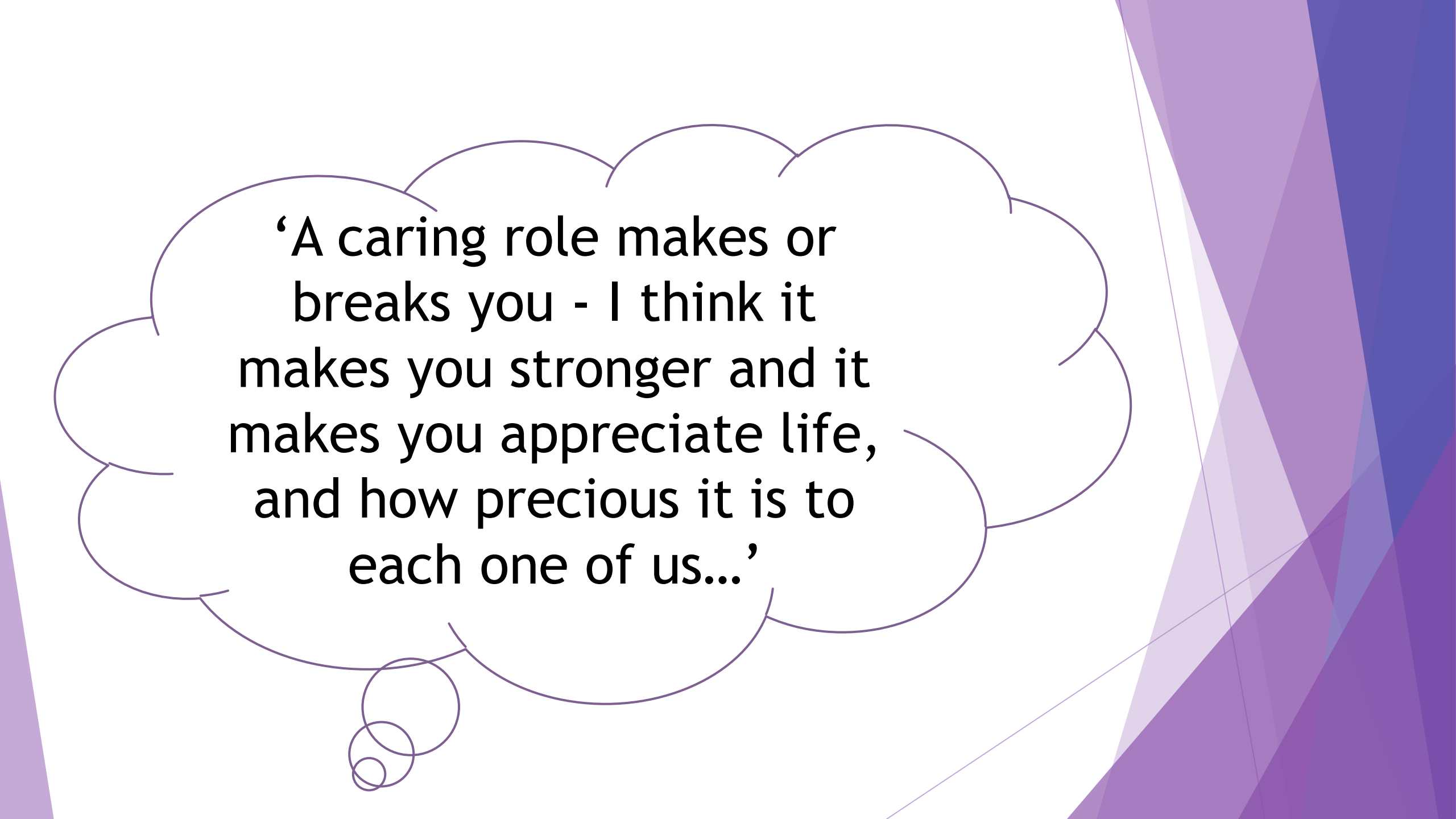


PEARLS *of* WISDOM





‘A caring role makes or breaks you - I think it makes you stronger and it makes you appreciate life, and how precious it is to each one of us...’



