

# **Your Life, Your Rights**

**Estevan Diversified Services Inc.  
(EDS)**

## Your Life, Your Rights

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Estevan Diversified Services Inc.  
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Make More Happen

**Thank you** to the Government of Saskatchewan for the money given to us through the Saskatchewan Community Literacy Fund for our Clear Language Human Rights book.



## Why we wrote this book

Estevan Diversified Services Inc. (EDS) was looking for new ideas to support participants in their lives.

We looked at the handbook that is used for new people coming into the EDS program and saw the Human Rights in the book were written at a level most people could not understand.

We asked EDS participants to read "The Rights" part of the handbook and then asked if they could tell us what it meant - only two people knew what some of the Rights meant.

**All people Need to know their Rights.**

This is why we wanted to write a Clear Language Book of Human Rights to help all participants know their **Rights for Life!**







You have the  
Right to be Yourself



You have the  
Right to be Respected







You have the  
Right to feel Safe





You have the  
Right to Say Yes and Say No



HOME SWEET HOME



You have the  
Right to a Home and to Live  
where you want







You have the  
Right to Food

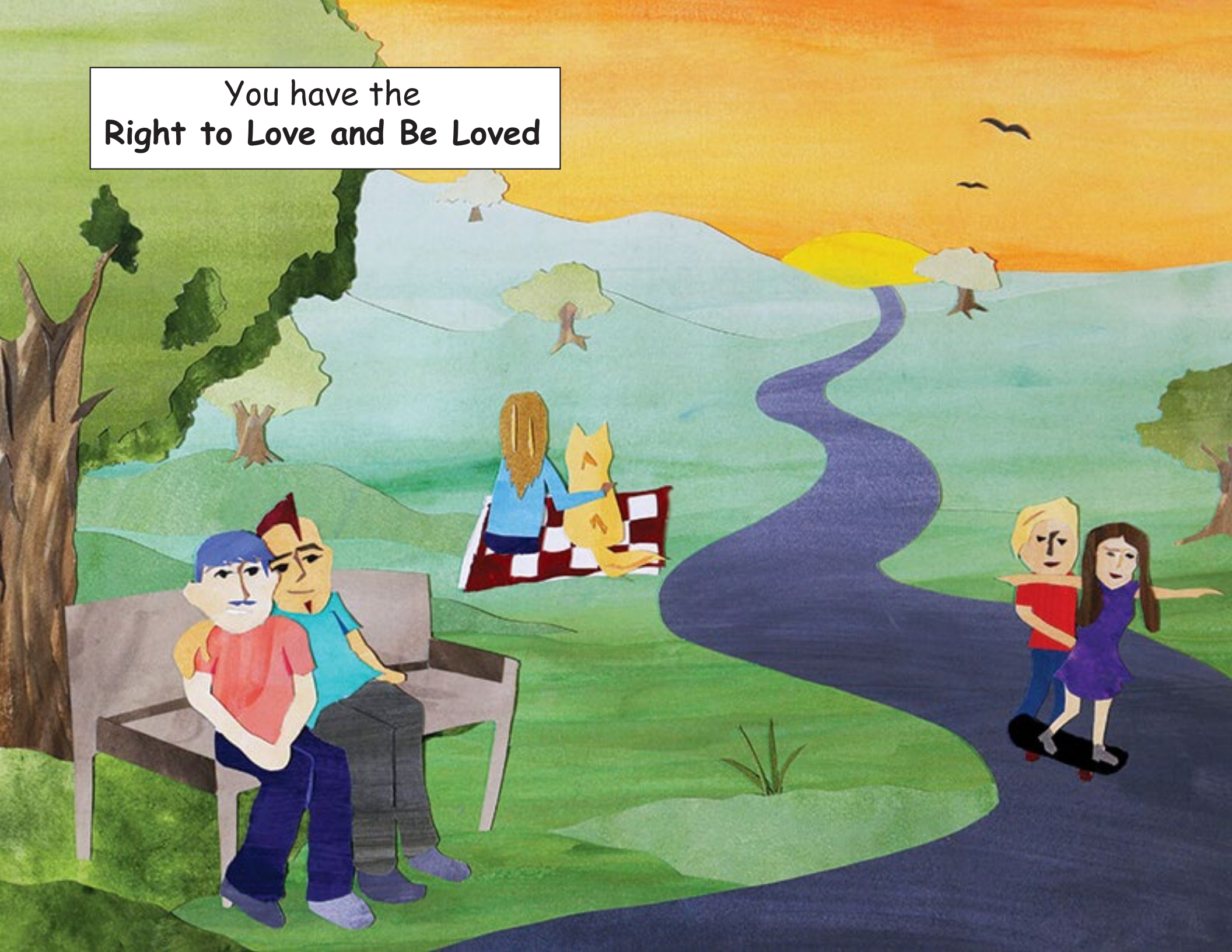




You have the  
Right to have Friends



You have the  
Right to Love and Be Loved





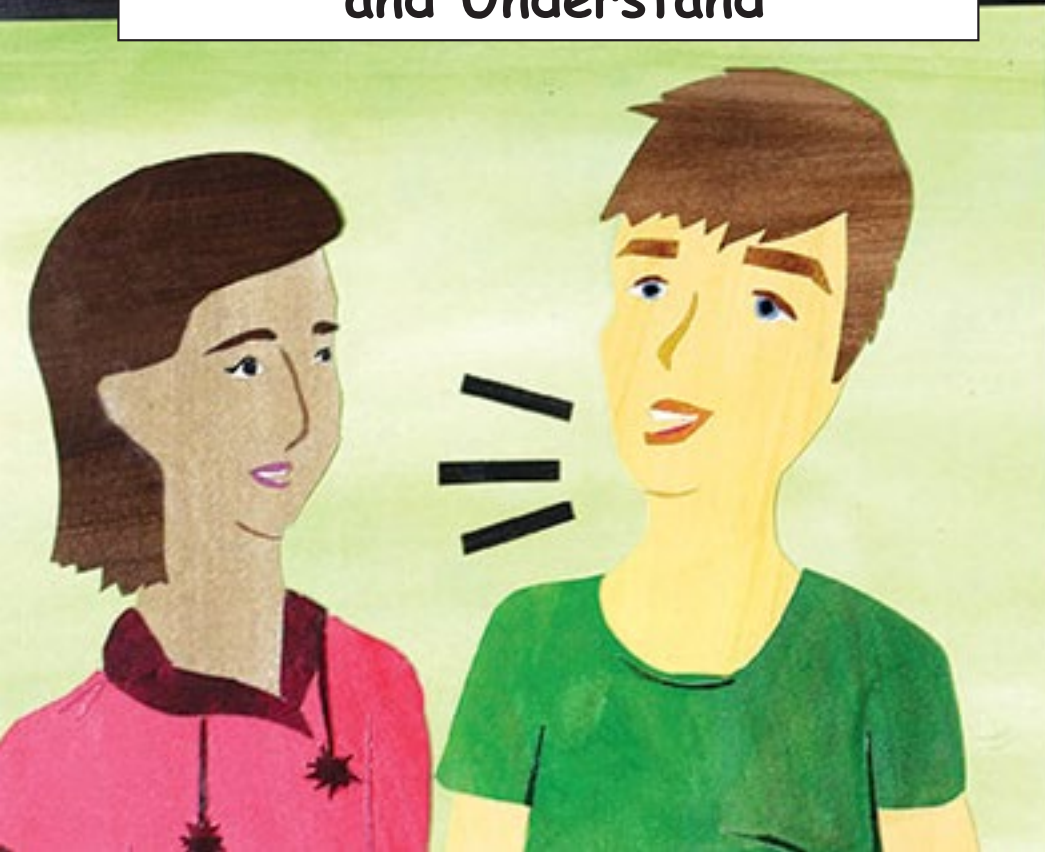
You have the  
Right to be Alone







You have the  
Right to Learn, Share Ideas,  
and Understand





You have the  
Right to have your  
Information Private

You have the  
Right to Look at  
your Information







You have the  
Right to Belong and Join











You have the  
Right to Ask for Help





You have the  
Right to Medical Care











You have the  
Right to Religion





**VOTE!**

**VOTE!**

**VOTE!**

You have the  
Right to know about your  
Government and to Vote



Laws are the Same for All People







You have the  
Right to Dream



## Your Life, Your Rights

You have the **Right to be Yourself**

You have the **Right to be Respected**

You have the **Right to feel Safe**

You have the **Right to Say Yes and Say No**

You have the **Right to a Home and to Live where you want**

You have the **Right to Food**

You have the **Right to have Friends**

You have the **Right to Love and Be Loved**

You have the **Right to be Alone**

You have the **Right to Learn, Share Ideas, and Understand**

## Your Life, Your Rights

You have the **Right to have your Information Private and to Look at your Information**

