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Irish housing regulations now specify that all houses being built must be adapted for people with disabilities.

All bus and train services also have been adapted for people with disabilities.

Bus Eireann have introduced buses with low floor coaches in the Dublin Bus fleet.

Even though there are more wheelchair accessible taxis now available I would like to see more of these in service in the future.

I myself was living in a group house shared by other service users, in this house we did everything as a group.

We shared bills and activities.

I was brought up to be independent by my parents and found that this setting was not meeting my independent needs.

I have been living independent for the past two years in my own home with the aid of my support workers.

My support workers are supplied to me by Carriglea services who are part funded by the H S E.

My support workers assisted me to set up my bills payment through easy pay household budgets.

They also assist me with some of my every day duties like weekly shopping, ordering fuel, and with work.

I am in paid employment 6 hours a week. I work in my local Shopping Centre on grounds duty.

I find this to be a great way to earn my own money to spend as I wish. I get to be out in the community where I meet the public.

I have made countless friends there and work colleagues which I have come to be very close to over the past few years.

My home had to be adapted to suit my needs and I feel confident living in it on my own. My home is a single story house .

I have panic alarms that are built in that are sent back to Dublin in the case of an emergency.

My bathroom has being set up for my mobility. Also the entrance to my house is adapted for my mobility. I have an open plan sitting room and kitchen to make it easier for me to get around my home.

I have numerous friends living independently within my circle which I call to regularly.

Most are happy living independently and find they have great support living within the community and transport is accessible.

There are plenty of taxies to call on at anytime.

The Irish government gives grants to people to help adapt their homes when a person with a disability needs to make improvements or changes.

They also give grants for furniture that are required in the home but these grants are means tested and are often hard to access as there are strict guidelines.

The government also gives free transport and companion passes for those wishing to use public transport in Ireland.

The only problem I find is that the public busses and trains don't link up and there are often long waiting times between connections.

I use my ipad to assist me in my independent living. I look up information on upcoming events and bus and train times.

I use BrowseAloud software. I find this very useful as it reads back the information I am looking for.

I have found that this has helped me as it reads my letters and I do not need the assistance of other people reading letters for me.

I use my phone to keep in contact with friends and family.

I can call my family any time I feel I need them.

Thank you for listening.