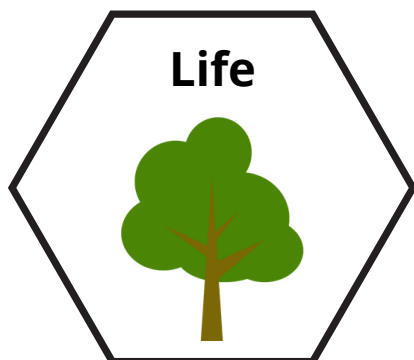


7 KEYS TO CITIZENSHIP - LIFE

NEZÁVISLÝ = NÁŠ ŽIVOT



Summary

Life (everyday life): It is important to be able to decide about one's own day—to have access to community activities (sport, culture, volunteering), with transport and assistance. Let us measure quality of life by the number of good days, not by the number of service hours provided.

The roundtable discussion was facilitated by and the conclusions were written up by:

Lýdia Brichtová

Martina Holentová

Key findings from the roundtable:

People with disabilities want to live actively in their community—in an ordinary environment among neighbours and friends, not in closed institutions.

They need the possibility to live independently and to make decisions about their own lives, with the support they need at a given time—from family, friends, personal assistants, or social services.

This also includes hobbies, sport, culture, and various gatherings that enable them to be visible and fully included in society.

Social services should be genuine support for housing and inclusion, not a substitute for home.

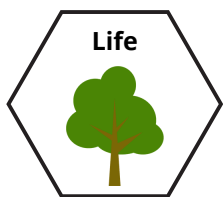
Many people end up in residential facilities only because they do not have the necessary support at home, for example after the death of their parents. That is why a gradual transition from institutions to community living is important.

Change also requires greater tolerance and understanding, and refraining from judging and condemning others.

Good neighbourly relationships, everyday cooperation, and small acts of help are very valuable.

Awareness-raising and sharing experience show that although the path is slow and sometimes painful, we are moving towards a more open and more humane society for everyone.

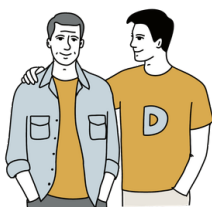
Brief summary in Easy-to-Read language (ETR)



People with disabilities want to live a normal life. They want to live at home or in the community. They need housing for that.



They do not want to live in an institution. They need support so that they can decide about their own life. And they need that other people take them seriously.



Sometimes each of us needs help and support.

For example from:

- family and friends
- personal assistants
- social services



Support should be exactly according to what the person needs.

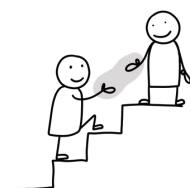


People want to have their own interests and fun. Activities help them to be among people – in society.



People need to be more tolerant. This means being able to understand others too. Simple things help:

- greeting a neighbour
- having a conversation
- offering help



This is how we contribute to a good community for everyone.

It goes slowly.

But in the right direction.