I have people in my life – my family, friends, people who live near me and people who may be paid to help me. I can turn to them for help and support.

I have skills and knowledge. I can use these in my everyday life.

I can get out and about and use different kinds of transport. I can talk to people and find out new things. I can get information to help me live the life I choose.

I have money and resources I can use to live my life. I can use these to get help and support if, and when, I need it. My money might include an Individual Budget.

I use all these resources to direct and live the life I choose. Together, these resources make up my real wealth.

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Click on a word for more information.