

# Our report about health and human rights

Made by the Health and Human Rights Partnership  
September 2025



Easy read



In this booklet, difficult words are in **bold**.

We will explain what these words mean straight after we use them.



You can ask someone to help you read this booklet.

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# Who we are

## Human rights



We are the Health and Human Rights Partnership.



A partnership is when 2 or more organisations work together.

Our partnership is made up of 3 organisations, called



**ALLIANCE**

- The Health and Social Care Alliance Scotland, or the ALLIANCE for short

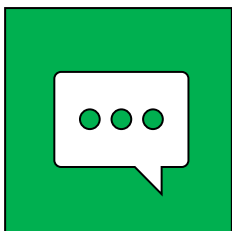


- Public Health Scotland



University of  
**Strathclyde**  
Glasgow

- University of Strathclyde.

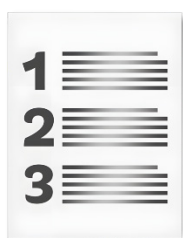


We tell you about the Health and Human Rights Partnership on pages 5 to 9 of this booklet.

# What this booklet is about



This booklet is an Easy Read **summary** of a report we have made.



A **summary** is a short version that tells you the main ideas about something.



The full version of our report is called **Health and human rights: Rights-based decision-making in healthcare settings.**



We tell you about our report on pages 10 to 18 of this booklet.

If you want to read the full version of our report, go to this website

[www.alliance-scotland.org.uk/blog/resources/health-and-human-rights-rights-based-decision-making-in-healthcare-settings](http://www.alliance-scotland.org.uk/blog/resources/health-and-human-rights-rights-based-decision-making-in-healthcare-settings)



# About the Health and Human Rights Partnership



In this part of this booklet we tell you about each organisation in the Health and Human Rights Partnership and how their work is connected to our report.



ALLIANCE

## The ALLIANCE



The ALLIANCE is an **independent, non-profit** organisation made up of more than 3,500 people and organisations who work together to make Scotland a better place for everyone.



**Independent** means not connected to or controlled by other organisations or services.



**Non-profit** means an organisation set up to help people. Any money the organisation makes is used to support the organisation.



The ALLIANCE does work to

- protect **human rights** for everyone
- make sure **lived experience** is included in decisions that affect people's lives.



**Human rights** are basic rights and freedoms every person should have for their whole life.



**Lived experience** is the knowledge and understanding you get when something happens to you.



To contact the ALLIANCE

- send an email to this address  
[info@alliance-scotland.org.uk](mailto:info@alliance-scotland.org.uk)
- phone **0141 404 0231**
- or go to this website  
[www.alliance-scotland.org.uk](http://www.alliance-scotland.org.uk)

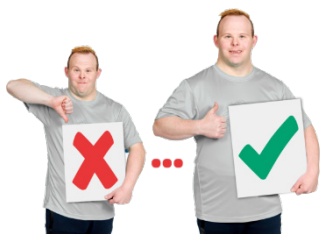
# Public Health Scotland



Public Health Scotland look after health and social care services in Scotland.



They do work to **improve** and protect the health and **wellbeing** of people in Scotland.



**Improve** means make better.



**Wellbeing** means how healthy and happy you feel.

Public Health Scotland's aim is for everyone in Scotland to live a good and healthy life.



To contact Public Health Scotland

- phone **0345 646 0238**
- or go to this website  
**[www.publichealthscotland.scot/contact-us/general-enquiries](http://www.publichealthscotland.scot/contact-us/general-enquiries)**



# University of Strathclyde



Our partnership works with a part of the University of Strathclyde called the **Centre for Health Policy**, or **CHP** for short.



A **policy** is a set of ideas about how something should be done.



The CHP does **research** about healthcare and healthcare policies.



**Research** is work done to collect information about something and think about problems and find ways to fix them.



The CHP wants to find ways for human rights to be included in decisions about healthcare and healthcare policies.



The person you can contact at the CHP is called Dr Elaine Webster.



To contact Dr Webster

- send an email to this address  
[elaine.webster@strath.ac.uk](mailto:elaine.webster@strath.ac.uk)



- phone **0141 548 4428**



- or go to this website

[www.strath.ac.uk/staff/websterelainedr](http://www.strath.ac.uk/staff/websterelainedr)

# About our report



In this part of this booklet, we tell you

- the main ideas our report is about
- how we made our report.



Our report is called

**Health and Human Rights: Rights-based decision-making in healthcare settings.**



**Health and human rights** means making sure every person can get what they need to live a healthy and happy life.



**Rights-based decision-making** means thinking about human rights when important plans and decisions are made, so that policies and services are fair for everyone.



**Healthcare settings** are any place where healthcare services happen, like hospitals, clinics, nursing homes or care at home.



To make health and human rights better for everyone, we want these things to happen

- participation
- co-production
- peer research.



**Participation** means people are included in talks and decisions about things that affect them.



**Co-production** is when people with lived experience work in an equal way with organisations to make services that are good for everyone.



