

# Human Rights in Practice

## Training Card

The below table provides examples of situations when a human right breach occurred, and how it could have been avoided. Can you think of other examples?

Human Right breach	Human Right promoted	Right
A person is only provided strip washes after a care worker pulled a muscle trying to manoeuvre them from the shower.	The service provider explores alternative options with the client: additional training in moving and handling for workers, two workers allocated, use of a special chair, etc.	Right to be treated with dignity.
A person receives care from a female worker even if they have requested a male worker.	The provider offers different options of workers (gender) and if are unable to meet the request, asks for approval from the client.	Right to exercise choice and control.
A person is pushed back in their chair by the care worker as it is time for dinner.	The care worker asks the person whether they would like to have dinner. If yes, they ask the person to sit and assist with the meal.	Right to be treated free from abuse.
A person wishes to spend some time outside for fresh air and the care worker refuses because it is cold.	The care worker makes sure that everyone wears appropriate clothes and accompanies the client.	Freedom of movement. Right to exercise control.
A person is unhappy with their care worker and is told by the provider that it is because they are 'being difficult'.	The service provider is open for feedback and escalates the complaint in a constructive way.	Right to voice opinion and complaints.