

People First New Zealand
Nga Tangata Tuatahi

'WHOW'
THE PUZZLE OF 'WHO and HOW'
Learning About Self-Advocacy

Nothing about us without us!

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People First is a self-advocacy organization for people with learning disability

People First is in many countries around the world

- People First started in Salem Oregon in America in 1974
- People First got it's name because people with a learning disability said **"We are people first!"**
- Now People First is in many countries like England, Scotland, Australia, Canada, Germany and new Zealand






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People First in New Zealand

- People First was started in 1984 in New Zealand
- It was started and supported by Ihc for the first 20 years
- In 1984 at the National People First conference the members said
 - "We want our own organisation and we want to become independent"
 - "We want to have a national committee and our own national office"

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A new beginning

- In 2003 Ihc supported People First to become an independent organisation
- On the 16th of October 2003 People First launched the independent organisation at Parliament and then we had a party!




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People First
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Meeting new people

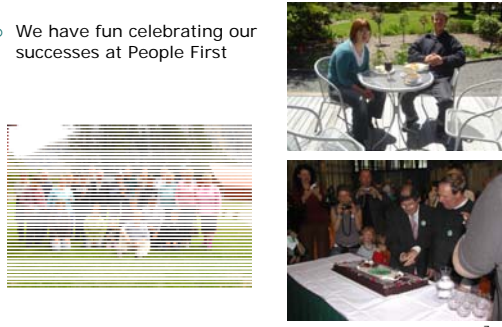
- People First is a good place to meet new people
- We talk to other disabled people
- We talk to people who work with people with learning disability
- We talk to people in the Government and Council




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Having fun!


- We have fun celebrating our successes at People First



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Speaking Up

- This is about being brave enough to speak up and tell people what you want in your life
- At local People First meetings you will get support to talk about the things you want in your life
- You might hear about things that other people are doing and want to try them too!



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'WHOW' – WHO and HOW

People First believes there are 3 missing pieces of the 'WHOW' puzzle.


In-order for people with learning disability to really know, that they have the right to make choices, to speak-up and to be heard in their daily lives, they need to:

- Learn about Self-Advocacy from people **WHO** have learning disability themselves
- The service providers, agencies and staff, and families also need to learn about basic human rights and **HOW** to support people with learning disability to advocate for themselves
- And this learning needs to be independent of any agency or service provider

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Speaking Up Courses

- People First has been holding Speaking-Up, Self-Advocacy Courses in Christchurch
- People First members are teaching other people with learning disability how to speak up
- The courses are run during the day so people who use community participation services can go too



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Your Rights At Work



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What Does a Minimum Wage Exemption Mean?


- You are paid less than the minimum wage
- It lasts for one year – then it is checked
- It only happens when all other things have been checked out



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Sessions

- We have sessions on 'Choices' What choices do we have and what things do we have no choice about? How can we have more choice in our own lives?
- We also do art work and role-plays so we can really understand ideas from different angles
- In other sessions we learn about 'Relationships'. It is good to know about different kinds of relationships between people



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Learning how to become leaders

- At the Speaking Up Course and at People First meetings, you will get the chance to:
 - Take part
 - Learn in a safe place
 - Know that it is ok to make mistakes
 - Get the chance to speak up and have your say



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Rights Under the Code of Health and Disability Services Consumers' Rights. You should be told about these rights and be able to exercise them:

<p>Right One</p> <ul style="list-style-type: none"> You should be told of any aspect, including respect for your personal privacy Information about the services you are entitled to receive, what you can expect, what you can't expect, and what you can do if you are not satisfied <p>Right Two</p> <ul style="list-style-type: none"> You should be told about the characteristics of the grounds of the services, such as health, mental or physical status, age, sex, race, ethnicity, sexual orientation or disability Services should be delivered without discrimination, harassment or any form of exploitation <p>Right Three</p> <ul style="list-style-type: none"> Services should be provided in a way that respects your dignity and independence <p>Right Four</p> <ul style="list-style-type: none"> Services should be provided in a way that respects your dignity and independence Services should be provided in a way that respects your dignity and independence Services should be provided in a way that respects your dignity and independence 	<p>Right Five</p> <ul style="list-style-type: none"> You should be given the following information: <ul style="list-style-type: none"> ○ an explanation of your condition ○ your options, including the expected risks, side effects, benefits and costs ○ a statement of what you will receive a written notice or any possible involvement in making or making the treatment or care plan ○ the information you need to make a decision You should be given the best option for your condition, taking into account the likely benefits and risks, the likely or expected quality of life, the likely or expected costs, and the likely or expected impact on your life You have a right to request and receive a written statement of information <p>Right Six</p> <ul style="list-style-type: none"> You should receive services in a way that respects your dignity and independence You should be given the best option for your condition, taking into account the likely benefits and risks, the likely or expected quality of life, the likely or expected costs, and the likely or expected impact on your life You have a right to request and receive a written statement of information 	<ul style="list-style-type: none"> You may make a decision in advance, in accordance with your own wishes Your consent should be obtained in writing when you will be treated for a condition or an experimental procedure, a general anaesthetic, or where there are possible significant consequences You may refuse services, and withdraw your consent You must change your consent if you decide to do so You may make decisions about body parts or bodily substances <p>Right Eight</p> <ul style="list-style-type: none"> You may bring a complaint or grievance about your choice of service, or bring a claim and other consumer rights, and you may be entitled to compensation <p>Right Nine</p> <ul style="list-style-type: none"> All of these rights apply when you are being asked about anything that is not a medical or research <p>Right Ten</p> <ul style="list-style-type: none"> You may make a complaint to any body appropriate to you You should be kept informed about the progress and outcome of your complaint You should be advised of the availability of advocates and the Health and Disability Commissioner before you make a complaint You should not be adversely affected by complaining <p>Do these rights always apply?</p> <ul style="list-style-type: none"> Sometimes a provider may not be able to meet all of these rights. However, they must always do what they can to meet them.
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'You Rights' – Small Group Work

We will have **25 minutes** to be in our small groups

You will need to choose someone who will report back to the big group later

In your groups :

1. Talk about the H&D Rights you have
2. Compare how things were with these Rights in the past, how they are now and what they could be in the future – write/draw on your big pieces of paper
3. Choose two Rights and create role-plays about them
 - One role-play can show a not-so-good situation
 - One role-play can show a positive situation

Wannabe actors – now's your chance:
You will act out your role-plays in the big group!

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People First Disability Information and Advisory Service - DIAS

- This service is for people with learning disability and anyone else who wants to find out information about learning disability
- Information about where and how you live, getting a job, where to get support and how to get involved in things you want to do
- Call us between 8.30am-4.30pm on our free phone number and it won't cost you any money!

www.peoplefirst.org.nz
0800 20 60 70



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Thank you very much
We hope you have
Enjoyed our workshop

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People First Mid-south 



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