

10. Living Independently



Adult Social Care is about supporting adults of all ages, disabilities and backgrounds to live happy and fulfilling lives.



We understand that for most people, staying independent is important so that you can live a happy and fulfilling life.



There are many things you can do to keep your independence, both at home and when you are out and about.



This might be changing the way you do something or by trying something new.



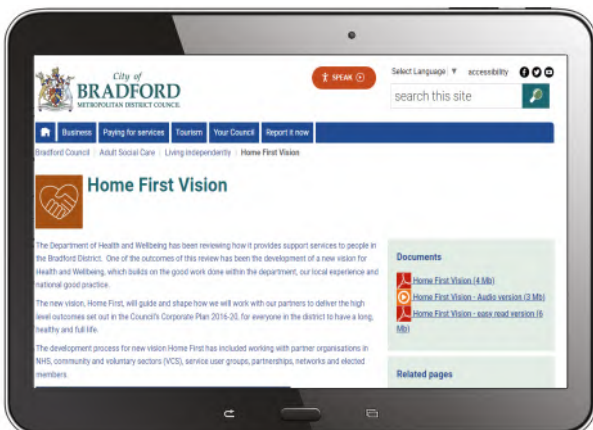
Whatever your age or ability there are things you can do to stay healthy, independent and safe.



Many of these things are small changes that can make a big difference.



By taking action now you can improve your life today and in the future.



The [Home First Vision](#) will guide and shape how we will work with our partners to deliver the high level outcomes.