

Our Vision for Independent Living

Vision: here, this means what we think Independent Living needs to look like in the future.

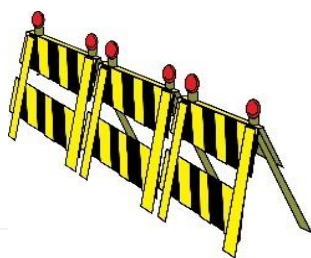
Independent Living: this means Disabled people living in the community with the same choices, control and freedom as anybody else.



Independent Living means Disabled people living in the community with the same choices, control and freedom as anybody else.



For example, Independent Living means a person having choice and control over things like who they live with and where they live.



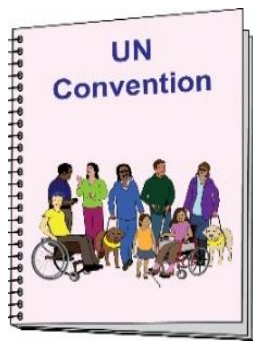
It means getting rid of **barriers** that stop people from having the same chances in life as everyone else.



The support that Disabled **residents** get should be based on their choices and **aspirations**.

Resident: in this document this means people living in Hammersmith and Fulham.

Aspirations: this means people's hopes of what they want to achieve in life.



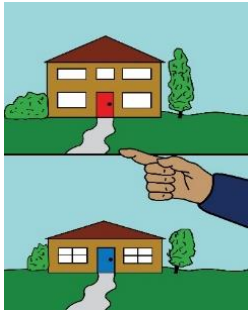
Independent Living is an important part of the **UN Convention on the Rights of Persons with Disabilities**.

UN Convention on the Rights of Persons with Disabilities: this is an international agreement that the government signed up to, to bring about the full rights of Disabled people in the UK.



Article 19 says that Disabled people should have the same chances as other people to live in the community.

Article 19: this is the part of the UN Convention that talks about the right to Independent Living.



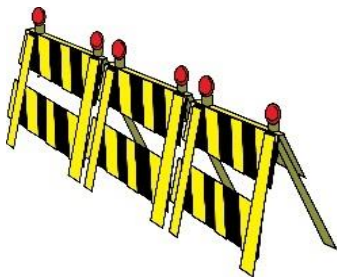
Article 19 says Disabled people should have choice and control over things like who they live with and where they live.



Independent Living is not just about social care. It does not mean Disabled People doing everything for themselves.




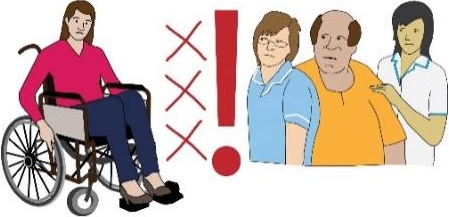


The idea of Independent Living is for everybody, such as people who have long-term health conditions and people of all ages. This means children, young people and older people too.



We use the words Disabled people to talk about all Disabled people.

This means people who face different barriers to living a good life.

	<p>For example:</p>
	<ul style="list-style-type: none"> • Physical. This affects the way a person can move or get around. • Cognitive. This affects the way a person can understand others or be understood by others. <p>It also affects the way a person makes decisions or remembers things.</p>
	<ul style="list-style-type: none"> • Sensory. This affects the way a person touches, smells, sees or hears.
	<ul style="list-style-type: none"> • The words Disabled People can also be used to talk about residents who may use social care or health services.



They might face barriers for lots of different reasons. They must get support to use services.



- Hammersmith and Fulham had a **Disabled People's Commission**.

Disabled People's Commission: this was a group of Disabled residents, councils and council officers who talked about the views and ideas of Disabled residents. They found out about the barriers that Disabled residents were facing. They made suggestions to remove barriers.



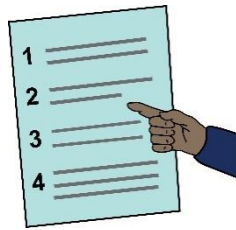
The Commission wrote a report called **Nothing About Disabled People Without Disabled People**.

Nothing About Disabled People Without Disabled People report: this is a report that suggested making Independent Living a reality.



The Council **Cabinet** agreed with the report.

Cabinet: this is a group of elected people who make decisions for Hammersmith and Fulham Council.



The Commission made some **recommendations** in the report.

Recommendations: in this document, this means suggestions to make Independent Living a reality.



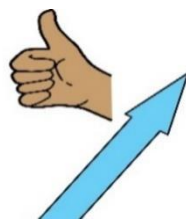
One recommendation was to work on an Independent Living **Strategy**.

Strategy: this means a big picture plan.



This strategy should be **co-produced** with Disabled residents in Hammersmith and Fulham. The residents should be all different ages.

Co-production: this means working together to make decisions.



Over the years, Disabled people's chances in life have got a lot better.



