

## TRANSCRIPT:

### Everyday Rights - When we need more help if we have a disability

#### Jan's story

*[Opening title screen]*

Jan was forced to spend her days in bed.

*[Jan]*

When I was younger HR was about foreign countries that were struggling. Or they were about other people far away. It's only now that I've become more disabled, and now I've had my own personal experience of poor human rights that I've realised we've got enough to work on in the UK, and that really matters.

My name's Jan, and I have MS. What made me realise how bad things were was that I had really limited care. The council would only give me a 45min slot that I was being taken to the toilet and taken to wash, and there wasn't enough time to do anything else so I had to spend all my time in bed.

When that care arrangement fell apart, there was no other agency in Norwich that would take such a small slot. The smallest slot I could get was 4 hours. I naively just assumed the only way I could get just the basic care was just to get that 4 hours. I'm going to have to do it. I'll pay for it myself and I'm sure the council will pay me back when their bureaucracy has caught up.

I looked at the Human Rights Act and realised it was saying yes, you are worth as much as any other human being. This is what human beings in the UK can expect in their lives. It helped me feel stronger because it was saying there was a piece of legislation here that says it's ok to want to be treated like a human being. And that's what drove me forward.

It was when I got more care that I realised, I will not go back to the previous level, it was degrading and it was inhumane. My life started to open up. I had people around enough that I could actually stay out of bed for a couple of hours because there was somebody around to support me. And that was absolutely amazing. I suddenly started to feel like a human being again, and I hadn't realised.

Once I'd had the eureka moment of realising that I'm valuable enough, I'm as valuable as everyone else. Then it was all about human rights. It was realising, yes, I'm worth as much as any other human being.

I think I just want to be seen and treated like everyone else. And it sounds really simple but actually when you're severely disabled, you are dependent. I am dependent on society really, to keep me going. But I want society to actually realise that I am valuable and if I'm treated as human, if I can get enough support, I can contribute. We need to stand up and make that happen.

***[Closing title screen]***

Because of human rights, Jan was able to get more support which means she now has a decent quality of life.

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