



You do things for fun



You may be a young adult. Like

- 20
- 25.



You may be an adult. Like

- 31
- 45.



You do **not** know what you want to do.

Or

It is hard to find things you can do.



You need time to rest.

And



You do some things by yourself.



You have fun with friends.



You find things you like to do.

It may be an art class.



You may like

- games
- sport.

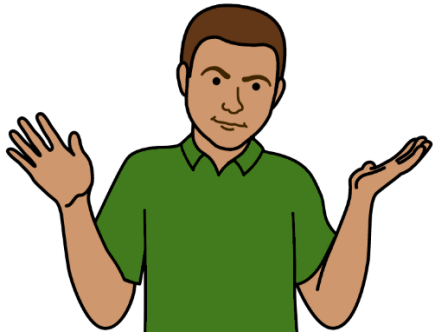
You do it with other people.



You talk to friends.

You are part of your community.

It helps you feel good.



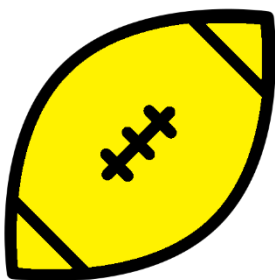
What can you do?



You choose what is right for you.

You may like

- dance
- music
- art.



You may go to the foot ball.



You may want to learn a new thing.

Like how to use a computer.

You go to a class.



You like to read.

You can go to a book group.



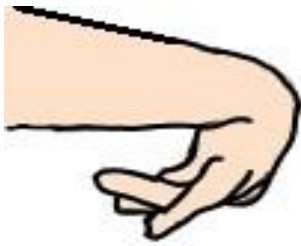
You can do yoga.



There is a sport you want to play.

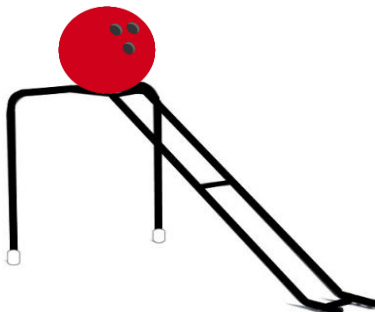
Like you want to go bowling.

But

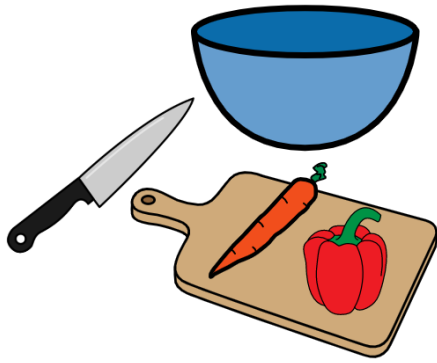


It is hard for you to move

- your arms
- your hands.

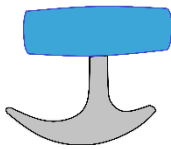


You can get a ramp.



You may want to cook.

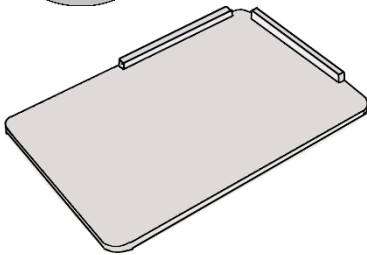
There are things to help you.



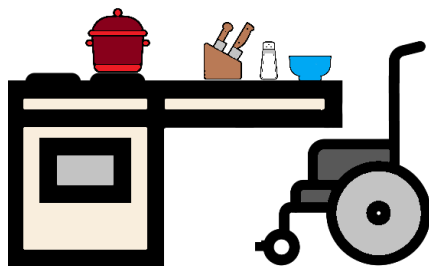
Like it is hard to use your hands.

You can use

- a rocker knife
- a cutting board with high sides.



Or



You use a wheel chair. Your wheel chair can fit under the bench.



You want ideas.

Talk to your local council.



Talk to people you know.

And



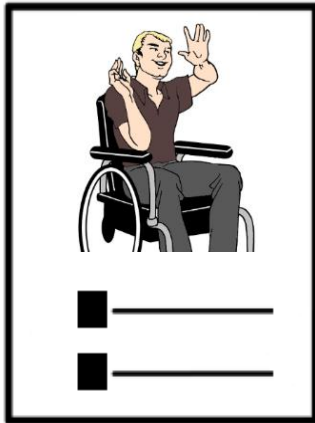
Talk to groups near you. Like

- at the church
- at your library
- at a music group.



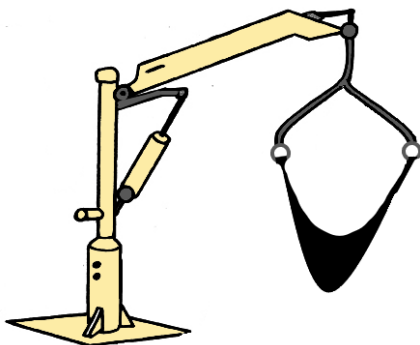
Talk to your health team. It may be your

- OT
- physio.



You make a plan. It says

- what you like to do
- what you can do.



Your plan says what you need.

You may want to swim.

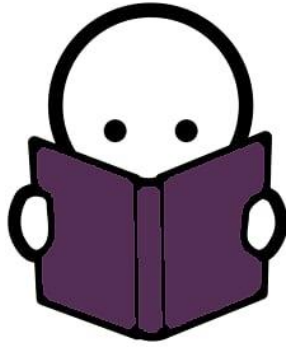
You need a hoist to get

- in to the pool
- out of the pool.



They think about other things too.

Like how you can meet new people.



You want to know more



Read

Things to help you.

Or



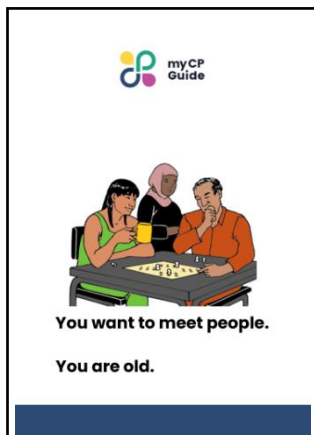
Things to help you. You are old.



Read

You want to meet people.

Or



You want to meet people.

You are old.



Read

You want to talk to people.



Read

You do things for yourself.

Or



You do things for yourself. You are old.