

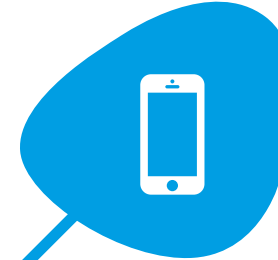
# The Support Sequence



1. Yourself



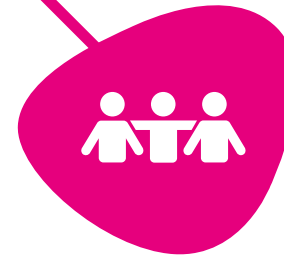
2. Technology



3. Equipment and Adaptations



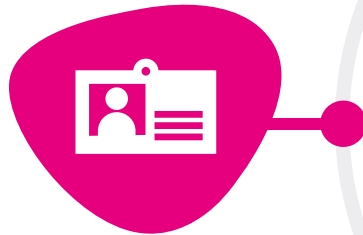
4. Family, Friends and Neighbours



5. Community



7. Support



6. Services or Setting



The Support Sequence