**Peer research** is when research is done by people with lived experience of the subject the research is about.

# Human rights in Scotland



Good things are happening in Scotland to improve human rights.



Human Rights Bill for Scotland

The **Human Rights Bill for Scotland** is a document that could become a **law**.



A **law** is a set of official rules that must be followed.

Laws protect people and make sure everyone is treated in a fair way.



If the Bill becomes a law, it will mean human rights must be included in all parts of Scottish life.

## SNAP 2



**SNAP 2** is Scotland's second national human rights action plan. It is a plan about how to protect the human rights of every person in Scotland.



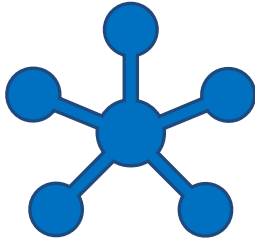
SNAP 1 happened from 2013 to 2017.

SNAP 2 will happen from 2023 to 2030.



SNAP 2 includes a list of actions that will be done by different organisations working together to fix human rights problems.

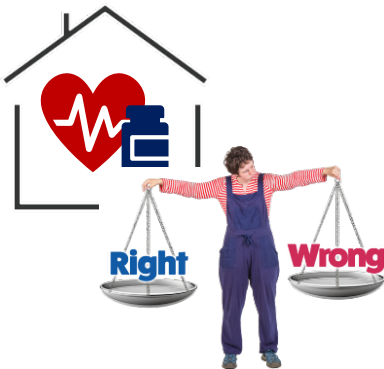
## Our mapping exercise



To help us make our report, we did a **mapping exercise**.



A **mapping exercise** is when you collect information about something and organise it so you can work things out and decide what to do next.



Our mapping exercise followed an action from SNAP 2. The action was to find examples of rights-based decision-making in healthcare settings that have happened in real life.



We used a set of ideas called the **PANEL Principles** to help us.



The PANEL Principles are a way to think about human rights. They help check if the right things are being done to include human rights.



Each letter in PANEL is short for these words

**P** is for Participation

**A** is for Accountability

**N** is for Non-Discrimination and Equality

**E** is for Empowerment

**L** is for Legality.



**Accountability** means checking how people's human rights are affected when something goes wrong.



**Non-Discrimination and Equality** means making sure every person is treated in a fair and equal way.





**Empowerment** means making sure people

- understand what their human rights are
- are part of decisions about things that affect their lives.



**Legality** means following laws about human rights.



We decided that for rights-based decision-making in healthcare settings to happen in real life, every letter in PANEL must be followed.



Our mapping exercise showed that healthcare policies and services do not always include ideas about human rights as much as they should.

They do not follow every letter in PANEL.



We found lots of examples where some letters of PANEL were followed more than others, like P for Participation and E for Empowerment.



We did not find many examples where every letter of PANEL was followed in an equal way.

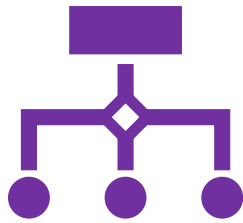


We also found that **tools** people can use to help with rights-based decision-making do not work in the best way to improve human rights.

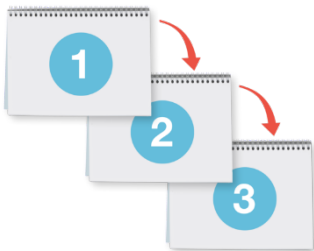


**Tools** are useful information you can follow to help you do something.

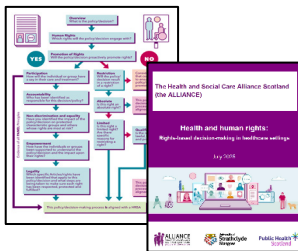
## Our flowchart



Because we did not find good examples or tools, we made a **flowchart** to show how rights-based decision-making can be done in the best way to improve human rights.



A **flowchart** is a diagram that shows how to do something step-by-step.



You can see our flowchart and read information about how to use it in the full version of our report.



## Our recommendations

Our report includes **recommendations** about how to make sure rights-based decision-making happens in healthcare settings in Scotland.

**Recommendations** are suggestions and advice about ways to make something better.

We tell you about our recommendations below.



- **Engage** with healthcare staff and find out how much they know about rights-based decision-making in healthcare settings.

**Engage** means talk and listen to people.



**PANEL**



- Do more research and find more examples of rights-based decision-making that follows every letter of PANEL in an equal way.

Think about certain groups of people for this research, like people who have less chances in life.



- Ask people who work in healthcare settings to use our flowchart so we can test how it works in real life.



- Make **case studies** about what happens when people use our flowchart in real life.  
**Case studies** are when a real life example of something is looked at closely and written about.



- Make training for healthcare workers about how to include rights-based decision-making in what they do use our flowchart.



- Make sure the language used in healthcare policies and training includes ideas that will improve human rights for everyone.

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agency for improving and protecting the health  
and wellbeing of Scotland's people.

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