

The rights of independent living

Independent Living in Scotland (ILiS) is an organisation that supports the progression of disabled people's human rights. Their job is to raise awareness of disabled people's [independent living](#), equality and human rights amongst professionals, policy and decision makers and politicians.

ILiS says that **Independent living** means...

Disabled people of all ages having the same freedom, choice, dignity and control as other citizens at home, at work, and in the community.

It does not mean living by yourself or fending for yourself. It means rights to practical assistance and support to participate in society and live an ordinary life.

The rights of independent living are:

- Full access to the environment
- Accessible transport
- Aids and equipment
- Accessible housing
- Personal assistance
- Inclusive education and lifelong learning
- Income – enough to live on
- Equal opportunities for employment
- Accessible information
- Advocacy
- Peer support
- Accessible healthcare
- Peer counselling
- Communication support
- Civic, social and judicial participation