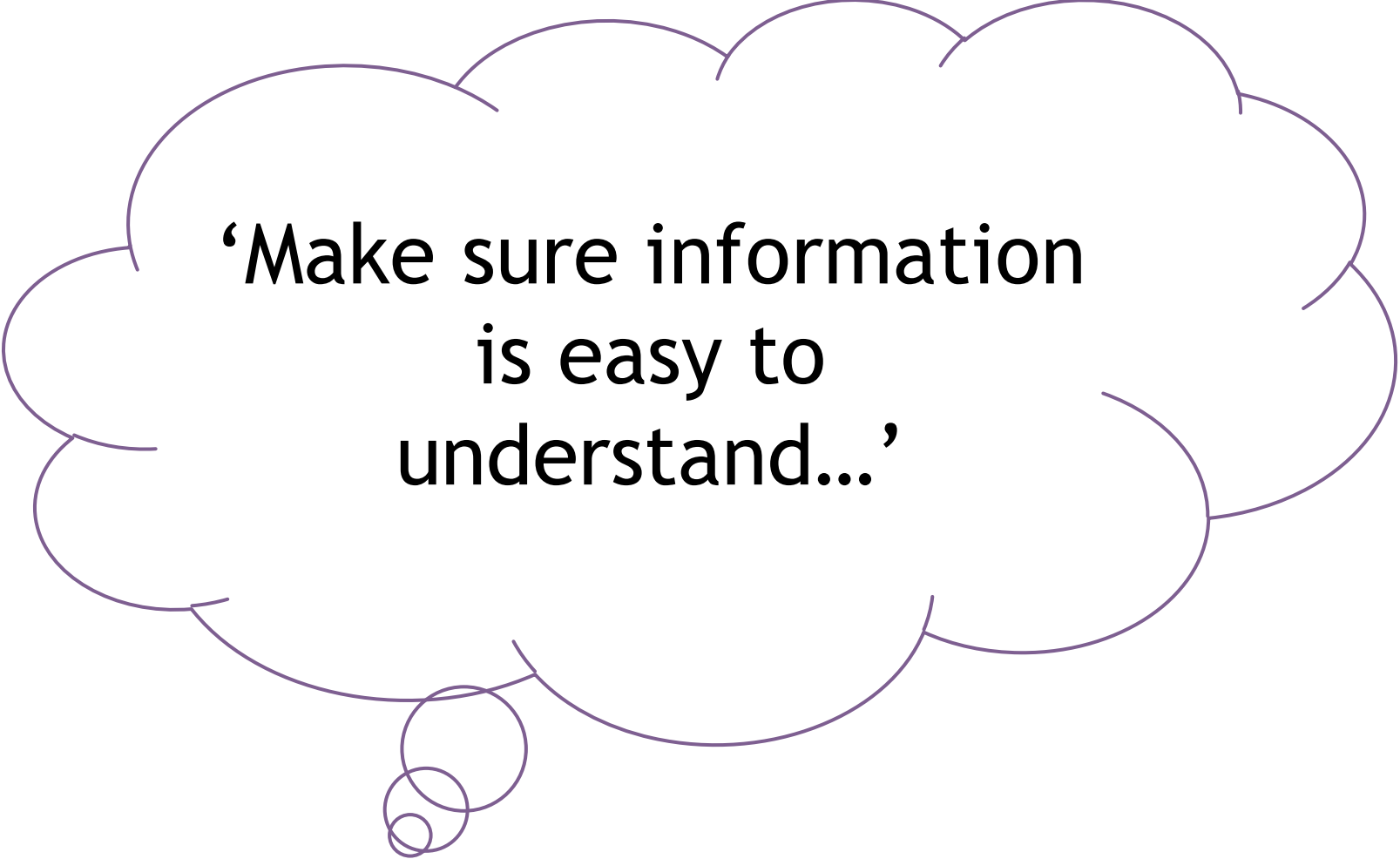
‘Patience is key...’



'Listen to me...'




**‘Respect me and my
views...’**



**‘Make sure information
is easy to
understand...’**




‘Don’t use jargon...’



**‘Not all disabilities are
visible...’**



‘Listen and be patient...’




**‘Treat us like human
beings...’**



‘Ask, listen, act...’



‘Be kind..’



