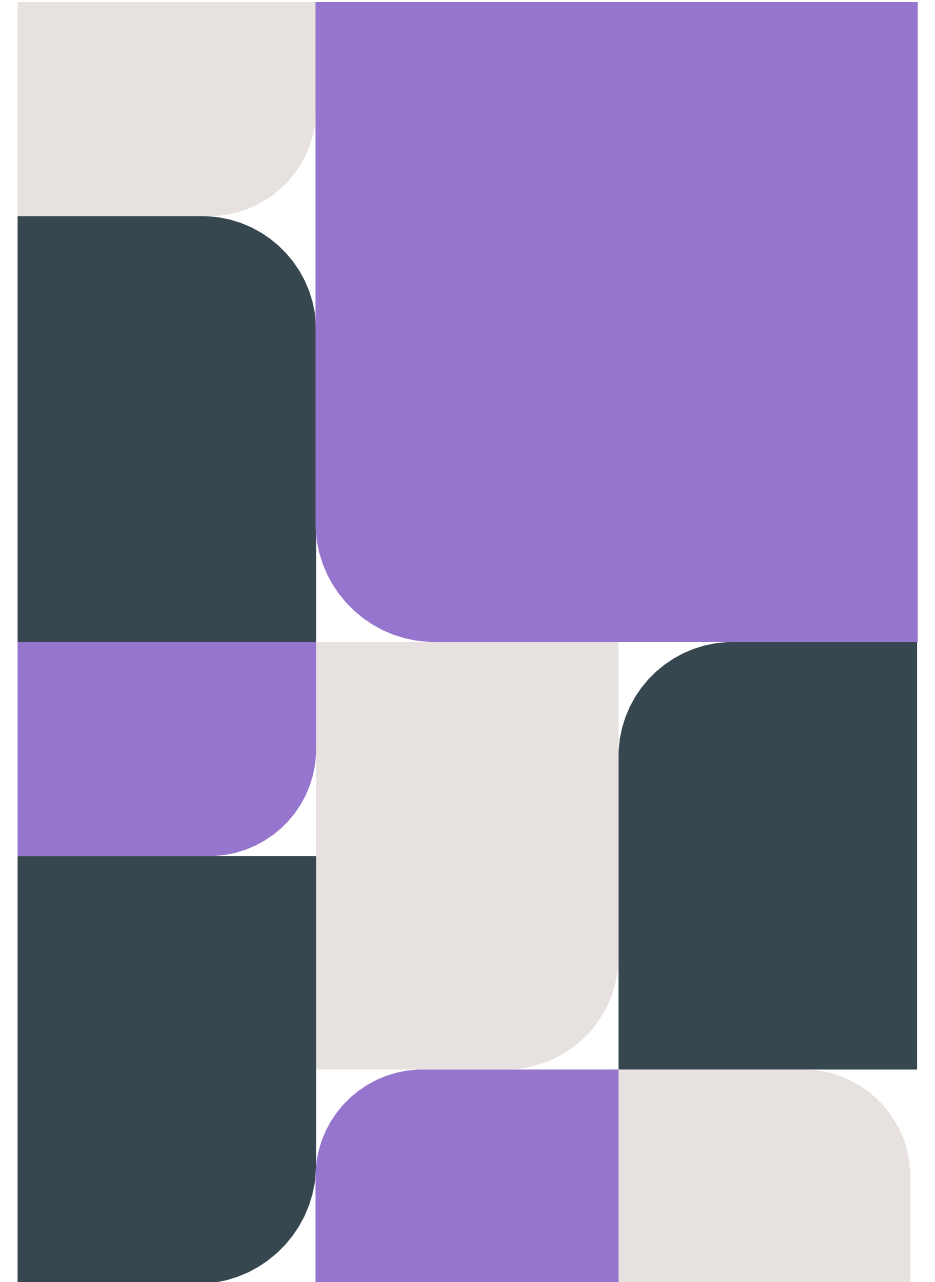


# **5 steps in the right direction – guidance for human rights-based approach**

**EuroHealthNet  
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# Guidance for human rights-based approach

- Brief guide – one with focus on duty-bearers and one with focus on right holders
- Four principles and five steps

[Human rights-based approach Region Västra Götaland](#)



