



CÚRAM SLÁINTE POBAIL
COMMUNITY HEALTHCARE

CABHÁN DÚN NA NGALL LIATROIM MUINEACHÁN SLIGEACH
CAVAN DONEGAL LEITRIM MONAGHAN SLIGO

SELF ADVOCACY STRATEGY

DISABILITY SERVICES

COMMUNITY HEALTHCARE CAVAN DONEGAL LEITRIM
MONAGHAN SLIGO [CH CDLMS]
2023-2026



easy
read

This is an easy to read booklet on the
HSE CH CDLMS Self Advocacy Strategy.



HSE Self Advocacy Plan

Cavan, Donegal, Leitrim, Monaghan, Sligo



The HSE pays for a lot of supports and services for disabled people.

For example: Personal Assistants, Wheelchairs, Day services and Community houses

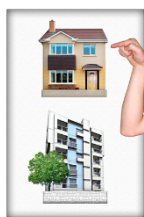


The HSE want to support disabled people to speak up and say what they really think about these services.



They want to work with disabled people to make these supports and services better.

Self Advocacy is About



Making our own choices and decisions



Standing up for ourselves and other people



Knowing our rights and that we must be included in all parts of the community, just like people without disabilities.



Working together to make changes so that disabled people are listened to and included in our community.

3 Parts of a Plan: Vision, Values, Strategy



The Vision answers the question: What changes do we want to see in the future? It is the reason for the plan.



The Values say important things about the way we think and feel.



They tell us how we want the HSE and disabled people to work together to make this plan happen.



The Strategy answers the question: What are the most important pieces of work to make the plan happen.

Where do we start?

It tells us what we have to do.

Vision – how the HSE would like things to be in the future for Disabled People



Make our own choices and decisions in our person centred plans



Live more independently in the community because we can get the right support at the right time



Learn about human rights and the values of this plan



Say what we think about the services and supports that we get from the HSE and other agencies



Meet with other disabled people to talk about the changes we would like to see in HSE supports and in the community

Vision – how the HSE would like things to be in the future for Disabled People



We can work with HSE managers and staff to plan changes that will make HSE services and supports better for all disabled people






We can get support to make changes in the community






And speak up for our rights under the UNCRPD

Vision – How the HSE would like things to be in the future for Staff and Managers

   	<p>HSE Staff and Managers will</p> <p>Understand and respect the rights of disabled people under the UNCRPD</p> <p>Support disabled people to speak up and work together in groups if they want to</p> <p>Listen to what disabled people are saying</p> <p>Work with disabled people to plan changes that will make HSE services and supports better</p>
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Strategy – What will the HSE do to make this Vision happen?

Finding out about supports and services

  	<p>The HSE will work hard to make sure</p> <p>It is easy for disabled adults to find out what supports and services are available</p> <p>It is clear how to apply for supports, and how decisions are made about who gets support.</p> <p>HSE staff share and explain information in a way that is easy to understand and easy to access for all disabled people</p>
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Speaking up and Making Change



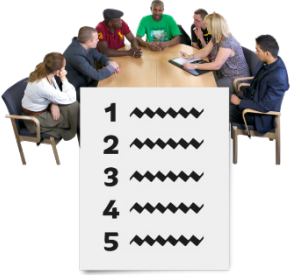


The HSE will work hard to make it easy for disabled people to

Say what they think about the services and supports that they get



Meet up with other disabled people and come up with ideas for making the service better

Have meetings with managers to discuss and agree changes that will make the service better

Groups that Speak up for Disabled People

  	<p>The HSE will</p> <p>Support disabled people to set up advocacy groups</p> <p>Make sure that disabled people have a good say in how services are run</p> <p>Talk with disabled people, staff, and other groups who provide support about the best way to do this.</p>
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Person Centred Plans

 	<p>The HSE will work hard to make sure</p> <p>Disabled people have a strong say in making choices and decisions about their person-centred plan</p> <p>Disabled people are supported to develop the skills that they need to carry out their person-centred plan as independently as possible</p>
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Training and support for disabled people

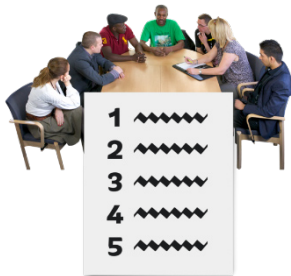


The HSE will make sure there is training for disabled people to:

Speak up and have a strong say in the choices and decisions that they want to make



Learn about equality, human rights, and the UNCRPD



Take part in advocacy groups to talk about the changes they would like to see for disabled people




Have meetings with the HSE and other groups to speak up about the changes they would like to see

Training for Staff

	<p>The HSE will organise training for staff and managers to</p> <p>Learn about human rights and the values of this plan</p> <p>Develop skills in supporting disabled people to speak up and make their own choices and decisions</p> <p>Develop skills in supporting disabled people to take part in advocacy groups and in meetings with managers</p>
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Staff Discussion Groups

	<p>The HSE will organise groups for Staff and Managers to share what they are learning about</p> <p>Making it easier for disabled people to speak up for themselves</p> <p>Making it easier for disabled people to take part in planning and decision-making</p>
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The HSE will organise groups for Staff and Managers to share what they are learning about:

Making sure that human rights values are really happening in their work



What is making it hard to do this work and what changes would make it easier for this work to happen

New Staff and Staff training



The HSE will:

Make sure that job descriptions include human rights and the values of this strategy



Look at ways to involve disabled people in interviews and training for all staff

Values – 1/. Choice and Voice



I have the freedom and power to make my own decisions.



I feel free to speak up and say what I think



I am free to make my own choices about the supports that I need or the supports that I do not need.



I can get support to make decisions but I have the power to decide.

I can make decisions that other people might think are not good.

Values – 2/. Respect



I value the experience and ability of the people that I meet and work with.

I support people to speak up and I listen to what people have to say.



I value what is important for people and what they hope to do.

I support people to do things for themselves.

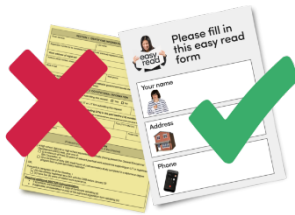


I have the choice to be at all meetings where important decisions are being made about my life.



I have a right to privacy and information about me is not shared without my consent.

Values – 3/. Creative Responses



I make information as easy as possible to understand for each person

I listen to what a person is really saying and I make it easy for people to say what they think

I support people to try new things and imagine new possibilities

I make meetings more interesting, useful, and enjoyable

I make it easier to include the voice of disabled people in decisions about plans and policies

Values 4/. Supporting Each Other



We support each other and work together to make things better for ourselves and for other people

For example:



Circles of support

Advocacy groups to talk about changes I would like to see in the HSE and the community



Staff discussion groups to make services better



Support to work with staff and managers and make plans for changes in HSE services and in the Community



HSE CH CDLMS would like to thank
Inclusion Ireland for their help in:
Writing this plan and
Making this Easy Read document

