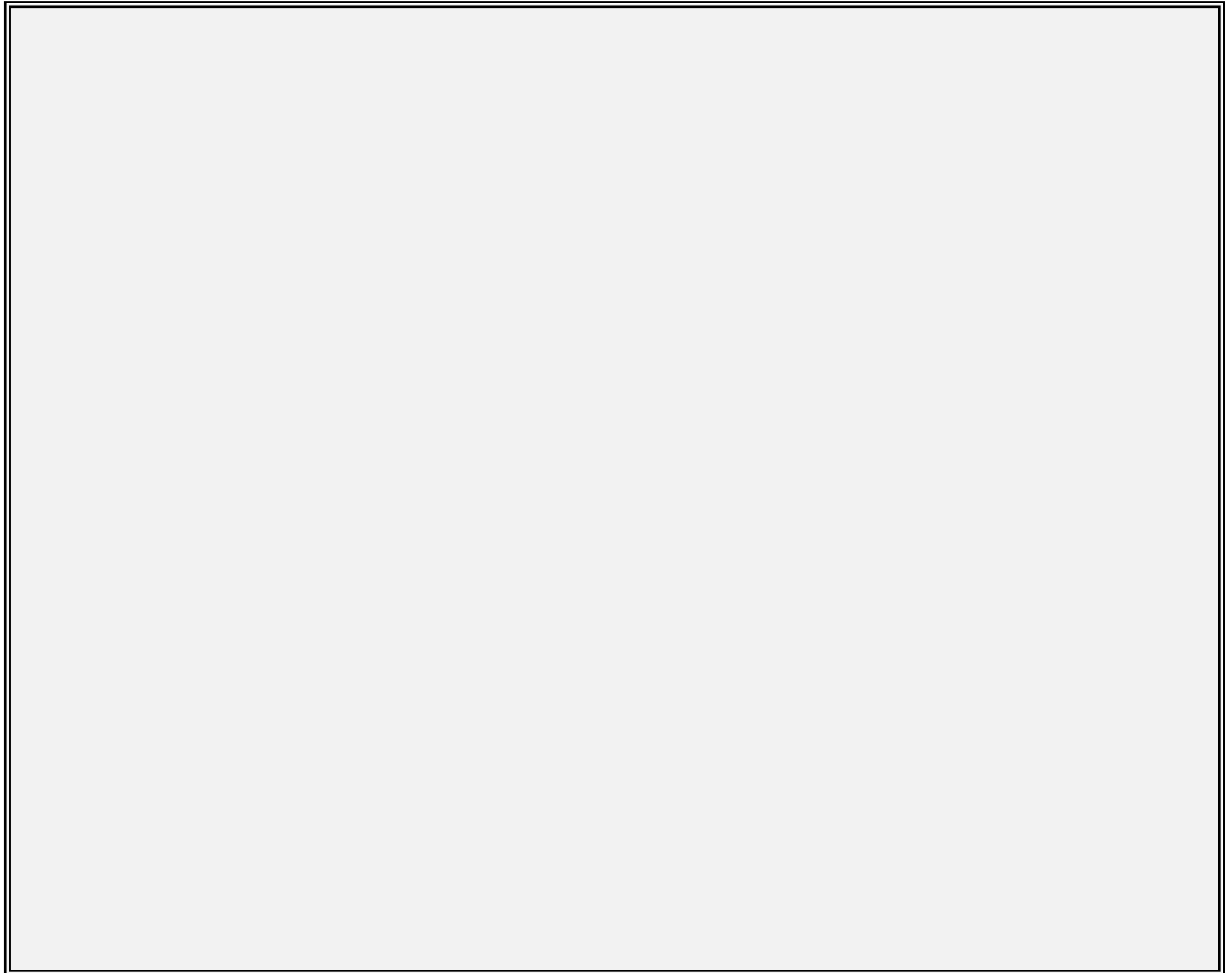


YOUR GOOD LIFE

Ask yourself, “What is a Good Life for me?”

Limit yourself to no more than 8 statements and put them in order of importance.
Then ask someone who knows you well to comment.



We have found, as everyone else finds, that when people, disabled or not, old or young, rich or poor attend to this question they respond quite similarly with the following answers dominating:

- family, friends, loving & caring relationships
- be comfortably off – no real money worries – exercise choices
- be respected as a contributing citizen with equal rights and responsibilities
- having meaning and purpose, aspirations and ambitions
- a home of my own
- to feel safe and secure – with this largely being dependent upon satisfaction of the previous criteria.

These areas are frequently denied to people in the UK who are long term dependent upon the social welfare system. At **Living** we always address these areas.