



Autonomy

Autonomy means being able to make your own decisions instead of being coerced by others. It is a fundamental human need that is essential to our well-being.

As human beings we are all used to making choices. When women are subjected to gender-based violence it is important that they are supported to regain control of what they do and what happens to them. This does not always happen for women with learning disabilities, who are particularly at risk of having decisions made for them.

“Traditional service and support models often perpetuate dependency and lack of agency by focusing on impairments and considering persons with disabilities as passive recipients of care. This approach is at odds with the Convention on the Rights of Persons with Disabilities, which is grounded in personhood, autonomy and community inclusion.”

– *United Nations Special Rapporteur on the rights of persons with disabilities, 2023*