**Europe for us**

Number 2 / 2019

**Europe in Action in Lithuania**

Find explanations for words in **bold** at the end of Europe For Us on pages 23 to 34.

“Europe for us” is available in:

English

French

German

Hungarian

Italian

Romanian

Spanish

Go to [www.inclusion-europe.eu/europe-for-us](http://www.inclusion-europe.eu/europe-for-us)

to find the other language versions.

**Topics**

Page

**Introduction**

**Europe in Action conference  
in Lithuania**

**“These elections were different   
from any other election!”**

**Our Voting champions**

**“It feels good to work together   
with a group of fantastic people”**

**Join us for “Hear our Voices”   
in Austria!**

**Read our Annual Report**

**Introduction**

This issue of Europe for Us has 2 main topics:

* The Europe in Action conference in Lithuania.  
    
  At the conference, we talked about **independent living**  
  for people with **intellectual disabilities**.

You can read more on page 5.

* The **European elections**.

This time, the **elections** were different from before:

Many people with intellectual disabilities   
**voted** for the first time!

You can read more on page 9.

At Europe in Action, László Bercse became the new **chair**  
of the **EPSA** steering group.

Read an interview with László on page 17.

Thank you to Senada Halilčević!

She was the chair of EPSA for a very long time.

Don’t forget to sign up for Hear our Voices!

Hear our voices is a conference for **self-advocates**.

Read more on page 20.

We hope you like this issue of Europe for Us!

**Europe in Action conference in Lithuania**

The “Europe in Action” conference happened from 5-7 June.

For the conference, we went to Vilnius.

Vilnius is the capital of Lithuania.

We organised the conference together with one of our members.

They are called Viltis.

The conference was about inclusion.

We talked about how we can make inclusion happen  
everywhere.

We also talked about [**independent living**](https://www.inclusion-europe.eu/easy-to-read-term/#IndependentLiving).

At the conference, we asked [**self-advocates**](https://www.inclusion-europe.eu/easy-to-read-term/#Self-Advocacy)  
what independent living means to them.

This is what they said:

* “To go wherever I want and to do whatever I want,  
  without anyone telling me what to do”
* “To decide where I can live, who I want to live with,  
  how I spend my free time”
* “To be able to meet new people”

There are two things that are important  
to support people with living independently:

* How can we support them when they move from an [institution](https://www.inclusion-europe.eu/easy-to-read-term/#SeparateInstitutions)  
  to the community?
* How can we support them when they live in the community?  
  For example, with
* [**Accessibility**](https://www.inclusion-europe.eu/easy-to-read-term/#Accessible)
* [**Employment**](https://www.inclusion-europe.eu/easy-to-read-term/#Employ)
* [**Supported decision-making**](https://www.inclusion-europe.eu/easy-to-read-term/#SupportedDecision)

Elisabeta Moldovan and other speakers

We had many different speakers.

For example:

* Linas Kukuraitis from the Lithuanian [**government**](https://www.inclusion-europe.eu/easy-to-read-term/#Government)
* [**Self-advocate**](https://www.inclusion-europe.eu/easy-to-read-term/#Self-Advocacy) Elisabeta Moldovan

Elisabeta managed to leave the **institution** she was living in.

She had lived in institutions [for a very long time](https://www.inclusion-europe.eu/there-were-staff-members-who-sexually-abused-residents/#ETR).

She also wrote a [book about her experiences](https://www.inclusion-europe.eu/i-experienced-a-lot-of-abuse-in-institutions-i-wanted-to-change-this-situation-for-others/#ETR).

* Jonas Ruškus

He is a member of the [**UN CRPD committee**](https://www.inclusion-europe.eu/easy-to-read-term/#UNCRPDCommittee).

* Marco Migliosi from the **[European Commission](https://www.inclusion-europe.eu/easy-to-read-term/" \l "EC" \t "_blank)**

They talked about different topics.

