PERMISSIONS TO USE THE IPA! ! "#\$!%&'(#!)*+!#,-!.\$\$/!0\$1\$234\$0!.5!%6!7!8,6032!,/0!%6!9+!0\$!:3/;<!834=\$-!3>!'#\$!%&'(#!)*+!(,/! .\$!3.',=/\$0!>63?!'#\$!@\$.-='\$!A#''4BCC@@@</=1\$2</2C3(DC4,;\$<,-4E*,;\$)%FGHIJK!36!>63?B! ! 7 =\$L\$!8,6032!!*#%!

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V(36\$B!>36!! 3>=(\$!&-\$! 3/25!

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V(36$B!>36!
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Self care A@='#!36!@='#3&'!,=0-!36!!,--=-',/($K!
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 "#$!/$j'!]&$-'=3/-!(3/($6/!53&6!4$6-3/,2!(,6$<!!\#$/!,/-@$6=/;!'#$-$!
]&$-'=3/-M!'#=/L!,.3&'!@#$'#$6!53&!(,/!0$(=0$!53&6-$2>!@#$/!,/0!#3@!53&!@,/'!
'#=/;-!03/$M!$1$/!@#$/!53&!,6$!,--=-'$0!.5!-3?$3/$!$2-$<!
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D_{<!} 75!(#,/($-!3>!;$''=/;!@,-#$0!,/0!06$--$0!the way!)!@=-#!,6$!!
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D0\! 7 5!\(\psi, \/ (\$-!3\)!; 3=\/;!'3!'\(\psi\)!'3=2\$'!\(\mathreag{when}!\)!\(\@=-\psi\)!\(\psi\)!\(\sigma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\)!\(\gamma\
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!		V(36\$B!>36!
!		V(36\$B!>36! 3>=(\$!&-\$!
N("#\$!6\$-4\$('!)!6\$(\$=1\$! 63?!4\$342\$!@#3!,6\$!(23-\$!'3!?\$!=-!	!!!	3/25!
! d\$65!	c 330!	·

Helping and supporting other people A@='#!36!@='#3&'!,=0-!36!!,--=-',/(\$K!!!"#\$!/\$j'!]&\$-'=3/-!,6\$!,

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V(36$B!>36!
                                                                                         3>>=($!&-$!
Education and Training A@='#!36!@='#3&'!,=0-!36!!,--=-',/($K!!
                                                                                         3/25!!
"#$!/$j'!]&$-'=3/-!,6$!,.3&'!'#$!@,5!53&6!#$,2'#!(3/0='=3/!36!0=-,.=2='5!,>>$('!
53&6!(#,/($-!3>!;$''=/;!'#$!$0&(,'=3/!36!'6,=/=/;!53&!@,/'<!)>!53&!03!/3'!@=-#!'3!
\#, 1$! > \&6' \# \$6! \$0\&(,'=3/!36!'3! > 3223@!,!(3\&6-\$1.53\&!?,5!'=(L!'\#\$!.3j!m/3'!)
,442=(,.2$1<!
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J,<! 75!(#,/($-!3>!;$''=/;!'#$!$0&(,'=3/!36!'6,=/=/;!)!@,/'!,6$!
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J.<!>>!53&6!#$,2'#!463.2$?-!36!0=-,.=2='5!,>>$('!53&6!34436'&/='=$-!=/!$0&(,'=3/!36!
'6,=/=/;\!\!'3!\@#,'!\$j'\$/'\!03\$-\!'#=-\!(,&-\$\!53\&\!463.2\$?-\E\!\
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V4, ($!>36!>&6'#$6!$142, /, '=3/!6$;,60=/;!53&6!(#, /($-!3>!$0&(,'=3/!36!'6,=/=/;!
A34'=3/,2KB!
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ConcluOase f2n) Qg) Q) JTI5e fPJTI5e f2sTc ET B 600(\$600c 552gs f2l) 660TT3Tf [(3 902n)Qc) Fm /TT3Tf