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| **Pillars**To live like you, they are the key if I wanna live my lifeindependently, I need somepillars to sort of hold me up , give me ability, makesure I get my equal opportunity. So here goes brothers, a dozen should do it, such a lot you say?Yeah, ‘cos it’s true that people are different, I may needjust a few but I’m inclusive of all others….. like we all should be. Not asking for a lot, just the rightto education, an adequate income,an adapted home to live in, a job would be great, so gimme a breakGet me on some transport to whereI wanna go and once I’m there, let me in, that’s only fair.Life’s not a doddle and I’m lookingfor a social not a medical modelAnd I’m not forgetting I need informationthat’s accessible for me, perhaps a PA,sometimes advocacy. And to speak with my peers ain’t no conspiracy ,we can all learn from each other, right?Life’s full of problems I get that but I’m always problem solving and that’s just …a fact. If I need some health and socialcare or any equipment I just want it to be there so make my life more hassle free by getting rid of all thosebarriers we see. That’d be so coolfor you and me and that’s a rap.Val Bowen | **Twelve Pillars for Independent Living** **Inclusive education and training****Adequate income****Accessible and adapted housing****Equal opportunities for employment****Accessible transport****Full access to the environment****Appropriate and accessible information****Provision of personal assistance****Independent advocacy and self advocacy****Availability of peer counselling****Appropriate and accessible health and social care provision****Provision of technical aids and equipment** |