



South Australian Charter of the Rights and Freedoms of Vulnerable Adults



What are your rights

Easy Read Version



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How to use this document



This document is written by AutismSA.
When you see the word 'we', it means AutismSA.



This document is written in an easy to read way. We use pictures to explain some ideas.

BOLD
NOT BOLD

We have written some words in **bold**.
This means that the words are thicker and darker.



This easy read document is a summary of a document written by the SA government.



You can find the document on the SA government's website at this link.



You can ask for help to read this document.
A friend, family member or support person can help you.

What is a charter?



A **charter** is a document that gives rights to a person/group. The charter is written by the SA government.



The "South Australian Charter of the Rights and Freedoms of Vulnerable Adults" talks about:

- the International Human Rights principles.
- the different types of rights that you have.
- what each right means for you.
- who to seek help from.



The charter protects you from any form of harm. Harm means you get hurt. Harm can be physical, emotional, mental, financial, social, sexual or spiritual harm.



The charter should be explained to you in a way you understand. The charter makes sure that you know your rights.



We made this document to help you understand your rights. There is a checklist you can use to tick when a statement is true for you.

1. Dignity, respect and self-determination



Dignity means being respected for who you are and what you believe in.



Respect means treating someone well with care and understanding.



I am treated with **dignity** and **respect**.

☐

Self-determination means making your own choices and decisions about your life.



I am supported to take risks.

☐

I am supported to make my own
choices and decisions.

☐

I can go where I want to.

☐

I can choose where I want to live.

☐

2. Liberty and security



Liberty means being free and not forced to do anything.



I can do what I want to.

☐

I can say no when I feel uncomfortable.

☐

Security means being safe and protected.

2. Liberty and security



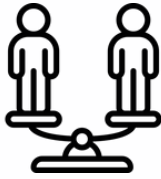
I feel safe around people I know
and in my home.

☐

People who support me help to
protect me from danger or harm.

☐

3. Equality and non-discrimination



Equality means being treated fairly or the same and having the same chances.



Discrimination means being treated differently because of a person's background.



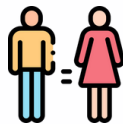
I am treated equally or the same as my peers, even though I may be different because of my:



Age



Disability



Sex



Gender identity



Religion



Skin colour



Culture



Ethnicity

4. Standards of living and care



Standard of living means the number and value of things you have. These things can be money or objects.



I have...

☐

Food



Water



Clothing



Shelter



I enjoy life.

☐

My physical and mental health are good.

☐

Standard of care means the set of rules in treating a physical or mental illness.



I make my own health care decisions.

☐

I make my own end-of-life care decisions.

☐

My decisions are respected.

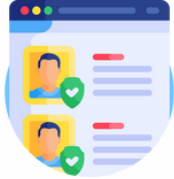
☐

5. Privacy and family

PRIVATE



Privacy means keeping your personal information to yourself. You are not bothered by others.



I keep my personal information to myself.
I can also share with people I know.

☐

My privacy, family, home and relationships are not bothered by anyone.

☐

My family life and family unit is respected.

☐

6. Social and economic participation



Social participation means to take part in interaction with the community.



I enjoy seeing family and friends.

☐

I take part in community activities, such as going to the shops.

☐

Economic participation means to take part in work or education.



I have a job and earn money.

☐

As an **Aboriginal** and **Torres Strait Islander**...



I can speak my language.

☐

I have close kinship ties with my family and others.

☐

I feel connected to my land and culture.

☐

7. Freedom of thought, conscience, spirituality, religion and expression



Freedom means the power to act, speak and think as you want.

Thought is your idea or opinion.



Conscience is your sense of right and wrong.

Spirituality and **religion** are your faith beliefs.



I can look for information I want.

☐

I can learn and get new information.

☐

I can share my ideas and opinions.

☐

More information



For more information about this document,
please contact us.



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For more information about the **charter**,
please contact the **Adult Safeguarding Unit**.



1800 372 310



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