Now, our society expects Disabled people to be:

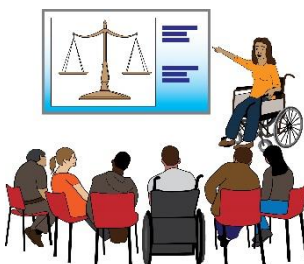
- Treated with respect.
- Have opportunities.
- Live in their own homes with their own families.
- Be active members of their local communities and society.

However, we still have a lot more work to do.



Our vision for Independent Living follows a **Social Model of Disability**.

Social model of disability: this tells us that Disabled people are 'disabled' by the barriers in society. These barriers mean Disabled people are not treated fairly.



The Social Model was created by Disabled people.



It tells us that discrimination and being left out from society are things that can be stopped.



Using the Social Model helps us to look at the barriers and make the changes that are needed.



We also know that Disabled people might face discrimination for more than one reason.



For example, a black Disabled person might face discrimination because they are a Disabled person.



They might also face **discrimination** because of the colour of their skin.



That is why Independent Living is also a big part of the way we are working towards an equal society. It is part of the way we are working towards **inclusion** and **diversity**.

Discrimination: this means being treated unfairly. This could be because of a person's race, age, sex or because of another part of who a person is. In this document we are talking about discrimination against Disabled people.

Inclusion or inclusive: in this document, this means Disabled people being able to take part in society in an equal way to everybody else.

Diversity: this means a society that is made up of people from all different backgrounds.



If we want to push for real change and equality, Disabled people must take the lead.



Disabled people must have the opportunity to represent their own views and feelings when making decisions.

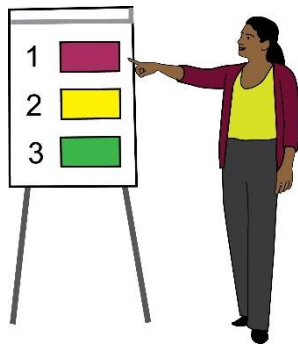


However, it is still common for non-Disabled people to run organisations and to speak for Disabled people.



That is why we are working with local Disabled People's Organisations to build up the skills of Disabled residents.

We want to make sure they have the right support to co-produce and push for change.



The Independent Living Strategy will lead to big changes in the way society treats Disabled people. We want the **12 Pillars** to be a big part of Independent Living.

12 pillars of Independent Living: these are 12 important things that are needed for Independent Living. Such as, accessible housing, enough money, and access to support and equipment.



These 12 pillars were created by Disabled people 50 years ago. But they are still just as important today.

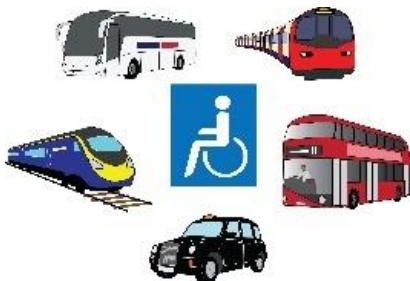


We will use these 12 pillars to push for change. This is because these are the things that affect people's lives and inclusion.

The 12 Pillars say that Disabled people must have:



1. Full access to our environment, this means full access to the places we go to.



2. Fully accessible transport, this means access to trains, tubes, buses, coaches and trams.



3. Technical support and equipment that meets our needs.



4. Accessible and **adapted** housing that meets our needs.

Adapted: here, this means when houses are changed to make them more accessible for Disabled people.



5. Support to be able to live in an independent way.



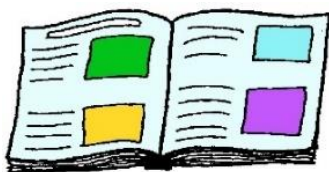
6. Inclusive education and training that everyone can take part in.



7. Having enough money to live well.



8. Equal opportunities for work.



9. Information that is easy to access and that meets our needs.



10. **Advocacy** and **self-advocacy.**

Advocacy: this is when a person supports someone to access their rights.

Self-advocacy: in this document, this means when Disabled People stand up for their rights and talk about the barriers they face.



11. **Counselling** services that are **empowering.**

Empowering: this means giving people the confidence and power they need to use their rights.



12. **Health care** that is easy to access and meets their needs.



We also need to look at other things that are important when pushing for inclusion.



We must look at ways to make sure people feel connected to their communities.

We must look at ways to make sure people have a strong sense of **identity**.

Identity: this means all the things that make a person who they are. For example, age, race, gender, sexuality, disability or religion. It can also be about other things, such as a person's hobbies, interests, family, friends and job.



For example, residents must have access to:

- Their community
- Enjoyable activities
- Free time
- **Digital inclusion**

Digital inclusion: this means having access to technology and the internet and support to use these.



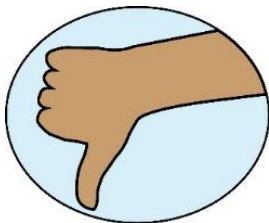
Part of the way we can push for change is by changing the words and phrases we use to talk about Disabled people.



In the past, the language used in social care has not been very helpful in terms of making Independent Living a reality.



