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| **Pillars**  To live like you, they are  the key if I wanna live my life  independently, I need some  pillars to sort of hold me  up , give me ability, make  sure 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 need  just a few but I’m inclusive of all  others….. like we all should be.  Not asking for a lot, just the right  to education, an adequate income,  an adapted home to live in, a job  would be great, so gimme a break  Get me on some transport to where  I wanna go and once I’m there,  let me in, that’s only fair.  Life’s not a doddle and I’m looking  for a social not a medical model  And I’m not forgetting I need information  that’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 social  care or any equipment  I just want it to be there  so make my life more  hassle free by  getting rid of all those  barriers we see.  That’d be so cool  for 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** |