You have the **Right to Belong and Join**

You have the **Right to Work**

You have the **Right to Ask for Help**

You have the **Right to Medical Care**

You have the **Right to Ask for Help in an Emergency**

You have the **Right to Religion**

You have the **Right to know about your Government and to Vote**

**Laws are the Same for All People**

You have the **Right to Dream**



## What the Words mean

### Life

- a way of living
- the time when you are alive

### Human

- a person or people (not an animal)
- woman or man
- girl or boy

### Rights

- the way you should be treated in your life
- the way you should be treated in your town, city, province or country

### Clear

### Language

- words you know

### Yourself

- you
- who you are

### Respected

- people should be kind to you
- you should be kind to others

### Safe

- not in danger
- when you feel good about where you are and who you are with

## What the Words mean

### Say

- use your voice
- use pictures or written words
- use your hands or sign language

### Home

- a place where a person lives
- you do not have to own the home

### Food

- things that people eat
- people have the right to eat healthy

### Friends

- a person you like and they like you
- a person you like to be with and they like to be with you

### Love

- a feeling of strong like and caring for someone or something
- a feeling that makes you want to learn more about the other person

### Alone

- to be by yourself

### Learn

- to find out something
- to get to know something so well that you can remember it



## What the Words mean

- Ideas**
- thoughts
  - something that you think about
  - something that you picture in your mind

- Understand**
- to get the meaning of something
  - to learn how it works

- Private**
- things to keep to yourself

- Information**
- for use by people that work for you
  - things you only tell people you know and trust

- Look**
- using your eyes to read your information
  - asking someone who works for you to read your information to you
  - asking a person you trust to read your information to you

- Information**
- what someone says or writes about you
  - when you hear or read something about yourself

- Belong**
- to be part of something
  - to be in a group or a club

## What the Words mean

- Join**
- to be a part of something
  - to do something with a person, group or club

- Work**
- to do something
  - to have a job
  - to do something for pay

- Medical care**
- to have a Doctor or Nurse help you to **not** get sick
  - to have a Doctor or Nurse help you if you are sick

- Emergency**
- a need for someone to help you right now

- Religion**
- to believe in a being that you know is there but you cannot see
  - to believe in a *God* or group of *Gods*

- Government**
- a group of people who decide what is best for our town, city, province or country

- Vote**
- you help pick who will run your town, city, province or country

- Laws**
- rules made by the government that we all have to listen to and follow
  - you have to follow the rules



## Places to go for Help

### **Saskatchewan Human Rights Commission (SHRC)**

**web:** [www.saskatchewanhumanrights.ca](http://www.saskatchewanhumanrights.ca)

**email:** [shrc@gov.sk.ca](mailto:shrc@gov.sk.ca)

**Toll Free:** 1-800-667-9249

### **Ministry of Social Services**

#### **Community Living Service Delivery (CLSD)**

**web:** [www.saskatchewan.ca](http://www.saskatchewan.ca)

**Telephone:** (306) 787-3848

### **SARC**

SARC and SARCAN Recycling

**web:** [www.sarcsarcan.ca](http://www.sarcsarcan.ca)

**email:** [contact@sarcan.sk.ca](mailto:contact@sarcan.sk.ca)

**Telephone:** (306) 933-0616

### **Saskatchewan Assured Income for Disability (SAID)**

**web:** [www.saskatchewan.ca](http://www.saskatchewan.ca)

**Tollfree:** 1-888-567-7243

**TTY:** 1-866-995-0099

## Places to go for Help

### **Ombudsman Saskatchewan**

**web:** [www.ombudsman.sk.ca](http://www.ombudsman.sk.ca)

**Toll Free:** 1-800-667-9787

### **Office of Residential Tenancies (ORT)**

Information for Tenants and Landlords

**web:** [www.saskatchewan.ca](http://www.saskatchewan.ca)

**email:** [ort@gov.sk.ca](mailto:ort@gov.sk.ca)

**Toll Free:** 1-888-215-2222

### **Royal Canadian Mounted Police (RCMP)**

**web:** [www.rcmp.gc.ca](http://www.rcmp.gc.ca)

**Telephone:** Emergency only 911

### **Canada Food Guide**

**web:** [www.hc-sc.gc.ca](http://www.hc-sc.gc.ca)

### **Saskatchewan Association for Community Living (SACL)**

**web:** [www.sacl.org](http://www.sacl.org)

**Telephone:** 1-306-955-3344



The **Human Rights** pictures in this book were made by art students from **Estevan Comprehensive School (ECS)** grades 10 to 12. The ECS art teacher, **Wade Kotelo** had the students work as a team using a cut-paper art form for the pictures.

