

You are the expert of your own life

You know best what matters to you.

Your feelings, wishes and daily needs are important.

You have the right to be involved in decisions about your care and daily life.

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My needs

What helps me feel safe, comfortable and respected?

My voice

I can say what I need, what I like, and what is difficult for me.

My choices

I can take part in decisions that affect my life.

Storytelling video

[The Lion King](#)

What was Piper afraid of?

What helped Piper try again?

What helps me speak up?