if something does not feel right...

If you think your rights are not being met, or you think you have been treated badly or unfairly, contact Adult Social Care and we'll help you

