

BIG ISSUES IN OUR LIVES

What Needs to Change

What Community Care and Support looks like for People with Intellectual Disabilities

Our Experience with Care and Support

To live independently, people need to have access to support in their community.

People with intellectual disabilities are often excluded from services in our communities. It can be difficult to get support with things like our health, housing, and making decisions.

Many of us live in institutions, where we can't make choices about our lives.

Self-advocates demand that all institutions are closed, and that people get good support to live in our communities.



"We are not sick, we aren't children forever, and we do not want charity. We want to be given the necessary support in all spaces to participate freely and for our voices to be heard."

SELF-ADVOCATE, COLOMBIA



Article 19 of the CRPD protects our right to live independently and to be included in our community.

Our Rights

- It says that everyone should be able to use the same services, and that we have the right to get support to do this.

“Even your own home can be an institution if you can’t make your own choices and decisions.”

SELF-ADVOCATE, UNITED STATES



Big Problems We Face

Making Decisions

- We often don’t get to choose where we live
- There are not many options for safe and affordable housing
- We are forced to live in institutions
- We have to live with other people to get support

Getting Support

- It is difficult to get good support in our communities
- People don’t get support to leave institutions
- We don’t get to choose who supports us



“[Institution] living is all about group life. I cannot learn to cook. I cannot go to school at night. I cannot have the key to the main door. I cannot shower anytime I like. I cannot sleep or wake up at the time of my choice. I cannot go out at night... Applying to public housing needs documents, and I don’t know how to handle those documents.”

SELF-ADVOCATE, HONG KONG

Good Community Care and Support Looks Like...

- We are included and valued in our communities
- We can use the same services as everyone else
- We choose where we live and who we live with
- We live in a safe and affordable place
- We decide kind of support we need
- We choose who supports us
- Our families get support

“Our community needs to be more open and understanding. Too often, people with intellectual disabilities are seen as incapable, but when given the right support, we can achieve so much.”

SELF-ADVOCATE, BANGLADESH



What Needs To Change

What Governments Can Do

- Make Better Laws
 - Include us in making and checking laws about community care and support
 - Close institutions and stop new ones being built
 - Remove guardianship laws
- Fund Inclusive Services
 - Fund affordable, accessible and safe housing
 - Make sure that services in the community work for everyone

What Service Providers Can Do

- Support people to make their own decisions
- Give families training and support
- Offer mental health support to people leaving institutions
- Train and fairly pay support workers

What Others Can Do

- Support Inclusion
 - Share success stories
 - Support people to access community services



“I spent 25 years in different institutions and from 2012 I have lived in the community. For me, the community is important because it is my right and every person with a disability has the right to live in the community... I work, I am paid and I have where I live. And I have the freedom which I didn't have in institutions.”

SELF-ADVOCATE, ROMANIA



OUR BIG MESSAGE ABOUT
CARE AND SUPPORT

People with intellectual disabilities around the world want to live in our communities, not institutions.

We should have support to live independently, with choice and control.

Resources from our network

- [Inclusive communities = Stronger communities - a Global Report on Article 19](#)
- [Closing Institutions and Living in the Community - a Global Self-advocate Report](#)
- [Guidelines on Closing Institutions](#)

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