For example:

* what the [**UN CRPD**](https://www.inclusion-europe.eu/easy-to-read-term/#UNCRPD) says about [independent living](https://www.inclusion-europe.eu/easy-to-read-term/#IndependentLiving)
* how families can support people with [**intellectual disabilities**](https://www.inclusion-europe.eu/easy-to-read-term/#IntellectualDisability)  
  to live independently
* what the situation is like in countries like  
  Austria, Lithuania or Japan

We also went to meet people who live in Vilnius.

We went to two different places in Vilnius.

At one place, there were people with intellectual disabilities  
who served coffee to the people who came by.

In this way, they could talk to each other.

At the end of the conference, José Smits from [**Inclusion Europe**](https://www.inclusion-europe.eu/easy-to-read-term/#IE)  
gave a summary.

She said:

“What we must do is to change society.

We cannot change everything now.

But we can do some things now, and other things later.

Can you think of one thing you would like to do right now?”

Robert Martin is a member of the [**UN CRPD committee**](https://www.inclusion-europe.eu/easy-to-read-term/#UNCRPDCommittee).

He left a video message for the conference.

You can watch it here: [bit.ly/RobertMartinVideo](http://bit.ly/RobertMartinVideo)

Thank you to Senada Halilčević, and welcome to László Bercse!

At the conference, we also had the General meeting of [**EPSA**](https://www.inclusion-europe.eu/easy-to-read-term/#EPSA).

At the meeting, [Senada Halilčević](https://www.inclusion-europe.eu/tag/Senada-Halilcevic) left EPSA.

Senada had been the [chair](https://www.inclusion-europe.eu/easy-to-read-term/#Chair) of EPSA for many years.

The new chair of EPSA is [László Bercse](https://www.inclusion-europe.eu/tag/laszlo-bercse/) from Hungary.

Thank you Senada for your great work, and welcome to László!

László is now also the vice-president of [**Inclusion Europe**](https://www.inclusion-europe.eu/easy-to-read-term/#IE).

Read an interview with László on page 17.

Oswald Föllerer from Austria became a new member   
of the [EPSA steering group](https://www.inclusion-europe.eu/european-platform-of-self-advocates-epsa).

There is also a new board member:

Bryndís Snæbjörnsdóttir from Iceland

Helene Holand from Norway left the board.

You can only be a board member for 12 years.

Helene Holand had been a board member for 12 years.

[**Inclusion Europe**](https://www.inclusion-europe.eu/easy-to-read-term/#IE) also got new members:

* the GADIR [self-advocacy](https://www.inclusion-europe.eu/easy-to-read-term/#Self-Advocacy) group of our Spanish member  
  [Plena Inclusión](https://www.plenainclusion.org/)
* the French “[Association les jeunes handicapés](http://www.ajh.fr/)”  
  This means “Association of young people with a disability”.

**“These elections were different   
from any other election”**

In May, the **European elections** happened.

Our director Milan Šveřepa talks about   
why these elections were special:

“On 26th May, in the evening,   
each European country  
was counting its [**votes**](https://www.inclusion-europe.eu/easy-to-read-term/#Vote).

While this was happening,  
in front of the [**European Parliament**](https://www.inclusion-europe.eu/easy-to-read-term/#EP) in Brussels  
people could see a video  
of people with [**intellectual disabilities**](https://www.inclusion-europe.eu/easy-to-read-term/#IntellectualDisability)  
talking about voting.

Then I understood  
that these [**elections**](https://www.inclusion-europe.eu/easy-to-read-term/#Election) were different  
from any other election I had ever seen.

These European elections  
have been a great moment  
for the inclusion movement.

Many people with[intellectual disabilities](https://www.inclusion-europe.eu/easy-to-read-term/#IntellectualDisability)  
voted in their country for the first time.

And everyone talked a lot about it.

