

The Values of Inclusion

1. **Everyone is born in.** We don't have to earn the right to be included – we are all born as equal citizens and part of a community.
2. **All means all.** Everyone capable of breathing, even if breathing requires support, is entitled to be included – no one is too difficult, too old, too poor or too disabled to qualify.
3. **Everyone needs to be in.** Being included is a basic human need. Presence is the foundation for inclusion – if you're not there, no one will know you're missing.
4. **Everyone needs to be with.** Being there is necessary – but being with takes time and effort. A community is not just a locality – it is a network of connections and relationships. We have to help people to be part of and belong to communities, not just be lonely residents within them or day visitors to them.
5. **Everyone is ready.** No one has to pass a test or meet a set of criteria to be eligible. Everyone is ready now to be part of community and it is community's task to find ways of including them.
6. **Everyone can learn** – even the people who we don't think can.
7. **Everyone needs support** and some need more support than others. No one is fully independent and independence isn't our goal. We are working towards interdependence. Our need for support varies in degree and kind over time, which helps in our journey towards interdependence.
8. **Everyone can communicate.** Just because someone can't or won't use words to communicate doesn't mean that they don't have anything to say.
9. **Everyone can contribute.** Each person has their own gifts and strengths – and each person has a unique contribution to make. Our task is to recognise, encourage and value each person's contribution – including our own!
10. **Together we're better.** We do not believe the world would be a better place if everyone is the same. We are not dreaming of a world when all differences are eradicated and all disabilities are cured – we believe that diversity does bring strength and that we can all learn and grow by knowing one another.

Marsha Forest and Jack Pearpoint