



Centre for
Independent
Living CIC

'Rights not Charity'

12 Basic Rights

SPECTRUM* believes all Disabled People have the right to live independently. Disabled People have identified 12 Basic Rights, which are essential to make Independent Living a reality:

Full **ACCESS** to our environment

A fully accessible **TRANSPORT** system

Appropriate **TECHNICAL AIDS/EQUIPMENT**

Accessible / adapted **HOUSING**

PERSONAL ASSISTANCE to enable an independent lifestyle

Inclusive **EDUCATION** and **TRAINING**

An adequate **INCOME**

Equal opportunities for **EMPLOYMENT**

Appropriate and accessible **INFORMATION**

ADVOCACY (towards self advocacy)

Empowering **COUNSELLING** services

Appropriate and accessible **HEALTH CARE** provision

Think you know Disabled People ... Think again

*SPECTRUM was formerly known as Southampton Centre for Independent Living

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