For the first time people under [**guardianship**](https://www.inclusion-europe.eu/easy-to-read-term/#Guardianship)  
were able to vote in:

* Denmark
* France
* Germany
* Spain

And if we look at [**social media**](https://www.inclusion-europe.eu/easy-to-read-term/#SM),  
it looks like a lot of people with intellectual disabilities  
went to vote.

Thanks to the law changes in many countries,  
everyone could learn about  
people with intellectual disabilities  
and what they want.

On social media, there were a lot of stories  
about people with intellectual disabilities.

There were candidates who said  
that they will support  
people with[intellectual disabilities](https://www.inclusion-europe.eu/easy-to-read-term/#IntellectualDisability)  
if they get [elected](https://www.inclusion-europe.eu/easy-to-read-term/#Elect).

There were parties who put their programme  
into [**easy-to-read**](https://www.inclusion-europe.eu/easy-to-read-term/#ETR).

This happened because  
a lot of people in the European inclusion movement  
worked hard to make our voices heard.

Thank you!

The European elections were a great moment  
thanks to all of you!”

In 2019, many people with **intellectual disabilities**  
**voted** for the first time.

The next European elections will be in five years.

We want even more people with **intellectual disabilities**  
to be able to **vote** then.

Also in the countries where they cannot vote right now.

We will tell this to **politicians** and to other people  
who make decisions in Europe.

Everyone has the right to vote!

**Our Voting champions**

The European elections happened in May.

For the elections, we talked every month  
with one of our “**Voting** champions”.

Voting champions are people who  
talk about the right to vote.

They also want **governments** to make voting **accessible**

For people with intellectual disabilities.

Read here interviews with three voting champions:

Lucette and Dani Blanquart and   
Carmen Piquer.

“Many people are surprised  
when they find out  
that they can vote”

Lucette and Dani Blanquart are part of “Nous aussi” Dunkerque.

Nous aussi Dunkerque is a French local group  
fighting for the rights  
of people with **[intellectual disabilities](https://www.inclusion-europe.eu/easy-to-read-term/" \l "IntellectualDisability" \t "_blank)**[.](https://www.inclusion-europe.eu/easy-to-read-term/" \l "IntellectualDisability" \t "_blank)

They do a lot of things  
to help people with intellectual disabilities  
to understand how **[voting](https://www.inclusion-europe.eu/easy-to-read-term/" \l "Vote" \t "_blank)** works.

Nous Aussi have created some posters  
to show to people with intellectual disabilities  
how to vote.

**You worked on posters that show how to vote.**

**Who had the idea to make these posters?**

Christine Heusele was our support person.

Christine had the idea to make the posters.

She had seen a Tunisian [**election**](https://www.inclusion-europe.eu/easy-to-read-term/#Election) poster  
that had drawings on it.

She thought it was a good idea.

She said we could make a poster like that  
for the French elections.

**How did you make the posters?**

We had been invited to a meeting  
of people working for their cities and towns.

We said that voting can be hard  
for people with intellectual disabilities.

We told them about the poster idea.  
They offered to give us some money  
to make the posters.

They also supported us  
in telling many people about the posters.

**Lucette, you went to a meeting in Paris.**

**At the meeting, you talked about  
how we can let more people know  
that they should be voting in elections.**

**At this meeting there were  
2 other**[**self-advocates**](https://www.inclusion-europe.eu/easy-to-read-term/#Self-Advocacy)**.**

**How was it like for you  
to work with this group?**

People listened to us **self-advocates**  
and they were very interested  
in our “I vote” posters.

**You also needed to defend the posters.  
Why?**

During the meeting some people  
wanted to add some information to the posters.

But that would have made everything more complicated.

I said that we had worked a lot on the posters  
and that we don’t want to change them.

**Now people under**[**guardianship**](https://www.inclusion-europe.eu/easy-to-read-term/#Guardianship)**in France  
will be able to vote.**

**This is because the law has been changed.  
What do you think about that?**

This is a good change.

But we need to make sure  
that people know  
that they can go to **vote** now.

Many people still don’t know  
about that.

