



Final Report

Supporting My Rights

Easy Read

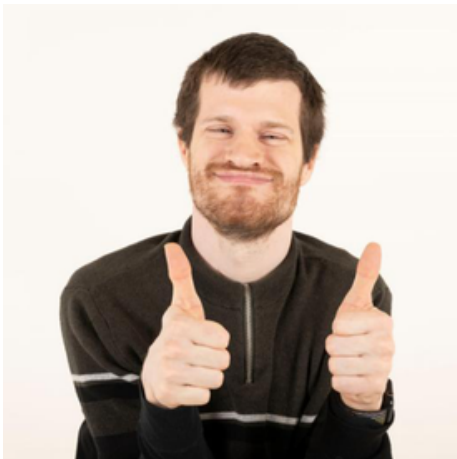
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About the project

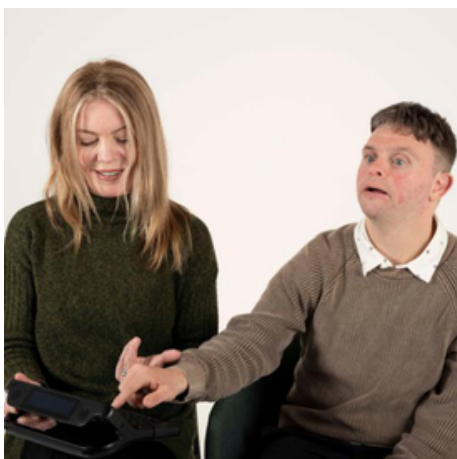


Supporting My Rights is a project that made resources with and for people with disability.



The aim of the project was to make resources that are:

- Accessible
- Inclusive
- Easy to use



The team used their 'accessibility first' plan.

This means they planned everything so people with disability could take part.



People could apply for jobs in different and accessible ways, such as:

- Easy Read job paperwork
- Videos



The Project Officers and the Project Reference Group worked together to co-design the project.



This means people with Down syndrome or intellectual disability helped:

- Plan
- Create
- Test
- Looked at all parts of the project



The project made many resources to help people with disability:

- Learn about their rights
- Build their skills, understanding, and confidence
- Understand how to speak up and make choices



The resources help service providers learn how to respect and uphold the rights of people with disability.



The project had two main groups to make resources for:

- People with Down syndrome or intellectual disability
- Service providers and support workers



People with disability were at the centre of the project.

This made sure the resources were fit for purpose.



Service providers and support workers also shared their ideas so the resources would work well for them too.



Supporting My Rights was shared with people across Australia.

What we did



The project had to make resources for 4 different topics.

1. What good service looks like
2. Communicating well
3. Conflicts of interest
4. Feedback and complaints



The project team worked in co-design with the Project Reference Group to make different resources based on these topics.

We made:

- Podcasts
- Easy Read workshops
- Practise forms
- Other tools to support learning



The project team and the co-designers put together videos to help launch the app.



The project team also presented the app at VALiD in January 2026.



The project team and the co-designers worked with a person who helped collect feedback about the project.



This person is an Independent Evaluator, called Martina Donkers.



All the co-designers said they felt included and part of the team during co-design.



Lots of people that were interviewed said they found the app easy to use and helpful.



The project team and co-designers shared that they loved working on such an important project.

Positive outcomes

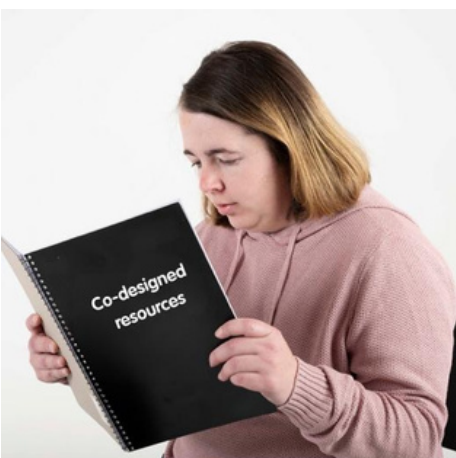


Lots of people were involved in making all the resources.

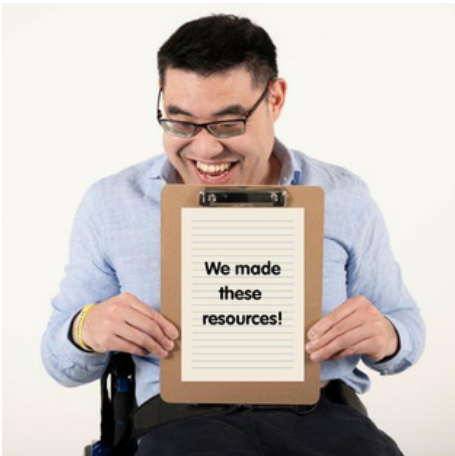


They helped to:

- Plan the project
- Make the resources
- Test the resources
- Launch the app



All the resources were made in co-design with the Project Reference Group and service providers.

