



Europe for us

Self-advocacy and EU disability rights updates



European Disability Card

European Parking Card for persons with disabilities



Find explanations for words in **bold** at the end of Europe for us on pages 22 to 30.

Europe for us is available in:

- English
- French
- German
- Hungarian
- Italian
- Dutch
- Romanian
- Spanish
- Ukrainian

Go to www.inclusion-europe.eu/europe-for-us to find the other language versions.

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Editor's note

Soufiane El Amrani

My role at Inclusion Europe



Well things have changed
at Inclusion Europe since I started in 2008.



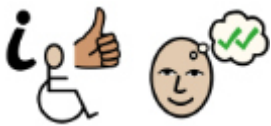
I have many different roles with Inclusion Europe.
I started out as easy to read editor at Inclusion Europe.



I am also part of Inclusion International
as a council member along with the
president of Inclusion Europe.



I have an Inclusion International
council meeting in October
where we will talk about many different things.



Just recently I have been assigned a new title
that is called accessibility expert.



I have also given quite a lot of easy to read trainings
with Milan about how to create accessible documents.



I did an online presentation
about accessible transports
to the European Disability Forum
and I told them about difficult situations
people with intellectual disabilities
face when using public transport.



Here is list of all the things
I worked on over the past few years:

- European Platform of Self-Advocates
- My talents for diversity project
- Speaker at European Parliament
- Training in Russia with Guillaume
- Training in Prague
- Inclusion Indicators report
- Accessible transport
- Hear our voices conference
- Europe in action conference
- Visit to the European Commission
- Presenting accessible tourism
- Presenting road safety
- Café football
- European standards on
making information easy to read

- Podcasts with Milan
- Inclusion Radio
- Made a video about European Elections



I helped to make the European Standards for making information easy to read and understand.



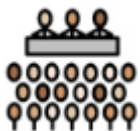
I taught people about the right ways to make easy to read documents and I explained the dos and don'ts for making easy to read documents.



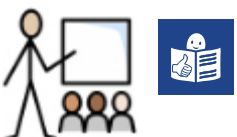
I was interviewed by a trainee for Inclusion Radio. They asked me a lot of good questions.



I have quite a few podcasts with Milan where we have interviewed many different people.



I have been invited to many events where I have represented Inclusion Europe.



I have given the trainees a training about how to create easy to read documents.



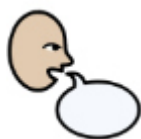
I have done many presentations about who Inclusion Europe are and what we do.



I have taken part in Inclusion Europe board meetings.



I have taken part in interviews for a new team member alongside Milan, Josipa and Bridget.



I have been invited to speak in Berlin in December about participation.



Over the past 15 years I have worked for Inclusion Europe
I have been given more work and more responsibility.



Now I talk about what Inclusion Europe does and how it helps people with intellectual disabilities.
I have become more independent,
I find it easier to talk about my role and to inform people about Inclusion Europe.

Self-advocacy report from Europe in action conference in Glasgow 2024





During Europe in action 2024,
Inclusion Europe hosted two workshops
as part of the JUDY project.

These workshops focused on
the situation in five member countries.



Experts shared ideas on how to close institutions,
promote independent and community living,
and strengthen self-advocacy.



Self-advocates from the project
presented national reports
and received valuable feedback
on overcoming challenges and barriers.



Tarkan Bashllari



Tarkan Bashllari is a self-advocate from Albania. He says it was a great experience to talk about the situation in his country and get ideas from others.



Tarkan said that they helped him learn how he can grow the self-advocacy movement, not just with more people, but with more activities and influence.



This was also the first time Tarkan spoke in front of an international audience, which was very important to him.



Marieta Emilova Petrova



Marieta Emilova Petrova is a self-advocate from Bulgaria. Marieta said that she is dedicated to supporting people with intellectual disabilities.

Marieta believes that stronger self-advocacy can help push for independent living.



Marieta thinks the JUDY project will help self-advocates work for changes in laws, promoting independent living and community-based services.



Laszlo and Ilona



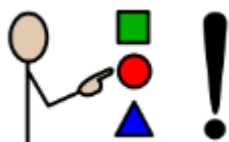
László Bercse and Ilona Sallai
are self-advocates from Hungary.



They shared what they
learned from the JUDY workshops.
László and Ilona realized that strong self-advocacy
is important for deinstitutionalisation.