**Members of “Nous aussi” have made a research  
to find out how many people  
are registered to vote.**

**What will you do  
with the result of this research?**

Many people are surprised  
when they find out  
that they can vote.

They don’t know  
if they are registered  
on the **[elections](https://www.inclusion-europe.eu/easy-to-read-term/" \l "Election" \t "_blank)** list or not.

When we asked them  
if they would like some support  
in registering for the elections,  
most of them say yes.

We are planning on training people  
to show them how to vote!

“Then I decided to fight!”

Carmen Piquer of “Som Fundació”  
got her right to **vote** back  
in 2015.

This was not easy for Carmen.

Now she tells other people  
about how to go to vote.

She also asks other people  
to go and vote.

**Did you ever have the right to vote?**

I’ve never had  
the right to vote before.

When I was 18 years old,  
I was put under **[guardianship](https://www.inclusion-europe.eu/easy-to-read-term/" \l "Guardianship" \t "_blank)**.

This means  
that I wasn’t allowed to vote.

**When did you decide  
that you wanted your right to vote back?**

I did not feel  
that I was like everyone else  
because I wasn’t allowed to vote.

Then I decided to fight!  
Som – Fundació helped me  
to get my right to [vote](https://www.inclusion-europe.eu/easy-to-read-term/" \l "Vote" \t "_blank) back.

**What did you do  
to get your right to vote back?**

I had to go to a judge  
and answer questions about **[politics](https://www.inclusion-europe.eu/easy-to-read-term/" \l "Politics" \t "_blank)**  
and other things.

I think it is important  
to know these things.

But I still felt **[discriminated against](https://www.inclusion-europe.eu/easy-to-read-term/" \l "Discrimination" \t "_blank)**.

Only people with **[intellectual disabilities](https://www.inclusion-europe.eu/easy-to-read-term/" \l "IntellectualDisability" \t "_blank)**  
have to answer these questions  
to get their right to vote back.

**You passed the test   
and you got your right to vote back   
in 2015.**

**Have you voted ever since?**

Yes, I voted in national **[elections](https://www.inclusion-europe.eu/easy-to-read-term/" \l "Election" \t "_blank)**  
and in regional elections!

**How was it like?**

It was easy!

I didn’t have any problem.

Now I talk about my experience  
with voting in workshops.

These workshops are organised  
by Som – Fundació.

I tell everyone that they should **[vote](https://www.inclusion-europe.eu/easy-to-read-term/" \l "Vote" \t "_blank)**.

Don’t be scared!

When you have a question  
there are people at the **[polling station](https://www.inclusion-europe.eu/easy-to-read-term/" \l "Polling%20Station" \t "_blank)**  
who can help you.

**“It feels good to work together with a group of fantastic people”**

[László Bercse](https://www.inclusion-europe.eu/tag/laszlo-bercse/) is from Hungary.

He is the new **chair**   
of the **EPSA** steering group.

He was **elected** at the General Meeting of EPSA in June.

We asked László about how he got to know EPSA  
and about his plans for the future.

# **When did you join the EPSA steering group?**

My organisation, ÉFOÉSZ, has been a member of EPSA   
for a long time.

I knew some other **self-advocates** from EPSA.

I got to know them from other events of Inclusion Europe.

But I only met the whole EPSA Steering Group in 2017, in Brussels.

I took part in one of their meetings.

At that meeting, we talked about the goals of EPSA for the next years.

I got elected to the Steering Group at the   
Europe in Action conference in 2017, in Prague.

**What have you learned at EPSA so far?**

I have learned how to work in a team.

It feels good to work together with a group of fantastic people   
for our goals.

I can also learn a lot from other self-advocates working with **EPSA**.

I learned a lot of new things   
at the Europe in Action conference this June in Vilnius.

For example, I heard about self-advocates from Inclusion Ireland.

They help their country find out how far they have come with **deinstitutionalisation**.

They do research to find out if people get the right support  
to **live independently**.

That is something we should do in Hungary as well.