- Students thought of ways to make the human right appear as a picture
- Ideas were drawn with a pencil
- Ideas were sent to Estevan Diversified Services (EDS) for participants to look over
- If a change was needed the art students fixed it
- The pencil picture was then drawn bigger
- The next step was to paint a lot of paper in different colours
- The painted paper was cut into many shapes that were layered together to form the final picture - no glue was used
- A clear piece of glass was placed on top of the layered art work
- A photograph was taken of the layered art
- The graphic designer then added the words

The art students put in a total of 1,200 hours after school making the pictures. This style of art with its many steps was hard to make, but the final pictures have a crisp hand-made look that is charming.

## Estevan Comprehensive School Art Students

Isabelle Beahm

Tia Dayman

Amber Magnien

Amy Quinn

King Jay Ar Lontoc



Rezoona Khin

Abbie Brokenshire

Saige Monteyne

Brenden Easton

**Thank You** to the Your Life, Your Rights Editorial Board for all of your words, thoughts and time that helped make this Clear Language Human Rights book be brought to Print!



## Your Life, Your Rights Editorial Board

**Connie Wahlmeier** - Resource Centre Supervisor, Estevan Diversified Services (EDS) and Book Project Manager

**Carol Cundall** - Executive Director of Estevan Diversified Services (EDS)

**Trisha Carriere** - Program Coordinator, Estevan Diversified Services (EDS)

**Wade Kotelo** - Art Teacher, Estevan Comprehensive School

**Jody Copeland** - Learning Support Teacher, Southeast Cornerstone Public SD 209

**Deborah Farago** - Executive Director of Interlake Human Resources Corporation

**Michelle Houston** - Manager of Community Living Services Division (CLSD), Ministry of Social Services

**Mindy Bonderoff** - Facilitator of Training & Education, SARC

**Sydney Smith** - Media and Communications Advisor, SARC

**Kathryn Roberton** - Estevan Diversified Services (EDS) Board Member





**Thank You** to **Estevan Diversified Services (EDS) Board of Directors** for standing up for the Rights of Adults with Intellectual Disabilities. Their support for this book is just one more way of showing they want all participants to have a **Say in Their Own Lives**.

**Thank you** to EDS Office Manager **Jessica Shier** for looking after the money end of the book.

**Thank you** to all of the participants from **EDS** and **Interlake Human Resources** for your thoughts about Human Rights.

A Special **Thank You** to EDS participants - **Sharon Steffensen** and **Larry Orser**. Your ideas about the pictures, your thoughts and your words were a big help!

**Thank you** to **Wade Kotelo** and the nine **ECS** art students for your many hours of work!

**Thank You** for the  
Graphic Design by

Trinda Jocelyn |   
design

The Executive Director of EDS, **Carol Cundall**, saw the need to bring the Vision and Mission Statements for EDS up to date and in Clear Language. Carol asked EDS participant, **Larry Orser**, what EDS does for them; which brought a new point of view to the statements. Carol and Larry worked as a team writing the new statements. The **EDS Board of Directors** said the new statements are **Right On** for what EDS sees for helping participants to go for their **Dreams in Life**.

### Vision Statement

**Estevan Diversified Services Inc.** - The Best **Assistance** for Adults with Intellectual Disabilities.

**Vision Statement** - what we do

**Assistance** - to get help where you need it

### Mission Statement

**Estevan Diversified Services Inc.** - Helping Adults with Intellectual Disabilities in **Their** life, where **They** want it, or **They** need it. Helping give the **Supports** needed to reach the person's goals. To have a place where people know you and care about you.

**Mission Statement** - our goals

**Supports** - to give help



**This book is for all of us.  
We all have Rights.**

**[www.edsinc.org](http://www.edsinc.org)  
Estevan Diversified Services**



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