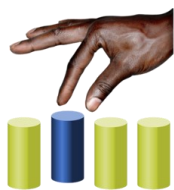


Person Centred Active Support

It's important to be in charge of your life. You can do this everyday by doing things like:



Making choices



Making your bed



Getting dressed



Helping others



Paying for things



Doing your washing



Cooking your dinner



Cleaning

Making your own choices and decisions

You have the right to make choices.



People need to respect your choices.



It's good to try and learn new things

Do the things you can do.

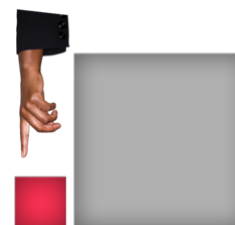


Your support worker can help you with things you are still learning.



One step at a time

Break things down.



Take your time. What's the rush?



Getting help

Ask for support if you need it.



Let your support worker know the best way they can help you.

