

# Information about the disability messaging guide



**Easy Read**

# About this information



This information is about the **disability messaging guide**.

We will say the **guide** for short.



The guide is to help us get support to make changes in **policy** for people with disability.



**Policy** means government rules.



We want more people in the community to support the changes we want.

## 2 big themes



There are 2 **themes** in the guide about how to talk about people with disability.



**Themes** are big ideas that people find important.

## Theme 1 is self determination



**Self determination** means people with disability make our own decisions about our life.



We want to have a say about things that are about us.



People with disability know best what we need.



The government should listen to people with disability before they make decisions about us.



People with disability should be leaders in making decisions.

## Theme 2

### Diversity



**Diversity** means all people with disability are different.



We have different lives and different disabilities.



When we tell our different stories it can help others.



There are other things that make us who we are.



This could be things like our

- **Culture**
- **Gender**
- **Sexuality.**



**Culture** means how you do things because of where you or your family comes from.



**Gender** means how you see yourself as a person.



**Sexuality** means who you like in a sexual way.

## Our tips

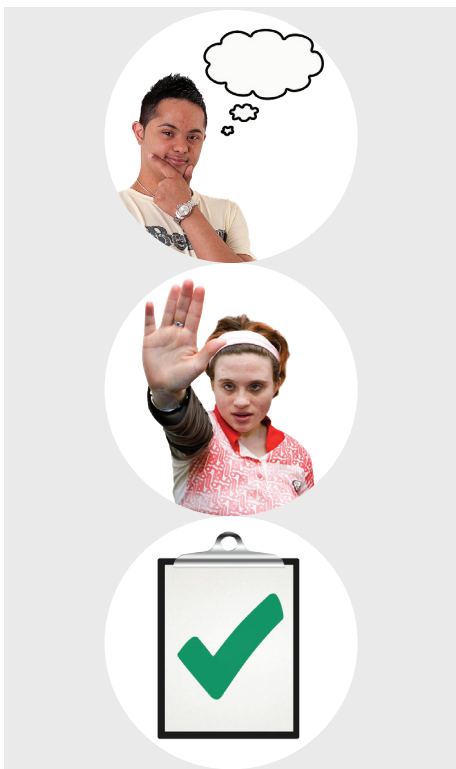


We have some tips to help people with disability speak up for change.

### 1. How can we get what we want



You should be very clear when we speak up for change.



You should say

- What you want to happen
- What stops it from happening
- What can be done to fix it.

## 2. Make the world for everyone



Most things in the world were made by people who do not have disability.



That means many things do not work well for people with disability.



We must all work together to change the world in a way that works for everyone.



When you speak up for change you should say

- Who made the problem
- Who can fix it.

### 3. Say what people can do



Your message should use words that tell others what people with disability can do.



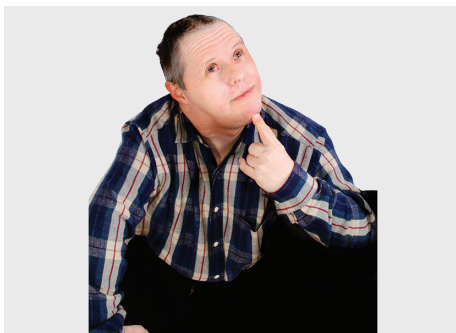
This helps people know that people with disability can do many things like everyone else.



To get support from other people it also helps to say

- What is not right
- What they can do about it.

## 4. Tell your story



To get support from others you will often have to change what people think.



Try not to repeat the things people have heard that are not true.



You should tell your story in a clear way.



It helps people to hear about your life and the things that happen to you.

## 5. Use values to ask for big changes



When you ask for changes to big things use **values** as the reason for the change.



**Values** are the things that are important to you and other people with disability.



Values can be things like **human wellbeing**.



**Human wellbeing** means that people feel good and healthy.

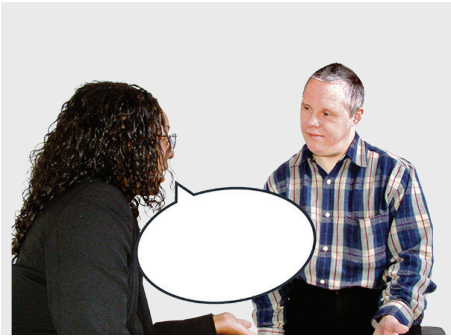


When you ask for money to make changes your reason should be human wellbeing.



The reason should not be the money.

## 6. Sharing stories



Hearing other people's stories helps people understand what someone goes through.



Stories are the best way to change what people think about disability.



Stories help others better understand people with disability and their lives.



They are a great way to get support for change.

## 7. Show that change can happen



People do not like to only hear what the problems are.



They like it better to hear what can be done about the problems.



You can talk about the big changes people with disability already made happen.

Council for Intellectual Disability made this document Easy Read. **CID** for short. You need to ask CID if you want to use any pictures in this document. You can contact CID at [business@cid.org.au](mailto:business@cid.org.au).