**PERSONAL ASSISTANCE FOR SENIORS WHO ARE SELF-RELIANT**

**EMPATHY MAP:**

What is the Impact of self-reliance?

How it will use?

I think it’s unsafe

I think I’m not following the correct steps

I think it is expensive

Don’t be afraid to be your self

Time consistency

Confidence you gain on your journey

Increase your-self worth

Feels independent

Holding your own values

How long it will work?

**SAYS THINKS**

**DOES FEELS**

**SELF-RELIANT**