**Why did you want to become EPSA chair?**

I like challenges a lot!  
I wanted to see how I can lead such a good team.

I have always enjoyed the work with EPSA.

I want to continue learning from others   
and sharing my own experience.

As chair I have even more possibilities. For example, to

* tell **politicians** and other people who make important decisions in Europe how they can do more  
  for people with intellectual disabilities
* strengthen the international self-advocacy movement
* speak up for Hungarian people with **intellectual disabilities**   
  at European level

**What are the things you want to work on as an EPSA chair?**

I have many goals as an EPSA chair.

I would like us to get closer to reaching EPSA’s goals.

This would mean that all people with intellectual disabilities can

* **live independently**
* learn and work together with other people
* **vote**.

We also want **guardianship** to end.

Most countries in Europe have signed the **UN CRPD**.

It is very important to tell countries  
to follow the UN CRPD.

The UN CRPD talks about the rights of people with disabilities.

Countries need to make sure   
that people with disabilities get these rights.

They should better support people with intellectual disabilities  
so they can be members of their community like everyone else.

**Anything else you would like to add?**

It is a great honour for me to be the new EPSA chair.

I have found new colleagues in EPSA.

And I have also found new friends.

I will try my best to achieve our goals.

**Join us for “Hear our Voices”   
in Austria!**

Join us for the next “Hear our Voices” conference!

“Hear our Voices” is a conference organised by [**EPSA**](https://www.inclusion-europe.eu/european-platform-of-self-advocates-epsa/).

It takes places every 2 years.

At this conference,  
people with an [**intellectual disability**](https://www.inclusion-europe.eu/easy-to-read-term/#IntellectualDisability)  
come together to talk about intellectual disability.

And to share ideas and experiences  
about intellectual disability.

This time, “Hear our Voices” will be  
in Graz in Austria.

It will happen from 18 - 20 September 2019.

The topic of the conference this year is  
“My voice counts!”.

We will talk about  
how to be active in [**politics**](https://www.inclusion-europe.eu/easy-to-read-term/#Politics).

You can read more in the [programme](http://www.inclusion-europe.eu/wp-content/uploads/2017/06/HearOurVoices2019_Programme.pdf):

<http://bit.ly/HoV19>

We look forward to meeting you in Graz!

The **hashtag** for “Hear our voices” is #HoV19.

**Read our Annual Report!**

Our annual report has been published!

Our report talks about what happened  
in 2018.

In 2018, we celebrated  
our 30th birthday.

We did a big party for our birthday.

And many other things.

You can read about it [in the report](http://www.inclusion-europe.eu/wp-content/uploads/2017/06/Annual-report-2018-ONLINE_final.pdf).

You can read it here:

[bit.ly/IE\_AnnualReport2018](http://bit.ly/IE_AnnualReport2018)

The report also talks about

* what we did in the last 30 years
* our projects in 2018
* how we spent our money
* and all the things we did in 2018

We hope you will like [the report](https://www.inclusion-europe.eu/wp-content/uploads/2017/06/Annual-report-2018-ONLINE_final.pdf)!

Explanations

Accessible

Something that is easy to use for people with disabilities.

Such as:

* ramps to get into a building
* information in **easy-to-read**
* information in sign language

Chair

The person in charge of a meeting or of an organisation.

Council of the European Union

The Council of the **European Union**  
is where the national ministers  
from the countries  
of the European Union meet.

They meet to adopt laws and talk about  
politics in the European Union.

The Council of the European Union  
is also called Council of Ministers.

Deinstitutionalisation

Deinstitutionalisation is helping people to move out of **[institutions](https://www.inclusion-europe.eu/easy-to-read-term/" \l "SeparateInstitutions)**.

It is when the people who lived in institutions get help  
so they can [**live independently**](https://www.inclusion-europe.eu/easy-to-read-term/#IndependentLiving) in the community.

Discrimination

Discrimination means that you are treated unfairly   
or that you do not get the chances you deserve.

