

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!
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7=\$L\$!8,6032!!*#%!

REFERENCES

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 W\$6-'\$/!*!!8,6032!7!!c\$36;\$!V!! \ ,60!8!!V=.2\$5!+!! \ #='!9!A=/!46\$--K<^d,2=0='5!3>'!#\$!)?4,(^!3/!
 *,6'=(=4,'=3/!,/0!+&'3/3?5!]&\$-'=3//,=6\$!e!,!(3?4,6=-3/!.\$'@\$\$/!'@3!(3&'6=\$-!%=-, .=2='5!,/0!
 Y\$#, .=2=' ,'=3/<!
 !
 V=.2\$5!+!! !! \ ,60!8%!!c\$36;\$!V!! \ #='!9!!7\$#!,!YX!ADIINK<!7\$, -&6=/ ;!,&'3/3?5!=/!
 0=-, .2\$0!4\$342\$B!1,2=0,'=3/!3>!,!/\$@!-(,2\$!=/!,!PW!434&2,'=3/<!82=/=(,2!Y\$#, .=2=' ,'=3/!DIAJKBUJHbaIH<!
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 8,6032!7<!%\$!:3/ ;!9+<! \ ,60!8%<![/!,&'3/3?5!,/0!4,6'=(=4,'=3/!=/!6\$#, .=2=' ,'=3/!+!6\$-43/-<\$!
 !DIIDf!D_!ATaKB!TIITbTII_<!
 <DIIDf!D_!
 ATaKB!JJHbJJG<!
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 8,6032!7<!%\$!:3/ ;!9+<! \ ,60!8%<![/!,&'3/3?5!,/0!4,6'=(=4,'=3/!=/!6\$#, .=2=' ,'=3/<!
 <DIIDf!D_!ATaKB!JU!bJU_<
 8,6032!7!!0\$!:3/ ;!9+!!1, /!0\$/!93-!c +!!9\$2\$?!+!!0\$!c633!):!!0\$!Z, ,/!Y:<!9\$53/0!0=-, .=2='5B!
 4\$6(\$=1\$0!4,6'=(=4,'=3/!=/!4\$342\$!@=#!,!(#63/=(!0=-, .2=/ ;!(3/0='=3/<! !DIIDf!TNB!
 DUBHG<!
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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/-!!'#/L!,.3&'!@#'\$#\$6!53&!(!, /!0\$(-0\$!53&6-\$2!@#\$/!, /0!#3@!53&!@, /!
'#=/; -!03/\$!!\$1\$!/@#\$/!53&!,6\$!,---'\$0!.5!-3 ? \$3/\$!\$2-\$<!
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V(36\$B!>36!
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D.<! 7 5!(#, /(\$-!3>!;\$''=/; !@, -#\$0!, /0!06\$--\$0!	!)!@=-#!,6\$!!		
!	d\$65!c 330!	!	I!
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!	^,=6!	!	D!
!	*336!	!	H!
!	d\$65!*336!	!	_!
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!	d\$65!c 330!	!	I!
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!	*336!	!	H!
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!	d\$65!c 330!	!	I!
!	c 330!	!	T!
!	^,=6!	!	D!
!	*336!	!	H!
!	d\$65!*336!	!	_!
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D0<! 7 5!(#, /(\$-!3>!;3=/;!'3!#\$!'3=2\$!	!)!@=-#!, /0!/\$\$0!'3!,6\$!!		
!	d\$65!c 330!	!	I!
!	c 330!	!	T!
!	^,=6!	!	D!
!	*336!	!	H!
!	d\$65!*336!	!	_!
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!	d\$65!c 330!	!	I!
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V4, (\$!>36!>&6'#\$6!(3 ? ? \$/'-!3/!53&6!-\$2>!(, 6\$!A34'=3/ ,2KB!
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V(36\$B!>36!
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Activities in and around the house A@=#!36!@=#3&'!, =0-!36!, ---', / (\$K!
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"#\$!/\$j'!]&\$- '=3/-!, 6\$, . 3&'!#\$!', -L-!, /O!6\$-43/- =. =2='-\$-!53&# , 1\$, '!#3 ? \$M!, /O!
'#\$!@ , 5!53&6!#\$, 2'#!36!0=- , . =2='5! = />2&\$ / (\$-!'#\$-\$< \ \$!@3&20!2=L\$!'3!L/3@!
@#\$'#\$6!53&!(, /!O\$ (=O\$!@#\$ /!, /O!#3@!-3 ? \$'#= / ; !=-!O3/\$M!\$1\$ /!>!53&!O3/1'!O3!=\$!
53&6-\$2><!
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H, <! 7 5!(# , / (\$-!3>! (3/'6-. &'=/ ; !'3!233L=/ ; ! , >'\$6! ? 5!#3 ? \$! !)!@ , /!'!3! , 6\$!
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! d\$65!c 330! ! I!
! c 330! ! T!
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H. <! 7 5!(# , / (\$-!3>! ; \$'=/ ; !2=; #'! , -L-!O3/\$! , 63&/O!#\$!#3&-\$!A\$<; <! ? , L=/ ; !'\$, !36!
(3>>\$K!\$=#\$6! . 5! ? 5-\$2>!36! . 5!3'#\$6-M! !)!@ , /!'!#\$? !O3/\$! , 6\$!! !
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\$=#\$6! . 5! ? 5-\$2>!36! . 5!3'#\$6-M! !)!@ , /!'!#\$? !O3/\$! , 6\$!

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H\$<! 7 5!(# , /(\$-!3>!; \$''=/; ! ? =/36!6\$4, =6-!, /0! ? , =/'\$ / , /(\$!@36L!03/\$! =/! ? 5!#3&-\$! 3>>=(\$!&-\$!
, /0! ; , 60\$/M!\$='#\$6!. 5! ? 5-\$2>!36!. 5!3'#\$6-M!)!@, /!'#\$? !03/\$!, 6\$!! ! 3/25!
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Helping and supporting other people A@='#!36!@='#3&'!,-0-!36!!,-=-',/(\$K!!

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"#\$/ \$j'!]&\$-'=3/-!,6\$!,

Education and Training

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"#\$/ \$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-\$!!53&! ? , 5!'=(L'#\$! . 3j!m/3'!
, 442=(, . 2\$!<!

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'6, =/= /; !'3!@#, '\$j '\$/'!03\$-!#=-!(, &-\$!53&!463. 2\$? -E!!

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A34='3/ , 2KB!

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ConcluO5e f2(n) Q(g) Q) JTI5e fPJTII5e f20Tc ET B 00(\$ 00c 00gs f21)00T3Tf [(3 00(n)0c) 0m TT3Tf

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