

Our rights as LGBTIQA+ people with disability in Australia



Rainbow Inclusion

Your very rainbow and disability friendly place

1. You have the right to be who you are

Some people might say that you cannot know or are not allowed to be or tell people that you are lesbian, gay, bisexual, transgender, queer, intersex, asexual, or have another gender or sexual identity (LGBTIQ+). **This is wrong.**

People should see and respect you for who you are. This includes your sexuality, gender identity, or sex characteristics. When people respect your right to be who you are, they respect your relationships, call you by your chosen name and use your pronouns (e.g.: 'he', 'she' or 'they').

2. You have the right to 'come out' when and how you want to

It is always up to you when and how you talk to people about who you are. If you choose not to tell certain people or services, this is okay. It is always up to you.

3. You have the right to respectful relationships

You have the right to have relationships that feel safe and to be treated with respect. Feeling unsafe, scared, or disrespected in friendships or intimate relationships is never OK.

Violence and abuse can happen in all kinds of relationships, including LGBTIQ+ relationships. Violence and abuse are never OK and never your fault, no matter who you are. Your rights to respectful relationships come from laws that recognise that violence and abuse is against the law. If you do not feel safe or respected in any relationship, there are people who can support you. There is more information at the end of this document.

4. You have the right to express your gender identity

People and bodies come in all shapes, sizes, genders, sexualities, and identities – all are valid and don't need to be changed or 'fixed'. There is no one way to be gay, lesbian, trans or gender diverse, bisexual, lesbian, asexual, or intersex.

You are also in control of your body and what happens to it. That includes having a choice about the clothes that you would like to wear, or how you want to dress. You have the right to express who you are – regardless of the sex you were assigned at birth, what your body looks like, your gender identity, or your sexuality.

5. You have the right to information about sex and sexual health

You have the same rights as anybody else to access information about sex, sexual health and to learn about and experience pleasure.

This includes information about contraception, pregnancy and childbirth, sexually transmitted infections (STIs) like HIV, having sex, sexual consent, masturbation, self-exploration, and pleasure. You have a right to ask for this information and to receive it in a way you understand – this is protected under the [Australian Charter of Healthcare Rights](#).



6. You have the right to inclusive healthcare

Everyone has the [right to access healthcare](#). Good health care respects who you are. It's important to find health professionals who you can trust to talk to about your identity and your body.

Good healthcare includes the right to gender affirming medical care for trans and gender diverse people. This can include hormones, hormone blockers, or surgery. You may decide to find a clinic that supports trans and gender diverse people, or to find a doctor who you trust and will support you in accessing this care.

It can be hard to find a doctor or clinic that you trust. Doctors should listen to you, ask for and respect your views and respond to your questions. At the end of the day, you have the right to bodily integrity and all decisions about your health care need your full, informed and freely given consent and understanding. These rights are protected in the [Australian Charter of Healthcare Rights](#). You may wish to take a look at the [Self-advocacy in Healthcare toolkit](#) for more information.



7. You have the right to be respected by support staff and organisations that work with you

You have the right to have support workers that respect who you are. Disability and other community support services must respect your right to privacy and freedom of expression. This is recognised in the [NDIS Code of Conduct](#) for NDIS service providers. You can choose your support provider or support worker based on whether they are LGBTIQ+ friendly.

If you do not feel safe or comfortable with a support worker, it is okay to make a complaint. You can talk to their manager or ask a family member, friend, advocate, or someone you trust to help you. Complaints about NDIS services should be made to the NDIS Quality and Safeguards Commission. Phone: 1800 035 544 (free call from landlines), or visit the website: www.ndiscommission.gov.au/about/contact.

8. You have the right to be treated equally in all areas of your life

You have the right to be treated equally and fairly. This means the right to be free from discrimination – whether based on gender, sexuality, sex characteristics, appearance, or disability. These rights are protected under anti-discrimination law, like the [Disability Discrimination Act](#), [Sex Discrimination Act](#) and the United Nations. This applies in all areas of our lives, whether that's in work, in the community, dealing with government departments or services, and under the law.



9. You have the right to travel safely in the community

Under anti-discrimination laws, you have the right to safely use and access public transport, including being free of harassment while travelling. This could involve unwanted comments or name-calling, or things that make you feel unsafe. Anti-discrimination law recognises your right to be safe from harassment while travelling on public transport or in taxi services.

10. You have the right to make complaints or appeal government decisions

You have the right to be treated with respect and courtesy when using government services. Government services can include services like Centrelink, the National Disability Insurance Scheme (NDIS), some disability services, public hospitals, or the police.

You can ask that your preferred name and correct pronouns are kept on record. If you are not happy with how you have been treated, you have the right to make a complaint. You can ask a family member, friend, advocate, or someone you trust to help you. Your right to make a complaint, or appeal a decision is recognised in the laws that regulate services like Centrelink, the NDIS and under consumer and administrative laws.



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TRANSFORMATION



From our hearts, we acknowledge the First People of Australia, Aboriginal and Torres Strait Islander people.

We show our respects to Elders past, present and future and to Mums and Dads, Aunties, Uncles, cousins, nieces and nephews and family. Brotherboys and Sistergirls are part of the rainbow flag.

For all the self advocates who are people with intellectual disability: Nothing about us without us.



Point your phone's camera at this QR code to be taken to the **Rainbow Inclusion** website