The worst place to live in was a boarding house and a lot of bad things happened there.

They made the decisions for me without asking me what I wanted.

I had no help back then. There was really no one because I wasn't living with my family.

When Carol and I started working together, a lot of it was just about reassuring her about really

small choices. Then things started getting easier and easier. And I think the big difference was

that Carol was believing in herself and she felt confident to speak up because she'd started having

an experience of people actually listening to her. Carol's had some really complicated things

happen in her life, but people didn't let her build up the skills and the practice to make those

decisions. So my job was to support her while she got that practice in.

Yeah, now I'm in control. Yeah. Yeah,

supported decision-making. That's really changed my life.

I've got heaps of confidence now to stand up and talk for myself.

I can deal with public trustee pretty good. It makes you feel good when you do it yourself.

I feel quite happy now. I've got everything I want in life.

Life's a lot better now, much better. We need people to listen,

support your decision-making. is the most important thing in life.

Everyone needs help. And your doctors don't talk to you about it. If everyone was made aware of it, everyone would be helped.