We need to use language that gives people real choice and control over their lives. We need to use language that gives Disabled people power.



Here are some unhelpful words and phrases that are used a lot in social care:



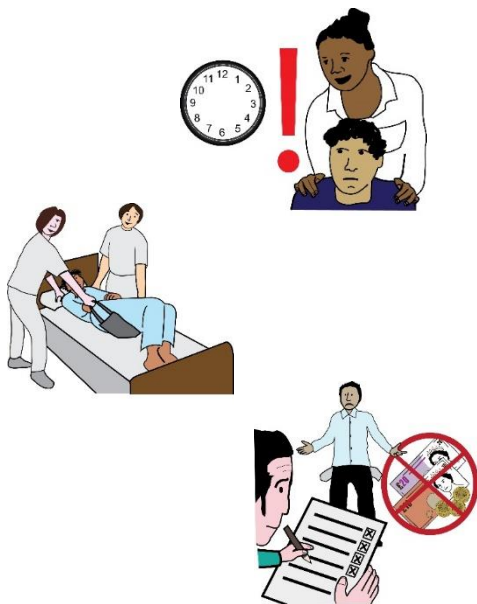
- Being looked after
- Cared for



- Getting up
- Being fed
- Put to bed
- Medication time
- **Task Oriented**
- **Doing to**

Task orientated: this means looking at getting a task done or finished, instead of focusing on the person who is getting support. For example, cooking or cleaning.

Doing to: this means talking about doing things to a person not with them.



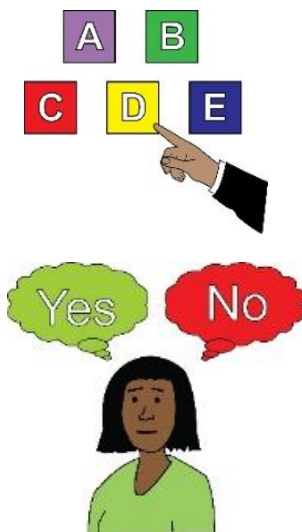
- The '15 minutes call'. This means when a worker visits a person for just 15 minutes.
- Care Agency and carers.
- Living at home because it is cheaper.



- Being washed.
- Not getting support at times that suit you.
- Care Plan
- Health and safety procedures.

Health and safety procedures: these are rules about the way things should be done and the steps that should be taken for health and safety.

Here are some helpful words and phrases that will help make Independent Living a reality:



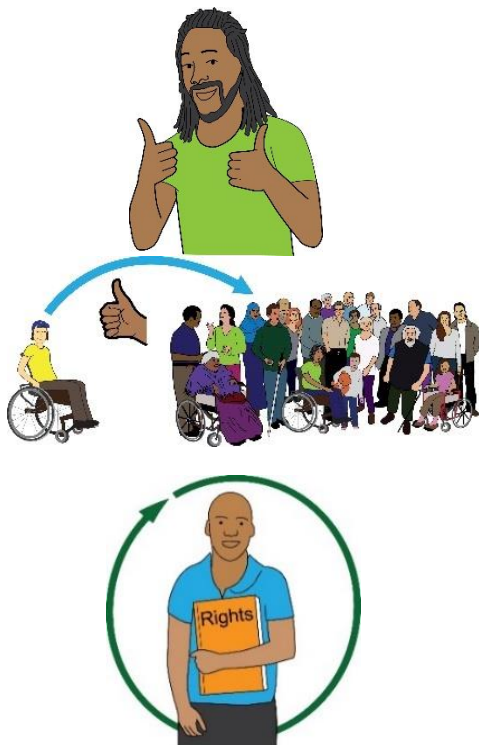
- We should talk about having a choice.
- We should talk about having control.
- We should talk about **autonomy**.

Autonomy: this means a person's right to do the things that they want to do.



- We should talk about **self-determination**.

Self-determination: this means when a person has control over their own life. For example, choosing what they eat.



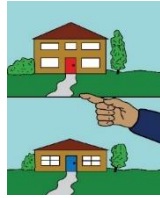
- We should talk about having freedom.
- We should talk about taking part.
- We should talk about human rights.
- We should talk about **citizenship**.

Citizenship: in this document this means a person having full rights to take part in their community.



- We should talk about **spontaneity**.

Spontaneity: this means making decisions and choices when you want to. You are in control.



- We should talk about having a family life.
- We should talk about lifestyle or choosing how to live.
- We should talk about being equal.
- We should talk about being **flexible**.

Flexible: here, this means being able to change support to suit you.



- We should talk about being creative to work out good support and remove barriers.
- We should talk about taking risks.



We are pushing for Independent Living across the borough.



We will work together with residents, community organisations and local businesses.



Disabled people, their supporters and their families face discrimination in their everyday lives.



Together, we will look at ways to deal with this discrimination.



We will lead the way in this difficult time where money is tight for lots of organisations and lots of people.



We will build up better support and services with residents. We will work together to make Independent Living a reality.



**This vision is from
September 2022.**