


What is Independent Living?

**Independent
Living is not...**

**Independent
Living is...**



**Doing everything
for yourself**



**Having control
over your life and
a say over what
happens to you**

Many people believe that independence is about doing everything for yourself, and therefore as Disabled People often need assistance in their everyday life, they cannot be independent.

Disabled People challenge this assumption. We say that independence is not about doing everything for yourself, no-one lives in isolation from the rest of humanity, we all depend on each other, this is why we all live together as a society.

It is this fundamental understanding that gave birth to the Independent Living Movement. Choice and Control are two of the most important factors that are denied to many Disabled People. Disabled People refuse to accept that non-Disabled People have the right to deny them Choice and Control over their own lives.

Having the finance, and support to enable Disabled People to employ their own assistants to assist them with their everyday lives is a good way of facilitating independence. By employing our own staff, Disabled People can control how the assistance they need is provided, allowing them to lead the lifestyle of their choice.

Think you know Disabled People ... Think again