

## Australian Human Rights Commission

The Australian Human Rights Commission created a series of factsheets on the development of human rights law. The factsheets also provide background to issues concerning human rights in Australia and internationally.

The factsheets cover topics including:

- Defining human rights;
- Human rights origins;
- Human rights philosophies;
- The emergence of rights in law;
- The international bill of rights;
- How States commit to human rights treaties;
- Australia and human rights treaties;
- Promoting and protecting human rights in the UN system;

A document on case studies relating to human rights and useful references is also provided.

### Resources:

[Australian Human Rights Commission, Human Rights Explained](#)

## Know Your Rights: Disability Discrimination

This publication covers disability rights information relating to the Disability Discrimination Act, including:

- What is the Disability Discrimination Act?
- How the Disability Discrimination Act protects you?
- Definitions of disability, harassment
- What to do if you experience discrimination?
- Complaints
- Preventing discrimination
- Legal assistance

### Resources:

Australian Human Rights Commission, Disability Discrimination: Know Your Rights  
[\[PDF 395KB\]](#)

[Australian Human Rights Commission Disability Rights Website](#)

## **FREDA: Speaking Up For Myself, Standing Up For Human Rights**

This easy-to-understand publication shows human rights in practice for people with disability.

### **Resources:**

Speaking Up For Myself, Standing Up For Human Rights [[PDF 2,701KB](#)]

## **Supporting Decision Making: A Guide to Supporting People with Disability to Make Their Own Decisions**

This guide recognises and supports a human rights-based, self-directed approach to services for people with a disability. The guide offers a principles-based approach to supporting decision making by people with a disability for use by the disability sector as a whole. It represents one step in communicating and facilitating the change that needs to occur in disability services to ensure that people with a disability can, to the greatest extent that they are able, exercise the basic right to make choices and decisions.

### **Resources:**

Supporting Decision Making: A Guide to Supporting People With Disability To Make Their Own Decisions [[PDF 1,621KB](#)]

## **From Principle to Practice: Implementing the Human Rights Based Approach in Community Organisations**

This guide, tailored for the community services sector, provides practical advice for leaders and managers about how to develop an increased understanding of human rights, and how to put this into practice. It offers a roadmap and several tools to assist organisations to assess what they do, and why, and how they might improve human rights practice. The guide also assists businesses to implement human rights principles into their operations and activities, without undermining other business goals.

### **Resources:**

From Principle to Practice: Implementing the Human Rights Based Approach in Community Organisations [[PDF 799KB](#)]

## **Human Rights Resources: Self Advocacy Resource Unit (SARU)**

SARU provides a number of interactive human rights resources, relating to legislation, advocacy, decision making and service delivery. Material is provided for both people with disability and service providers.

### **Resources:**

- [The Law and Human Rights Website](#)
- [Self-Advocacy and Human Rights Website](#)
- [Services and Human Rights Website](#)
- [Decisions and Human Rights Website](#)

## **Hey, Don't Be Getting My Rights All Wrong, My Money, My Choice, My Relationships Quiz Booklet**

This booklet is intended to help people with disability learn how well they are exercising their rights. It can also help staff determine how well they are supporting people with disability to exercise their rights.

### **Resources:**

Quiz Booklet [[PDF 599KB](#)]

## **It's About Ability: A Learning Guide on the Convention on the Rights of People with Disabilities**

This guide empowers children and young people with and without disabilities to speak out on the Convention on the Rights of Persons with Disabilities (CRPD), to advocate for their rights and to make communities more inclusive. This guide can be used by service providers at a community level to teach children with and without disability about human rights for people with disability.

### **Resources:**

It's About Ability [[PDF 1,554KB](#)]

## **Everyone Has Human Rights, Understand Yours**

A guide to understanding human rights for people with disability

### **Resources:**

Everyone Has Human Rights, Understand Yours [[PDF 3,915KB](#)]

## **Whose Life is it Anyway?**

Over the past decade, a change has been occurring, transforming the way we think about disability support. We acknowledge that the day service model doesn't suit everyone and are looking for ways to tailor our support to the individual. The Self-Directed approach is a model that lets service users drive the planning process. It's a new philosophy and designed to help organizations, support workers and families give power to the individual.

### **Resources:**

[Whose Life is it Anyway? Website](#)

## **Helen Sanderson Associates (UK)**

An organisation dedicated to person centred change in schools, organisations and communities, offers training and resources, for the disability services sector.

### **Resources:**

[Helen Sanderson Associates Website](#)

[Helen Sanderson Associates YouTube](#)

Please note: This is not a comprehensive list.