Text on screen: This voice-over has been crafted with Caragh and the people who love and know her best. It is voiced by Jeneve, her support worker and friend.

Audio Description: Caragh, a young woman in her twenties, sits on a green sofa in her loungeroom. She has her brown hair in a bun and is wearing a short sleeved shirt and pants. She is smiling at Jeneve, sitting alongside. Jeneve is a similar age with long hair in a ponytail and glasses. She has some printed pages on her lap.

Jeneve: Okay Caragh, so this is your story. Let's read it together, shall we?

Audio Description: Caragh nods and listens as Jeneve talks, then reads.

Caragh: I'm Caragh. I live in my own home. I love relaxing, to sit on my couch and watch a bit of TV and I love watching Gilmore Girls. My home is my place to relax.

In a different scene Caragh is seated alone on her couch, smiling as she operates her iPad and then plays with Seb, her white fluffy dog. She holds out a green dog toy to him and pretends to throw it. When she does actually throw it, it lands on the floor, and he retrieves it.

Caragh: I love animals, especially dogs. I have my own dog.

Audio Description. Caragh and Jeneve sit alongside each other.

Jeneve: What's his name?

Caragh: Seb. I enjoy giving him a cuddle on the couch and giving him his food and I enjoy taking him for a walk. I take care of him.

Audio Description: With Seb on the couch in front of her, Caragh brushes his long white fur. In the kitchen, Seb watches intently as Caragh carries over his food bowl and places it onto a mat near the fridge

Outdoors, Caragh, who is now wearing a backpack, walks Seb on grass near a row of houses. Both are smiling.

Caragh: I'm good with computers. I love watching YouTube, especially sport.

Audio Description: Back inside the house, Caragh sits at her computer, watching a soccer match and looking at different sport related links.

Caragh: I love watching soccer and my favourite team is Celtic. I often watch sport with my family. Sometimes I watch my brother play soccer.

Audio Description: In the loungeroom Caragh is on the couch with Stephen, her Dad, and Seb. Caragh is wearing a cap and green and white scarf and Stephen a green t-shirt. Both are watching the TV intently. Stephen puts his arms in the air and says 'yes' and Caragh laughs at the action of TV.

Stephen: Yes, that's it. Yes!

Caragh: Half time? Stephen: Not yet. No, come on Celtic! Caragh: Celtic! Stephen: Come on Celtic! Yes, that's it! Yes!

Caragh is sitting at her computer but side on to the desk, looking down at her iPad. When it rings, a small photo of her Mum, Karen, pops up, and Caragh clicks on it.

Karen: Hi Caragh.

Caragh: Hi.

Audio Description: Karen is now visible on the iPad, wearing red framed glasses and the same colour lipstick. She has a big smile and a Scottish accent.

Karen: How are you doing at home today? What's going on?

Audio Description: In the kitchen, Caragh sits across the bench from Jeneve. There is a bun with salad in between them.' They are talking and laughing and Caragh does a dance move on her stool.

Caragh: I enjoy spending time with my friends and my family. I love jokes and I love having a laugh, and painting, doing arts and crafts and drawing on my paper.

Audio Description: Still sitting at the bench, Caragh uses a long thin paintbrush to paint blue and orange shapes on paper.

Caragh: I choose where I want to go. I often visit Officeworks and the Newsagency. I love buying paper, pens, stationery, pictures, and I love brochures.

Audio Description: Caragh and another woman, her support worker Sian, walk into a Newsagency with racks of colourful calendars and gifts on the outside. Two male assistants stand behind the counter with Lotto signs in the background. Caragh walks the aisles, choosing pads and pens and hands them over to the shop assistant. She receives coins as her change.

Back at home Caragh comes into the loungeroom carrying a paper shopping bag with a green logo on the side. She unpacks it in the kitchen and puts one of the boxes on the bench.

Caragh: My home is so important to me. I choose what I do, I choose what I eat.

Audio Description: In the kitchen Caragh stands alongside Sian as they put a topping on a pizza. Caragh takes shredded cheese out of a packet and sprinkles it on top. Sian opens the oven door and Caragh puts it inside.

Back on the sofa, Caragh is with Seb who has his front paw on her leg. She is smiling broadly as she feeds him a snack.

Caragh: In my home, I choose.

Text on screen:

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Underneath are the logos for: WAIS (WA's Individualised Services; Kin (Know What's Possible) and PWDWA (People with Disabilities Western Australia)