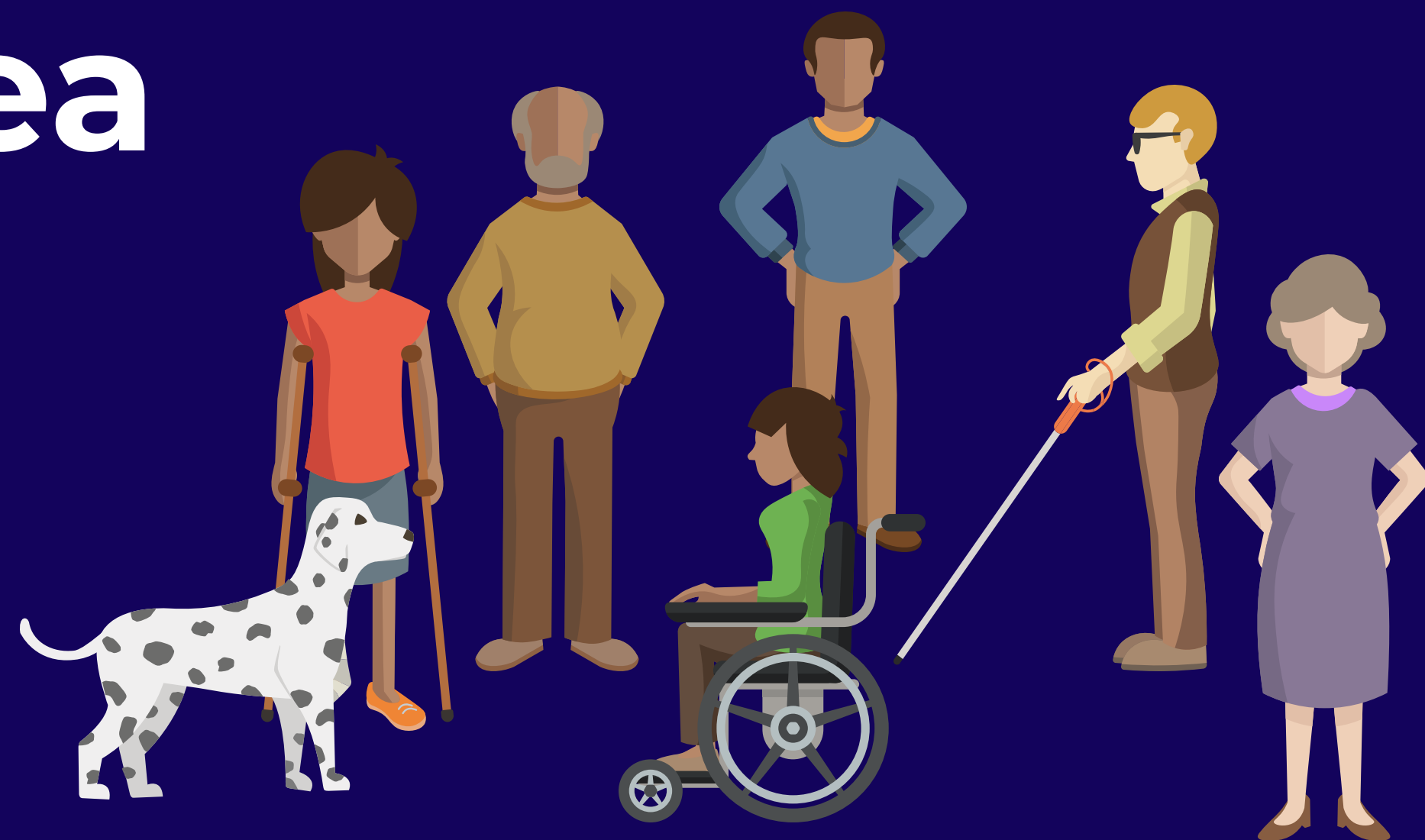


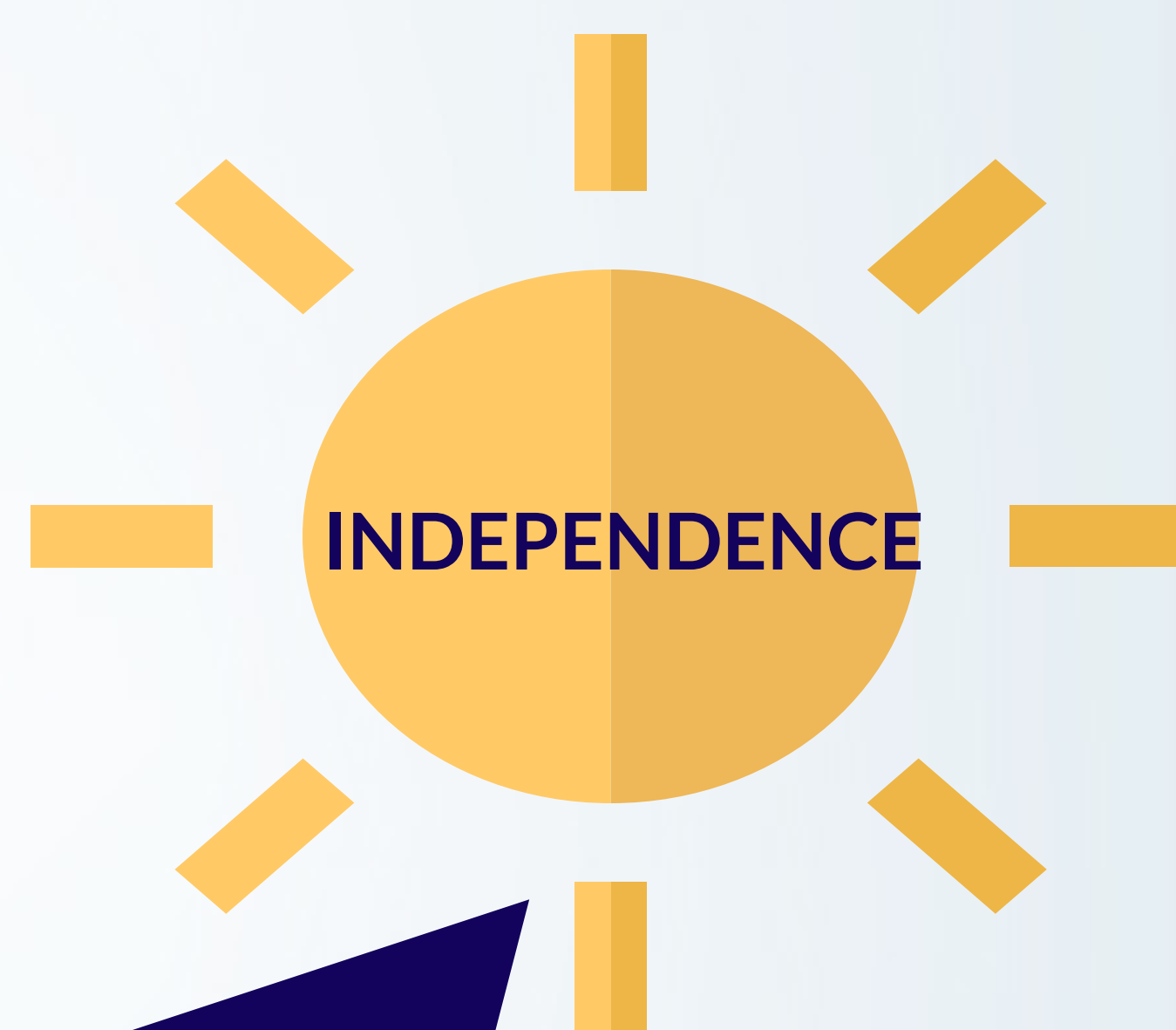
# Independent Lives Kensington and Chelsea

is ADKC's new project, which aims to support local disabled adults to:

- lead more independent and fulfilling lives,
- use current skills and develop new interests,
- have a say in things that matter.



## Pathway to a more Independent Life



# 02

### Use your skills!

We can discuss what skills you have, or would like to have, and support you to put these skills into practice.

# 01

### Identify and overcome disabling barriers

Talk to us about what is and isn't working - together we'll explore ways to improve things.

# 03

### Have more say in things that matter

We can help you to join a focus group, take part in a consultation, become a representative and/or work with decision-makers!

## For more information on Independent Lives K&C

Jenny: [independentliving@adkc.org.uk](mailto:independentliving@adkc.org.uk)

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