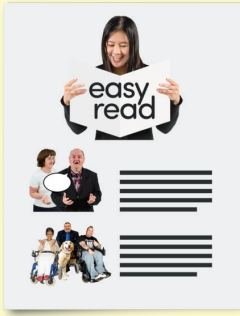


Your 5 occupational rights



Easy read booklet



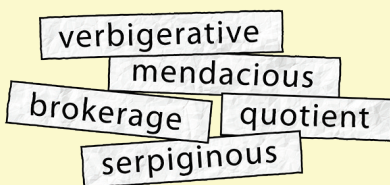
This is an Easy Read version of some information. It has words and pictures.



You might want help to read this booklet. You can ask someone to help you.

words

Some words are **black and bold**. This means we think they are difficult words.



Black and bold words are thicker and darker. We explain what they mean in a box like this.



Some words are **bright blue**. These are links to websites or email addresses. You can click on these links on a computer.

About this booklet



We are the **Royal College of Occupational Therapists**, called **RCOT** for short.



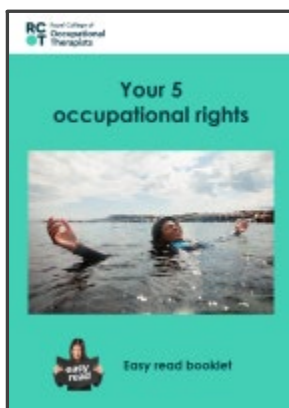
We wrote 5 **occupational rights**.



Occupational means any activities you need to do or want to do.



Rights are things that every person should have.



This booklet tells you about your 5 rights.

Your 5 occupational rights



You have the right to

1. choose what you do
2. do different types of activities
3. have changes made to help you do things you find hard to do
4. do things without barriers
5. feel good about what you do

1. You have the right to choose what you do



You can choose what you spend your time doing.



The people who support you know what you like to do.



The people who support you listen to what you want to do.



If you do things that are not good for you, you can get help to do better things.



You can also get help to choose what you want to do.

2. You have the right to do different types of activities



You can do a mix of activities, like

- learn
- work
- look after yourself
- look after other people
- rest
- have fun.



You do things that make you feel healthy.



You have the chance to do things you like and to try new things.



If the things you want to do are hard, you can get help to do them.

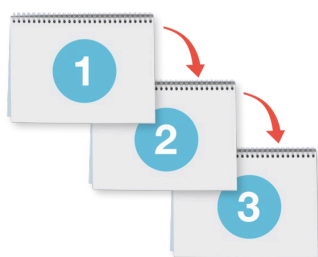
3. You have the right to have changes made to help you do things you find hard to do



You can have help to do and learn new things.



You get help from people who understand how to help you.



You can get support to always do things in the same way so you can learn.



If something is difficult to do, changes will be made to make it easier.



If you find it hard to do something, you and your carer can get help.

4. You have the right to do things without barriers



Barriers are things that stop you doing activities.



It is easy to do things in your home and other places. If it is not easy, changes are made.



Your carers know that your activities are important and they will have time to help you do them.



You will get support to do things even if they are hard or scary.



Your carers know how to support you and they will get help when they need it.



You should be able to do the activities you want. You should say if something stops you.

5. You have the right to feel good about what you do



You should be included in doing lots of things with other people when you are outside your home.



You and other people feel good about what you do.



You can make plans to do new things and these can change over time.



You can ask for help to do lots of different kinds of things, in different places, with different people.

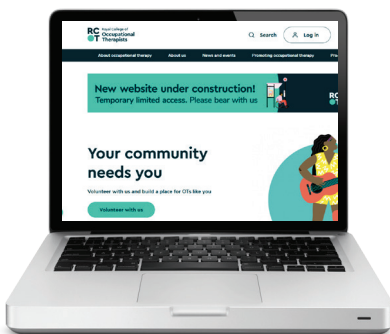
If you need more help to do things



If you need more help, talk to the people who support you or an **occupational therapist**.



Occupational therapists help people who find daily tasks difficult. This might be because they are ill or have a disability.



Go to our website to find out more about us and our work
rcot.co.uk

The full version of this document is called
“Five occupational rights:
Principles to enable fulfilled lives when
supporting people with learning disabilities”