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**Written Submission**

**to the UN Committee on the Rights of Persons with Disabilities**

**on the Draft Guidelines on Deinstitutionalization,**

**including in emergencies**

Submitted by:

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With the support of

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*Eva, 43 years old,**lived in an institution from her childhood until she was 35 years old.*

I went to the institution when I was a child. And even after that, I had to stay there. Nobody asked me about it. If I didn't like something, I had no way to defend myself; the staff would retaliate. The same people were always there, I never met anyone else, and I didn't know anyone else.

I never had my own privacy in the institution, there was more than one of us in a room, and if we didn't get along with our roommates, it was a problem. The staff told me we couldn't keep moving from room to room.

That's true about the solitary, too. That was happening. I'm ashamed of it.

When I was in the institution, I didn't feel like a free person. If I wanted to go somewhere, I had to get permission.

You can't set up the kind of support for everyone in an institution that they need. You always have to adjust to other people.

I don't know what laws must be repealed to abolish institutions. But surely the law that says you can restrict people's legal capacity should be repealed.

It's definitely a good idea to have a plan in place for moving out of the constitution. When I was in that institution, I had no idea what all that meant. Rytmus *(social services supporting independent living)* helped me a lot with this; we planned together what would happen, how, what support I would need, and who would provide it. I remember choosing the colour of the wall in my new room. That was the first time anyone had ever asked me about anything like that. But there was also a nurse in the institution who liked us. But there was only one.

Surely, too, such a plan for moving out of an institution needs to be made according to each person's needs. My friend Vilma is in a wheelchair, and she was given an apartment that she couldn't get out of on her own in a wheelchair. That's nonsense.

The state should properly pay families who care for children with disabilities. It is good that the children can stay at home, but then the parents do not have enough money because they cannot go to work and it is terribly difficult for them.

I have not personally experienced unfair treatment towards myself in an institution because I am a woman. We were treated unfairly by everyone there, just because we had to be there.

Children in institutions should not be there at all. They're not going to be prepared for a normal life at all. They don't even go to a regular school, with other kids, they don't have friends. I'm glad that now children with disabilities sometimes go to regular schools. But there are disadvantages. The others can laugh at them.

**NOTE: The views presented in this submission are of Mrs. Eva and do not necessarily reflect the opinions of the organisations that made it possible for Mrs. Eva to participate in the consultation process.**