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# Mitos ou fatos da Vida independente?

Source:

European Network on Independent Living

<http://enil.eu/independent-living/definitions/>

Esta informação apenas reflete a visão do Consórcio  
e a Comissão não é responsável  
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# Mito ou Fato?

## Myth

Disabled people will be isolated and lonely if they live independently. Independent living means you have to move away from your family and live on your own.



## Fact

INDEPENDENT LIVING DOES NOT MEAN PEOPLE HAVE TO LIVE ON THEIR OWN, BUT REQUIRES THAT THEY HAVE A CHOICE OF WHERE AND WITH WHOM TO LIVE.

# Mito ou Fato?

Myth

Living independently is the same as being self-sufficient.



Fact

**NO ONE IS SELF-SUFFICIENT.  
WHETHER LABELLED AS HAVING A  
DISABILITY OR NOT, WE ALL REQUIRE  
SUPPORT FROM OTHERS AT DIFFERENT  
TIMES IN OUR LIVES.**

# Mito ou Fato?

Myth

Independent living means having no contact with support services.



Fact

INDEPENDENT LIVING IS NOT POSSIBLE WITHOUT SUPPORT.