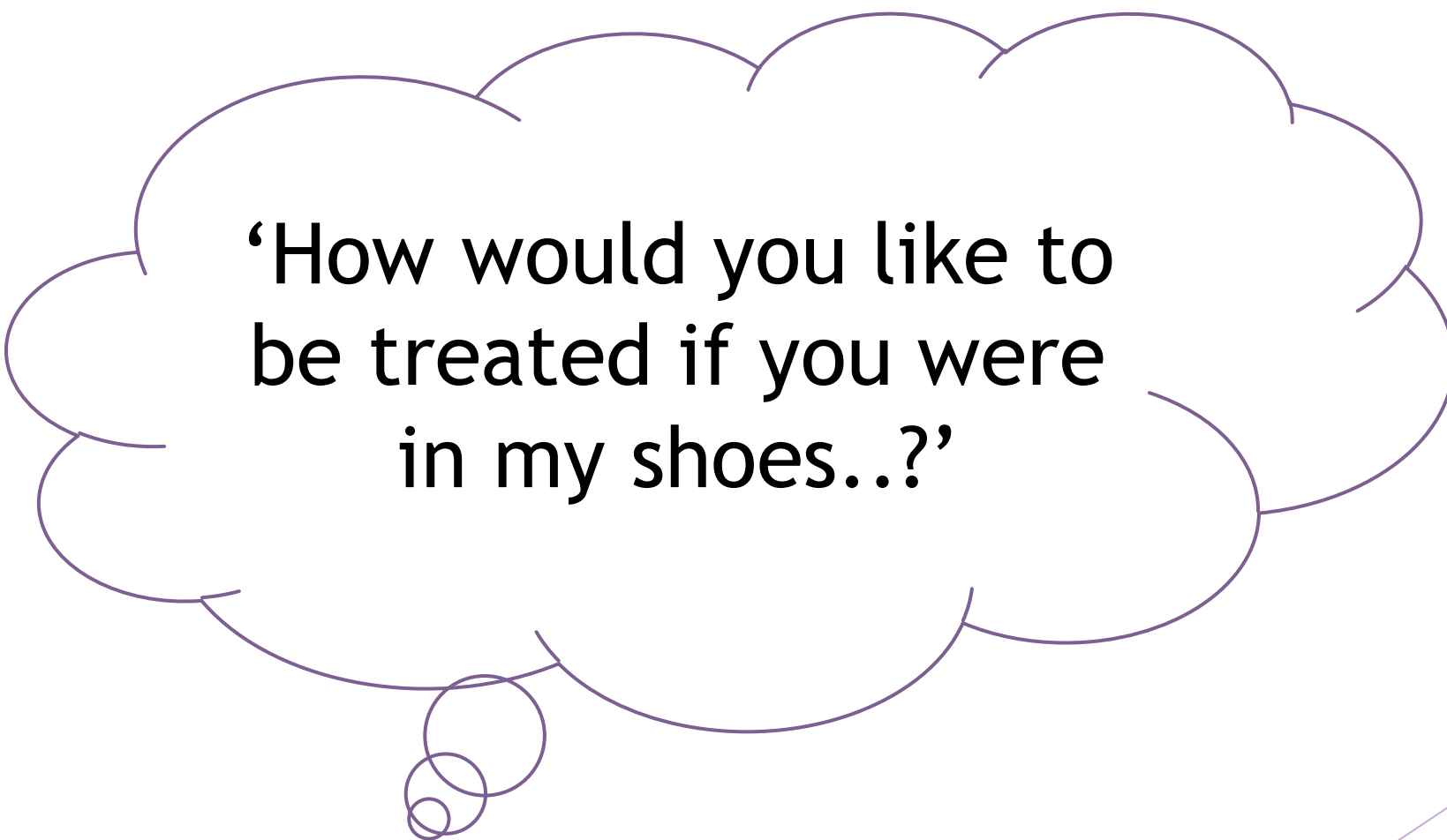
**‘See past my
disability...’**



‘Don’t judge me...’



**‘Support me when I
need it...’**

A purple thought bubble with a scalloped border and a small tail at the bottom left. The text inside is centered and reads: 'How would you like to be treated if you were in my shoes..?'.

**‘How would you like to
be treated if you were
in my shoes..?’**



**‘Our expertise comes
from living the life..’**

**‘Treat me as an
equal... We are
experts together...’**

