

About this document



This is an Easy Read document made by Disability Equality Scotland.



It is a **glossary**.

A **glossary** is a list of tricky words with sentences to explain what they mean.



You might find this glossary helpful when you read or write your own Easy Read documents.

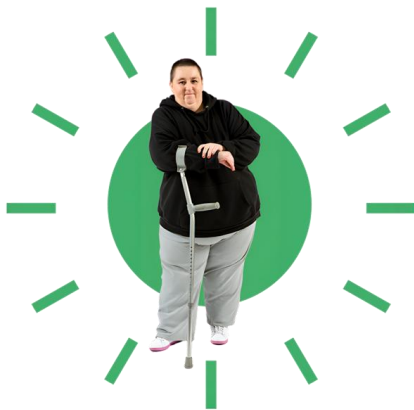
Glossary



Equality

Equality means treating people fairly and giving people the same choices and chances.

Human rights



Human rights are freedoms that are protected in law.

They make sure we are treated fairly and with dignity.



Inclusive communication

Inclusive communication means that everyone gets information in a format which suits them.

No one is left out.



Justice

Justice means treating people fairly by law.



Lived experience

Lived experience means the knowledge someone has because of the things they have experienced in their life.



Mainstreaming

Mainstreaming is making sure that equality and human rights are thought about at every stage when making decisions.



Person centred

Person centred means listening to what a person wants and needs and having them at the centre of decisions.



Stigma

Stigma is when a person or group is treated unfairly because people do not understand the difficulties they face.



United Nations

The **United Nations** is a group of many countries working together to make the world a safer and better place.

Finding out more



You can find out more about us by clicking on [our Disability Equality Scotland website here](#).



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