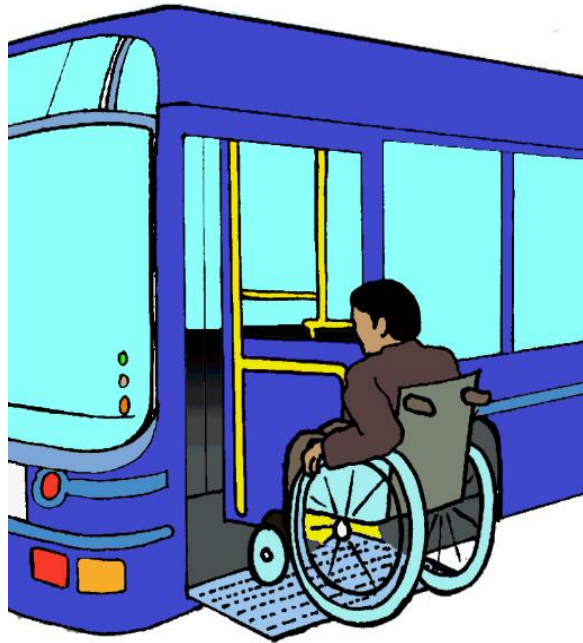




You do things for yourself



You may be a young adult. Like

- 20
- 25.



You may be an adult. Like

- 31
- 45.



You can choose

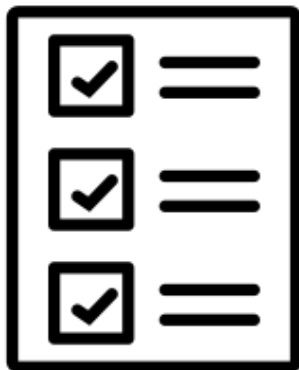
- what to do
- how to do it.



You get help from

- your parents
- your carers
- your health team.

They worry about your choices.



They may help you to

- set goals
- make plans.

But



You are an adult. You want to do more

- by yourself
- for yourself.



It can be hard to do what you want.

You want them to

- listen to you
- let you make your own choices.



More people think about your rights..

They talk with you about your choices.



It may be about the job you want to do.



It may be about sports you want to try.



It may be about where you live.

You may want to live by yourself.



You want to do things yourself.

You do **not** ask people for help. Like you

- wash yourself
- get dressed.



You may get very tired.

Your body can get sore.

It can be hard.



You can ask for help.

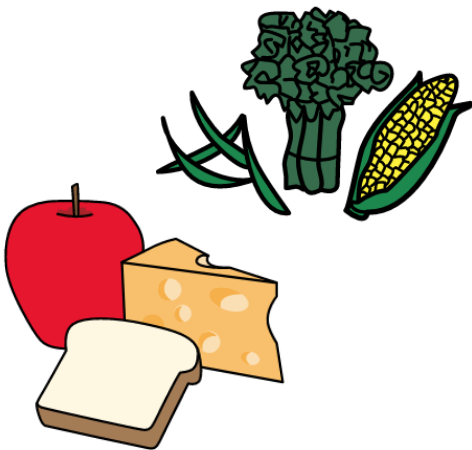
People help you when you need it.



Each person can make choices.

Like you choose

- what you wear today
- what clothes to buy.



You choose

- what food you buy
- what you want on your toast.



You may choose how you
spend your money.



You choose what to do.

Like how you get places.

You may want to use the bus.



You choose who you

spend time with.



You want to do things with friends.

Like go to dances.

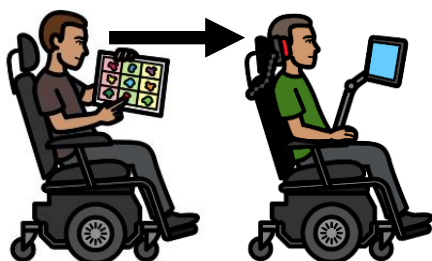


You may want to buy your own food.



You may only do part of it.

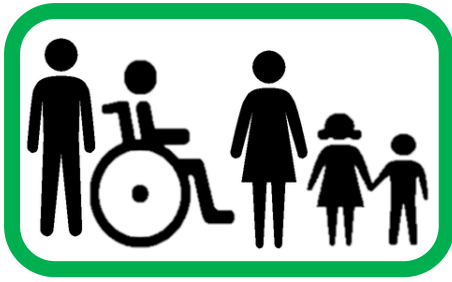
That is OK.



Each person makes different choices.

And

You can change your choices.



You make choices. You feel in control.

You feel like you belong.



People must

- listen to you
- respect what you choose.



What can you do?



You have a job.

You get paid. You have money.

You can make more choices.



It helps you do things for yourself.

Like you see a band. You go with friends.



You do **not** have a job.

You can get some money.

It is from the government.



You learn to do more for yourself.

You can try new ways to do things.

Like you want to send your own emails.

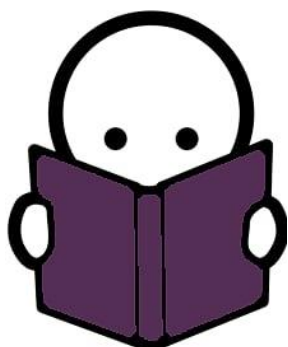
It is on your computer.

You try a different mouse.

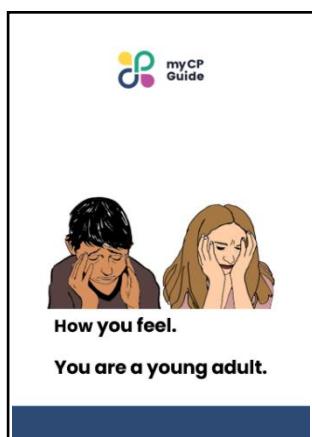


You can get help to speak up.

You can have an advocate.



You want to know more



Read

About how you feel.

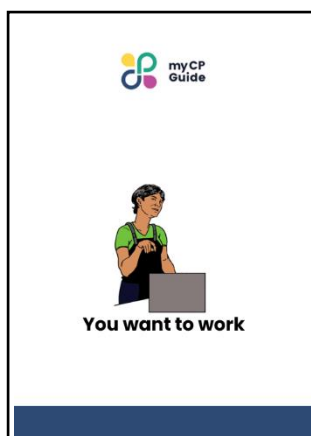
You are a young adult.

Or



Read

About how you feel. You are an adult.



Read **You want to work**



Read **Things to help you.**



Read **You do things for fun.**