

Community Led Support: Through a Human Rights Lens



The Community Led Support approach is based on a set of rules and principles that underpin the simple ambition to 'do the right thing' for those of us who need support at any time in our lives to live well, as independently as possible with purpose and connection.

We work alongside public services which have a legal duty to uphold human rights, including local authorities and NHS services, because of the Human Rights Act. We also work with their community partners and local people, many of whom interact with public services on a regular basis. Whether we are working with duty-bearers or rights-holders, **human rights at the centre of our approach**.

This infographic highlights the key ways that a Community Led Support approach can support human rights. [Click here to read the full report](#).

The right to be free from inhuman and degrading treatment (Article 3)

This right protects against very serious harm.

By supporting people to understand where they can go for support and advice, having good, strengths-based conversations at an earlier stage, and responding in a proportionate way, we hope to reduce the risk of people's situations getting worse to the point where they require an emergency response, which can be stressful, upsetting and even traumatic for individuals and their loved ones.



The right to liberty (Article 5)

This right protects our freedom of movement. Public officials should not place restrictions on people's movement unless it is lawful, for a legitimate aim, and proportionate to do so.

By working holistically alongside people, establishing better links between health, social care, and community partners, and utilising community spaces, a Community Led Support approach can reduce the likelihood that someone leaving hospital will be readmitted within three months. This can also reduce the use of resources spent on assessment and planning, meaning the system is better equipped to respond to people before they reach crisis point, avoiding hospital admission and subsequent moves into residential care.

The right to respect for private and family life, home and correspondence (Article 8)

Public officials should take positive steps to support people's privacy, relationships, community involvement, wellbeing, autonomy, enjoyment of their home, and their communication with others.

Promoting wellbeing is a cornerstone of the Community Led Support approach, recognising what matters to people, rather than purely focusing on what is the matter. Co-production is an underpinning principle, recognising people as experts in their own lives. Additionally, strengthening relationships with local groups and people and utilising community spaces can reduce social isolation and help people to feel more connected to their communities.



The right to be free from discrimination (Article 14)

This right protects against unfair treatment by public officials, based on something about the person, like a characteristic or status they have.

The Community Led Support approach opposes process-driven social care which can create rigid systems which can make proportionate and person-centred responses difficult to deliver. Focusing on strengths and individual outcomes can transform how we working alongside people to help them to live a good life.

If you have queries about this infographic or Community Led Support, please contact karen.dawkins@ndti.org.uk.



Community Led Support

an NDTI programme