It is discrimination when it happens  
because of your disability.

It can also happen to other people.

For example, people who have a different skin colour.

Or older people.

Easy-to-read

Easy to read is information  
that is written in a simple way  
so that people with **intellectual disabilities**  
can understand.

It is important to use simple words and sentences.

If there are words that are difficult to understand,  
an explanation is provided.

The text needs to be clear to see.

For example, black writing on a white background is good.

It needs to be well-spaced.

Easy-to-read often uses pictures  
to explain what the text talks about.

Someone with an intellectual disability needs to  
check the information is easy to understand.

Easy-to-read documents often have this logo,  
so it is easier to find them.

There are rules on how easy-to-read should be done.

Elections

Elections decide who should speak for us  
and make choices for us.

Elections happen in different areas.

For example, in your town or city  
when you can elect a new mayor.

Or in your country  
when you can elect a new president.

Employ

Employ means to hire someone to do a job.

EPSA

The European Platform of Self-Advocates  
is made up of organisations of **self-advocates**  
from different countries in Europe.

We call it EPSA for short.

It is a part of **Inclusion Europe**.

European Commission

The European Commission works  
with the **European Parliament**.

The European Commission suggests laws  
for the European Parliament  
and the **Council of the European Union** to discuss.

It also makes sure that the laws  
that have been decided upon  
are being followed by the member states.

European elections

The European elections  
are the elections to the **European Parliament**.

When you vote at the European elections,  
you can have a say on who the new **MEPs** will be.

The MEPs speak for  
all the people who live in the **European Union**.

The European elections take place every 5 years.

The last European elections were in May 2019.

European Parliament

The European Parliament is a place where  
important decisions of the **European Union** are made.

For example: laws.

The Members of the European Parliament (in short, **MEPs**)  
make these decisions  
and speak for all the people  
who live in the European Union.

Every five years,  
the people who live in the European Union  
**vote** for their country’s MEPs.

European Union

The European Union (in short, EU) is a group of  
28 countries.

We call these countries “member states”.

They have joined together  
to be stronger politically and economically.

The EU makes laws on many important things  
for the people who live in those countries.

The EU makes laws in different areas.

Some examples are:

* laws to protect the environment
* laws for farmers
* laws to protect consumers

A consumer is someone who buys things.

Government

A government is a group of people  
that make decisions on how to run a country.

For example

* about where the money is spent
* about public transport
* about schools
* about hospitals

Every few years there are **elections**  
to vote for a new government.

Guardianship

Guardianship allows some people  
to make life choices for others.

The person who makes choices for you  
is your guardian.

Your guardian can decide things for you,  
like where you live.

Sometimes, people under guardianship are not allowed  
to vote, get married, or take care of their kids.

Hashtag

On **social media** you can use the symbol #.

This symbol is called hashtag.

You can write a word after the hashtag symbol.

If you click on that word,  
you will be taken to all the messages  
that have to do with that word.

For example:

* If you write #inclusion and you click on it,  
  you will be taken to all the messages

that have to do with inclusion.

* If you write #EuropeanUnion and you click on it,  
  you will be taken to all the messages  
  that have to do with the **European Union**.
* If you write #HearOurVoices and you click on it,  
  you will be taken to all the messages  
  that have to do with Hear Our Voices.

Inclusion Europe

Inclusion Europe is an organisation  
for people with **intellectual disabilities**  
and their families.

We fight for their equal rights and inclusion in Europe.

We also want to make a difference to the laws in Europe.

We started in 1988.

We have 76 members in 39 European countries.

We are based in Brussels in Belgium.

Independent Living

Independent living means  
that people with **intellectual disabilities**  
live in the community  
and have support to do what they want.

They also can:

* choose with whom and where to live
* decide how they want to spend their time
* have the same experiences as all other people.

Institutions

Institutions are places where people with **[intellectual disabilities](https://www.inclusion-europe.eu/easy-to-read-term/" \l "IntellectualDisability)** live  
with other people with intellectual disabilities.