They both believe self-advocates can help others
understand what life is really like in institutions,
while also making sure residents
are well-prepared to move out.



László and Ilona highlighted
that the people who are living in institutions
need to learn about their rights
and stand up for themselves.

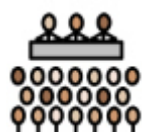
They also said that it's important
to give them opportunities
to make their own decisions
and put independent living into practice.



Ilona shared that she learned self-advocates play a key role in supporting others to move out of institutions.



She also highlighted the importance of involving family members in self-advocacy and deinstitutionalisation.



Ilona was inspired by the idea of a self-advocacy parliament in Bulgaria and hopes to see something similar in Hungary.

László added that it was interesting to hear those other countries in the JUDY project that face the same challenges with self-advocacy and deinstitutionalisation as Hungary.



László appreciated the feedback from experts and expressed interest in creating a national self-advocacy platform, something other countries have already done.



Marek Bohuš



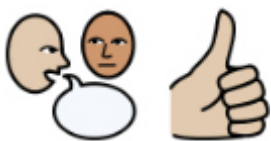
Marek Bohuš,
a self-advocate from Slovakia.
He attended
the Europe in action Conference
for the first time.



His biggest takeaway was seeing how active
the self-advocacy movement is in some countries,
where self-advocates play important roles.



Marek also noticed that
many countries face similar challenges
when it comes to independent living
and closing institutions.



Marek said that being abroad and hearing
the stories of other people with intellectual disabilities
was a great experience.



It made Marek a bit sad to hear
about all the problems they face,
but he believes that we can work
together to make lives better.



Elisabeta Moldovan



Elisabeta Moldovan is a self-advocate and survivor of deinstitutionalisation from Romania.

She finds it helpful to hear that other countries are involved in the project.



She feels inspired by the expert feedback, especially since some of the experts were self-advocates who could share their own experiences.



Elisabeta believes that Romania doesn't need to restart from the beginning but should adapt successful practices from other countries to fit its local culture and context.



She also highlighted that, for the first time, more people with disabilities participated in the workshop than professionals, making the event more inclusive and easier to understand for everyone.

Parliament adopts European Union disability and Parking Cards





The European Parliament approved the European Disability Card for individuals with intellectual disabilities.



With this card, people with intellectual disabilities can travel freely throughout Europe.



The card will be available in various formats, including digital.



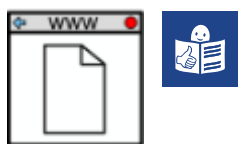
The European Disability Card provides free access to people with intellectual disabilities.



The European Commission wants to tell all its citizens about this European Disability Card.



The European Commission wants to create a website that provides information on how to obtain the European Disability Card and how to request a new card.



The website should be in easy to read for people with intellectual disabilities, making sure they can understand the information.



Lucia Duris thinks there's an important need in the European Union to advocate for the rights of people with intellectual disabilities living in the EU.

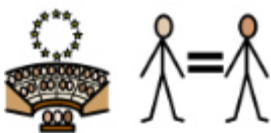


The card could facilitate travel, it will enable people with intellectual disabilities to move more freely throughout Europe.

Lucia is happy that the card would also cover longer stays in Europe.



The availability of this card will also assist asylum-seekers and refugees in moving more freely within Europe.



The European Parliament aims to address citizens' questions related to the European Disability Card, covering topics such as anti-discrimination and quality of life.

Inmaculada Placencia Porrero for the UN Disability Committee





For the first time, the European Union nominated a candidate with an intellectual disability for the UN Committee on the Rights of Persons with Disabilities.



The candidate is Inmaculada Placencia Porrero, a senior expert on disability at the European Commission.



Inmaculada says that it is a great honour to be nominated by the European Union.



They are committed to fighting discrimination, removing barriers for people with disabilities, and making sure everyone can take part in society equally.

The Committee on the Rights of Persons with Disabilities has 18 independent experts.



Nine members will finish their job on December 31, 2024, and nine new members will be chosen this year.

The elections took place in New York in the United States of America from June 11 to June 13, 2024.



The Committee watches how countries follow the Convention on the Rights of Persons with Disabilities.



Countries send regular reports to the Committee about how they follow the CRPD.



The Committee looks at these reports and gives advice.



The Committee also checks individual complaints and investigates serious and repeated violations of the Convention when there is enough evidence.



In March 2025, the Committee will review how well the European Union follows their CRPD commitments.

