



*Getting in on the Act*

Well-being statement	Possible Barriers	Reason for advocacy
<b>I know and understand what care, support and opportunities are available and use these to help me achieve my well-being.</b>		
<b>I can access the right information, when I need it, in the way I want it and use this to manage and improve my well-being.</b>		
<b>I am treated with dignity and respect and treat others the same.</b>		
<b>My voice is heard and listened to.</b>		
<b>My individual circumstances are considered.</b>		
<b>I speak for myself and contribute to the decisions that affect my life, or have someone who can do it for me.</b>		



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