

# Adult Safeguarding Charter of Rights and Freedoms

The Adult Safeguarding Unit is guided by, and seeks to uphold, these rights and freedoms.

This Charter does not create legally enforceable rights and is subject to existing laws.

## You have the right to:

### Dignity, respect and self-determination

1. Be treated with respect for your dignity and humanity.
2. Exercise and uphold your rights.
3. Freedom of movement and to choose where you live.
4. Live autonomously, exercise self-determination, take risks and be supported to make your own decision/choices.
5. Make informed decisions free from coercion, undue influence or psychological abuse.



### Safety and security

6. Live free from abuse or mistreatment, including physical, social, emotional, psychological, financial, cultural, chemical and sexual abuse, and neglect.
7. Be free from torture and other forms of cruel, inhumane or degrading treatment.

### Equality and non-discrimination

8. Exercise your rights free from all forms of discrimination, whether on the basis of age, disability, sex, gender identity, colour, sexual orientation, location, religion, political opinion, educational qualification, national origin, culture or ethnicity.
9. Be treated equally before the law.

### Standards of living and care

10. Access nutritious food and clean water.
11. Adequate clothing, shelter, means and resources to enable you to enjoy the highest attainable standards of physical and mental health and wellbeing.
12. Make your own health and end-of-life decisions, including in advance, and for this to be respected.
13. A dignified death.



### Family and lifestyle

14. Choose your own lifestyle and have your family of choice respected.
15. Be free from arbitrary or unlawful interference with your privacy, family, home or communications.
16. A family life, and to have valued relationships with those important to you (including connections with pets and animals) respected by others, including government agencies.

### Social and economic participation

17. Freely associate with others and participate fully in the social, economic and cultural life of your community.
18. If you are an Aboriginal or Torres Strait Islander person, connect with others in your community, maintain and use your language, kinship ties and connection to land and culture.

### Freedom of thought, conscience, spirituality, religion and expression

19. Exercise freedom of thought, conscience, spirituality and religion.
20. Freedom of opinion and to express, seek, receive and share information and ideas, and to lifelong learning.
21. To communicate, and be communicated with, in your preferred method.



### Privacy

22. Seek and be provided with personal information about you held by government agencies or officials.
23. Have your personal information protected.