They live apart from other people.  
This is what we call “segregated”.  
Sometimes this happens against their will.

People who live in institutions   
have to follow the rules of the institution  
and cannot decide for themselves.

Intellectual disability

If you have an intellectual disability,  
that means it is more difficult for you  
to understand information  
and learn new skills than it is for other people.

This makes some parts of life harder.

People with intellectual disabilities  
often need support in learning or at work.

Intellectual disability often starts before you are an adult.

It affects you for your whole life.

There are things that can make life easier  
for people with intellectual disabilities.

For example, information in **easy-to-read** language.

Some people say learning disabilities  
instead of intellectual disabilities.

Living independently

See Independent living

Manifesto

A manifesto is a text that explains the goals  
of a person or an organisation.

It is often made before an election  
by a person or organisation that wants to be **elected**.

Some manifestos are also done by organisations  
to tell the candidates for the elections about  
what they think is important.

Everyone can read a manifesto.

MEPs

The members of the **[European Parliament](https://www.inclusion-europe.eu/easy-to-read-term/" \l "EP" \t "_blank)**  
are the **[politicians](https://www.inclusion-europe.eu/easy-to-read-term/" \l "Politician" \t "_blank)** who sit  
in the European Parliament.

We call them MEPs for short.

Political party

A political party is a group of people  
who think the country should be run in a certain way.

Politician

Someone who helps run the country or part of the country.

Or someone who would like to do this.

Politicians, for example, are

* mayors
* ministers
* candidates in the **elections**

Politics

Running the country, or part of the country.

Polling station

A polling station is a building  
that is used for voting  
during the **elections**.

Often, it is a school.

Self-advocacy

Self-advocacy is when people with  
**intellectual disabilities** speak up for themselves.

These people are called self-advocates.

Social Media

Social media is made up of websites and apps  
that let you create and share content.

For example, photos, videos and information.

Apps is short for applications.

These are tools that let you use social media  
on a mobile phone or tablet.

### **Supported decision making**

Supported decision making means that   
people with **[intellectual disabilities](https://www.inclusion-europe.eu/easy-to-read-term/" \l "IntellectualDisability)** can make life decisions  
with the support of another person without disabilities.

This is what they can get support with:

* make choices about their lives
* start a family and raise children
* sign contracts (also working contracts)
* have a bank account
* control their money and property
* make decisions about their health
* take part in **politics** and have the right to **vote**

UN CRPD

The United Nations Convention on the Rights of Persons with Disabilities (in short, UN CRPD)  
is an important document.

It tries to make sure that the rights of people with disabilities   
are respected.

### **UN CRPD Committee**

The United Nations Committee   
on the Rights of Persons with Disabilities  
is a group of people.

This group of people checks what countries do  
to make sure the rights of persons with disabilities are respected.

We call it CRPD Committee for short.

United Nations

The United Nations is an international organisation.

It works for peace and security everywhere in the world.

We call it the UN for short.

The UN is based in different places.

For example, it is in New York,  
in the United States of America.

And in Geneva, in Switzerland.

Vote

Voting means choosing

the **politicians** who represent us

and make decisions for us.

You can vote in different areas.

For example:

* in your town or city

when you elect a new mayor

* in your country

when you elect a new president

* or at the **European elections**,

when you choose the new

Members of the European Parliament (**MEPs**).

Ambitions. Rights. Belonging.

Contact us and share your  
self-advocacy stories!

Website:

inclusion-europe.eu

Email:

[secretariat@inclusion-europe.org](mailto:secretariat@inclusion-europe.org)

Telephone:

+32 2 502 28 15

Address:

Avenue des Arts 3, 1210 Brussels, Belgium

Facebook:

facebook.com/inclusioneurope

Twitter:

twitter.com/InclusionEurope

Sign up to get Europe for Us when it comes out:

bit.ly/Inclusion\_Europe\_Newsletter