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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:

**a person diagnosed with an “autism spectrum disorder”**

With the support of

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I am a person diagnosed with “autism spectrum disorder.”

Everything seems to me right and fair in the guidelines.

Institutions

I think that there is no freedom in institutions in general. As at school, but it gets worse. And if you live at school, you don’t have any freedom at all. As if you don’t live. In fact, all freedom is taken away from people in institutions.

Unsurprisingly, people in the institutions are also mistreated because there is no one to protect them. If I am mistreated at school, I can ask for help from the director or the teacher, but if they do not help, I will come home, and my mother or father will help. And they have no one.

It's terrible when you can't choose anything. Even at school, I often can't choose what to do. We have schedules. And they have to do what the institution wants.

When you can’t choose assistants, it’s also terrible. I have an assistant at school, but she is a fool. I do not like her. And I can't change it for a whole year! It is necessary that you can change assistants if they do not understand you.

It is not okay when persons with the same special needs are gathered together; it is necessary that, as in life, everyone has their own peculiarity and everyone lives together.

I would be very angry if I were electroshocked or forcibly locked in a room.

Guidelines

Yes, it would be good if institutions were closed, and new ones were not built. Although those who are already accustomed to living like this, it will be difficult for them to rebuild into ordinary life. They are used to the fact that they do not choose anything; they do not need to invent anything by themselves. They will need help in their new home. Some another person to help them. To go to the store with him, buy something tasty.

It is necessary to take away money from the institutions and give it to those who live there.

I'd rather decide what's best for me than the director because I know myself better.

When people move from the institutions, their lives will be returned to them.

People with disabilities should be allowed to live as they want. If they have a family, let them live with it. And it needs to be adequately funded. Everything is correct in the guidelines.

Disabled people need to unite; it's easier together.

It is necessary to show people with disabilities more different things to learn how else to live.

During covid, the institutions were even worse. As in schools, many were infected because many people were forced to be together. And if there is a flood, then the problems are even greater. Not all disabled people can save themselves.

Sometimes people cannot help themselves, not because they are physically unable, but because they have been humiliated and they do not believe in themselves.

Yes, I agree that no one should be discriminated against, there are people with disabilities who faces even worse discrimination. No one should be offended because he looks bad. You can't discriminate by appearance either.

Women

I have not noticed women being discriminated against, but it is quite possible.

We have a girl with special needs in our class. Kids hate her, as they hate me. She always sits alone; other girls do not want to sit with her.

Children

Children still cannot decide much because they don’t know much. And they need even more help. And they need a family to grow and learn from their parents. I learned everything from my parents. How to talk, for example.

Document as a whole

Everything is clearly described. But institutions are a terrible thing.

Voting rights

Everyone should have the right to vote. Or to vote against. Suppose someone doesn't like someone. And if the majority chooses it, everyone has to accept it.

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