



Children and Young People  
with Disability Australia

# **CYDA's Lived X Papers**

## **Inclusion and Decision Making**

### Easy Read information

#### **Summary**



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**CYDA** wrote this paper.



**CYDA** is an organisation that stands up for people with disability who are 0-25 years old.



This paper is about making **decisions**.

**Decisions** are choices people make about things like where to live, what to buy, and who to be friends with.



This paper is also about **inclusion**.

**Inclusion** means that people with disability feel included in activities.



Inclusion also means you feel like you belong to the community.



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CYDA wanted to hear about young people's experiences of making decisions and inclusion.



CYDA spoke to young people with disability at 3 **focus groups**.

**Focus groups** are a conversation to hear people's experiences.



The focus groups were **co-designed** by young people with disability.

**Co-design** means that young people decide how things work.

## What young people said



Young people with disability want to make their own decisions.



Young people with disability want to make big decisions and small decisions.



They want help to make decisions when they ask for it.



Young people with disability like when people understand what they need.

They also like when people ask them to make sure.

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**Understand**





**Ableism** gets in the way of making decisions and feeling included.

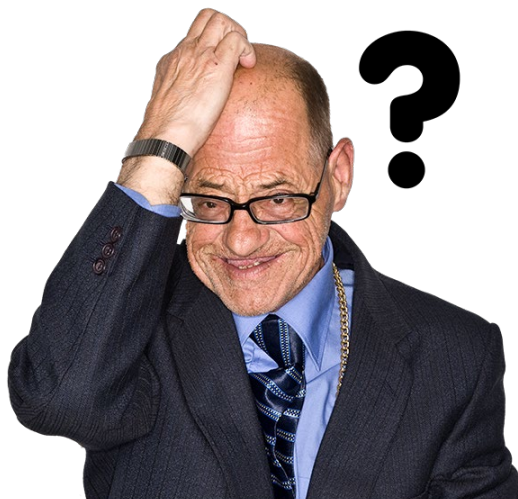
**Ableism** is when someone treats you unfairly because of your disability.



Ableism is a type of **discrimination**.

**Discrimination** is when someone treats someone unfairly because of who they are.

There are laws to stop discrimination, for example: the UN Disability Rights.



Young people said doctors and support workers sometimes don't understand their disability.



This can stop young people from going to school, activities and work.

## Recommendations



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After talking to young people, CYDA has **recommendations** to make.

**Recommendations** are things that CYDA will tell people to do.

They are about making inclusion better for young people with disability.

They are also about how to make it easier for young people to make decisions.



## Australian Government

CYDA has 4 recommendations for the Australian Government:



1. The Australian Government should provide ways for young people with disability to become leaders.



2. The Australian Government should make **education** inclusive.

**Education** means learning and training. You get your education at school, TAFE or university.





They should give money to people who can do research.

The research should be about how to make education inclusive.



3. The Australian Government should make sure support workers have the right skills to support people with disability. This should be done by **training** people.

**Training** is lessons where you learn about something new.



4. The Australian Government should give money to people who can do research.

The research should be about how to help people make decisions.



- CYDA has 1 recommendation for disability services and organisations:



1. Disability services and organisations should make and give people training.



This training should help people understand what ableism is.

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**Understand**



It should also help people understand how young people with disability can experience discrimination.



CYDA has 3 recommendations for organisations that **represent** people with disability.

**Represent** means speaking for a group of people to make sure their needs are met and their rights are understood.



1. Organisations should make a guide for talking about disability and ableism.



2. Organisations should make videos and posters to help people understand inclusion at work.



This will give young people more opportunities to get work and feel included.



3. Organisations should make a guide for including people with disability at work.