



A guide to the Call to Action

What needs to change for people with an intellectual disability and their families.



October 2008

What is this for?

This information is to help you tell people what you want to change.

Sometimes when you do this it is called a campaign.

Campaigns are about:

1. Finding out about a problem.
2. Talking to people who can help you with your campaign.
3. Talking to the people who can help fix the problem.
4. Telling them what to do to make things better.



Robert Martin campaigns for the closure of the Kimberley Centre.

What you can campaign about

IHC has written in the Call to Action about 10 things that people with an intellectual disability can campaign about. These are things that are needed to make the lives of people with an intellectual disability better.

1. Being part of the community.
2. Paid jobs.
3. Good support.
4. Good health care.
5. Help for our families.
6. Children with an intellectual disability to have lives like other children.
7. Cultural support for Maori with an intellectual disability.
8. Control over our lives.
9. A good education.
10. Enough money.

This is how you can use the Call to Action

1. Finding out about a problem

Choose one of the things that IHC has written about in the Call to Action. Choose something that is important to you. This will be what you campaign about. Use the information in IHC's Call to Action to help you understand:

- What the problem is
- What has to happen to fix the problem

If you don't understand get someone to help you.

2. Talking to people who can help you with your campaign

Other people might care about the problem and want to help with your campaign.

These people might be:

- Other people with an intellectual disability
- Disabled peoples organisations, like the Disabled Persons Assembly (DPA) or People First
- People who write for the newspapers
- IHC Branch committees
- Unions
- Friends and family
- The IHC Self Advocacy team



David



David and Colin

This is how you can use the Call to Action

3. Talking to people who can fix the problem

You need to talk to people who can fix the problem. These people might be:

- Your local Member of Parliament
- Your local Council
- Your local District Health Board
- People who are important in your community

You can ask for help to decide who to talk to.

In the year of a general election you can talk to the people who want to be Members of Parliament. These people are called candidates.

There may be meetings that you can go to and talk to the candidates. These meetings are often called candidate forums.

Meetings may be short. Practice what you want to say and decide questions that you want to ask before the meeting.

4. Telling them what to do to make things better.

When you talk to people you need to tell them:

- What the problem is
- What has to happen to fix the problem

There are stories in IHC's Call to Action about people's lives. The stories are to help you talk about why things need to change. If you want, you can talk about your own life and things you want to change.

Give copies of IHC's Call to Action to people you talk to so they can read it and think about what you have said.

Foreword from Robert Martin

Member of the New Zealand Order of Merit

My life began as a person with nothing. I had little time with my family, and lived in an institution like many of my friends who have an intellectual disability. We were not treated like other people. People were not treated well.

I found it very hard when I came out of the institution. It took me a while to be strong and brave enough to become a self advocate and stand up for my rights and the rights of my friends.

The community needs to accept people with an intellectual disability for who we are and meet our needs, as it does for others. Because of our disability we may need extra help. But all people are different and we need to recognise this fact.

We are people of value, we are able and we want to live a real life alongside the rest of our community.

Robert Martin



Robert Martin speaking at the celebration to mark ratification of the United Nations Convention on the Rights of Persons with Disabilities at Parliament.

Who to talk to for more information

If you or people that you talk to want more information contact:



Trevor

IHC Self Advocacy Team:

Caroline Barnes
National Manager Self Advocacy
Phone: (04) 472 2247
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Or the IHC Advocacy Team

Free phone: 0800 442 442
Email: advocacy@ihc.org.nz
Website: www.ihc.org.nz

Words to know

Campaign – telling people what you want to change.

Candidate – people who want to become Members of Parliament.

Local Council – a group of people who look after your local community.

District Health Board – a group of people who look after your local health and disability services.

General Election – where we vote to decide who will run New Zealand.

Member of Parliament – people who have won a general election. They represent us in Parliament.

Parliament – a building in Wellington where Members of Parliament work. They make decisions in Parliament.