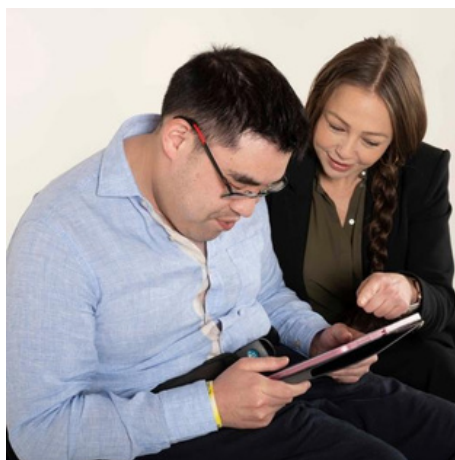


This meant the resources were:

- Easy to understand
- Useful
- Based on lived experience



People involved in the project felt proud and valued.

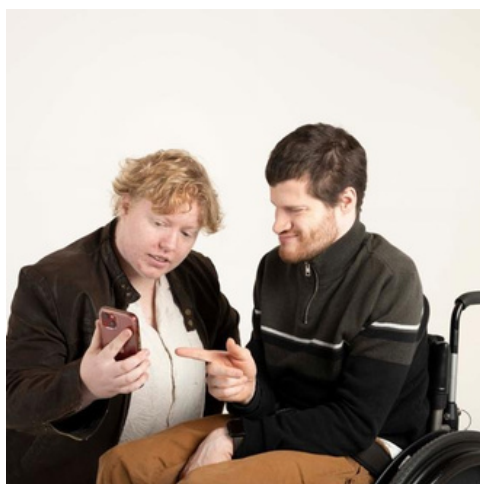


The team learned that working together in an inclusive way means that accessible resources can be made.

Main barriers



Hiring staff to do the job took some time.



To do this job well and include everyone takes time.



This meant that other project activities had to wait while we made sure the right team was on board.



When the right team was on board,
we all worked well together.



This helped get the project on track.



The team realised how important
inclusive employment ways are to
making a strong team.

What we learned



The team used an 'accessibility-first' way to everything.



This included:

- Hiring ways
- Onboarding for new staff
- Co-design workshops



Accessibility first helps everyone.



Accessibility first means that all resources are accessible to everyone.



Being inclusive works better in the long run.



It means that people are more involved to do their work.



The team checked in with everyone all the way through the project.



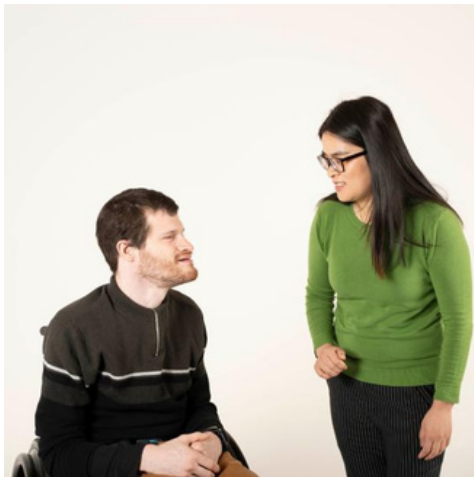
This helped make sure they had the right support to do their job and helped them to feel included.



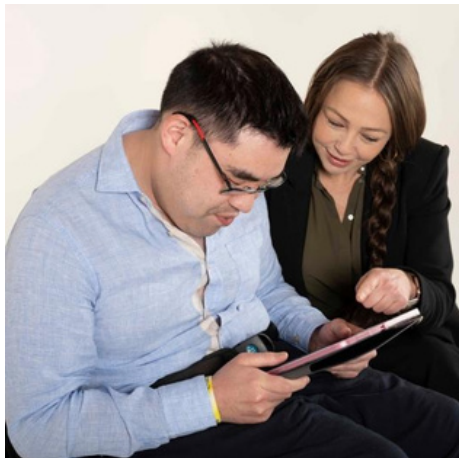
In the end, this makes better resources for the community.



We saw how true co-design can create real changes in the world.



People that we interviewed said that they would make changes to improve their service after using the Supporting My Rights app.



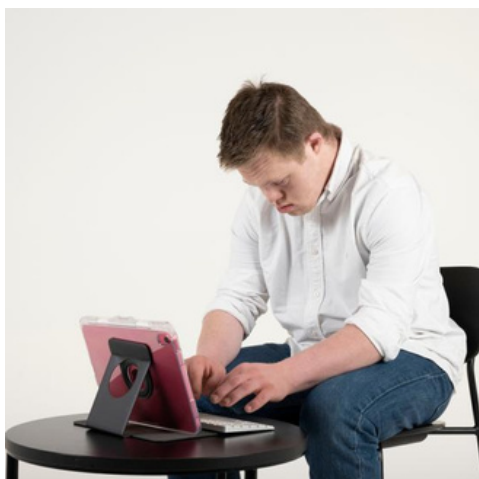
Other people said they had made their ways more accessible for the participants they support.



Another part of co-design that was important was making sure the resources were relatable and useful.



This meant featuring people with Down syndrome or intellectual disability in the resources.



It also meant having useful tools to use such as practise forms to help support learning.



We also learned that getting feedback from people throughout the project was very useful to how the resources were designed.



This feedback helped to make sure the co-designers felt included and valued.



Our biggest learning from the project was that including the lived experience of the team in the resources was central to making resources that were:

- Meaningful
- Relatable
- Relevant
- Accessible



We have learned that other projects at DSA could learn from Supporting My Rights too.



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The photos used in this 2026 Easy Read Report were taken at VALiD or the photoshoot day we used to make the Easy Read content in the app.

Down Syndrome Australia prepared this report for the NDIS Quality and Safeguards Commission in 2026.