Easy to read news in the Netherlands

<https://over.nos.nl/nieuws/nieuw-nos-journaal-in-makkelijke-taal/>

The logo for NOS Journal in Makkelijke Taal. It features the word "NOS" in white, with the "O" in red. To the right of "NOS" is a red, translucent, circular graphic that resembles a film reel or a ring. Overlaid on this red circle is a white rectangular box containing the text "JOURNAAL IN MAKKELIJKE TAAL" in white, uppercase letters. The background of the entire graphic is a solid blue color with a subtle pattern of small white dots.



The news channel in the Netherlands is starting a new program only in easy to understand.

This program is for anyone who finds it hard to follow regular news but still wants to stay informed.



NOS Journaal in easy language is slower and explains things more clearly than other news programs.



The program aims to make news accessible to everyone, including the 2.5 million people in the Netherlands who struggle with the Dutch language.

The new news program covers fewer topics than other news bulletins.



The presenter explains things in more detail and avoids difficult words.

The pace and images are also calmer.

Explanations



Accessible

Something that is easy to use for people with disabilities.
Such as:

- ramps to get into a building
- information in easy to read
- information in sign language



Charter of Fundamental Rights

A paper that says what basic rights every person has.
For example, the right to freedom, the right to education.



Commissioner at the European Commission

A Commissioner is a person who is responsible
for a field of work at the European Commission
and manages a lot of people.



Community

People that belong to something.

For example, neighbourhood community.

People who live in the same neighbourhood.

Or religious community.

People who have the same religion.



Community-based services

Support given by people from the community.



Convention

An agreement between countries or

organisations which talks about many topics.



Deinstitutionalisation

Deinstitutionalisation is helping people
to move out of institutions.

It is when the people who lived in institutions get help
so they can live independently in the community.



Educate

Educate means to teach.

It means to make sure people have access to training so they can learn new skills.



European Union

The European Union (in short, EU) is a group of 27 countries.

We call these countries “member states”.

They have joined together to be stronger politically and economically.

The EU makes laws on many important things for the people who live in those countries.

The EU makes laws in different areas.

Some examples are:

- laws to protect the environment
- laws for farmers
- laws to protect consumers

A consumer is someone who buys things.

The EU also makes laws that are important for people with disabilities.

It also made a law that gives people with disabilities more rights when they are travelling.

The EU also gives money to its member states.

Some of this money is used for people with disabilities.



Fund

To give money to someone or to an organisation which helps people or organisations.



Inclusion Europe

Inclusion Europe is an organisation for people with intellectual disabilities and their families.

We fight for their equal rights and inclusion in Europe.
We also want to make a difference to the laws in Europe.
We started in 1988.

We have 79 members in 39 European countries.
We are based in Brussels in Belgium.



Institutions

Institutions are places where people with intellectual disabilities live with other people with intellectual disabilities.

They live apart from other people.

This is what we call “segregated”.

Sometimes this happens against their will.

People who live in institutions have to follow the rules of the institution and cannot decide for themselves.



Intellectual disability

If you have an intellectual disability, that means it is more difficult for you to understand information and learn new skills than it is for other people.

This makes some parts of life harder. People with intellectual disabilities often need support in learning or at work.

Intellectual disability often starts before you are an adult.

It affects you for your whole life.

There are things that can make life easier
for people with intellectual disabilities.

For example, information in easy to read language.

Some people say learning disabilities
instead of intellectual disabilities.



NGO **Non-governmental organisations**

Non-governmental organisations, or NGOs are
generally defined as nonprofit and independent of
governmental influence.



Online schooling

Online schooling is a way for students to attend
their classes using a computer or another device
to connect to the internet.

These classes happen with the help of online
applications for meetings or online classrooms.



Organisation

A group of people who work for the same thing.



Segregation

Segregation is when someone is set apart from others for an unfair reason.

For example, because of their disability.



Self-advocacy

Self-advocacy is when people with intellectual disabilities speak up for themselves.

These people are called self-advocates.



Services

Support for people with disabilities.



Training

A class often given at work where people learn new things.



Ambitions. Rights. Belonging.

Contact us and share your self-advocacy stories!



Website:

inclusion-europe.eu



Email:

secretariat@inclusion-europe.org



Telephone:

+32 2 502 28 15



Address:

Avenue des Arts 3, 1210 Brussels, Belgium



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