# 5

## steps for human rights-based approach

1. **Optain knowledge** about human rights, related to mission and duties
2. **Analyse** which human rights is the organisation responsible for? Who is a rights holder? Do the rights holders have access to their human rights?
3. **Set goals and plan** Link goals clearly to human rights, use the language of human rights, try to reach those who are most in need first
4. **Carry out** Ensure that desicions are taken as close to those affected as possible, cooperate and put the rightholder in the center
5. **Follow up and evaluate** – Goals, results, process



# Background: Pilotproject 2012-2015

Museum of Bohuslän/Västarvet, Angered Community Hospital and Psychosis Care Chain North East Gothenburg

## Mission to test:

- What can a human rights based approach mean in a Swedish region?
- Do this way of working provide benefits? For the individual? For the organization?
- The experiences should be conducted according to the guide and spread to the rest of the organisation
- Starting point: The UN common understanding for a human rights-based approach 2003



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 Västra Götalandsregionen

# Some of the effects:

- Clearer links between human rights and one's own mission
- Human rights works as guide and compass
- High increase in the participation of self-specialists
- Empowerment and better health for both rights-holders and duty bearers
- Decreased use of coercion
- The right to vote in general elections



# 1

## Obtain knowledge about human rights related to mission and duties

### Duty-bearer:

- ✓ Don't think in "all or nothing" terms. If there is only half an hour, make the most of it!
- ✓ Don't avoid difficult questions – the greatest chances for development are probably found there.
- ✗ Never be condescending – there are no stupid questions!

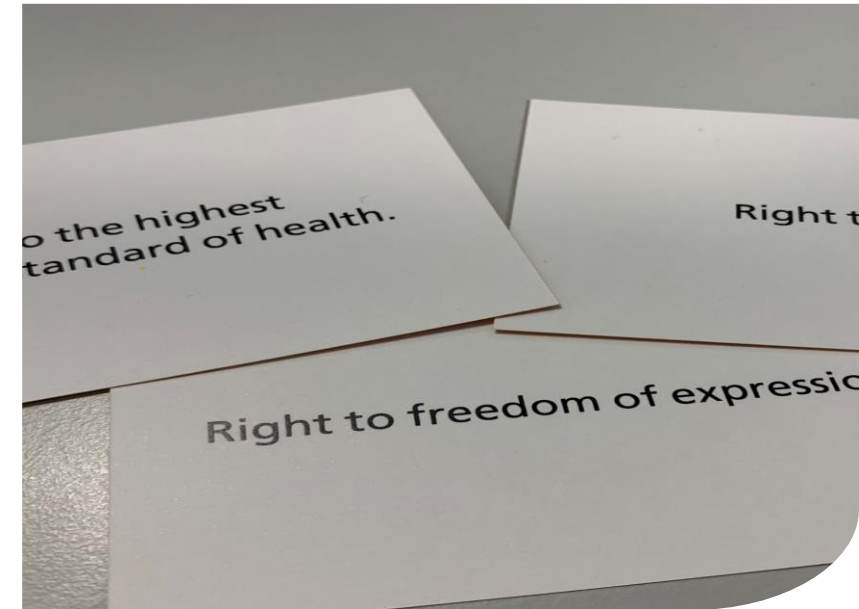
### Right-holder:

- ✓ You have the right to knowledge.
- ✓ Take help from others, for example join a user association.
- ✗ Don't give up! There are no stupid questions.



# To learn about human rights together

- Workshops with focus on exploring human rights and what they mean for the specific business
- Workshops with rights holders and duty bearers
  - together and separately



# 2

## Analyze



### Duty-bearer:

- ✓ If everybody cannot be involved, maybe a few more than usual can be?
- ✗ Don't do it yourself just because it's quicker!
- ✓ Listen carefully! Don't harbour preconceptions about who can contribute and what the rights holders think

### Rights-holders:

- ✓ Think about how this will effect me? What are the obstacles? How do I get over the obstacles?
- ✓ Remember that you have the right to participate in the analysis.
- ✗ Don't sit by yourself with the questions. Take help from a friend, the staff, peer support or someone else.



# Analyse barriers

2

- Physical
- Geographical
- Legal
- Knowledge
- Language
- Understanding
- Economical
- Trust
- Excluding norms



Benefits of a human rights-  
based approach –  
for the individual and for the  
organization

## Meetings on equal terms



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# Thank you!

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