

# ONE DAY AT A TIME

## **BEING DISABLED IN PRESENT DAY SOCIETY**

HOW DOES A PERSON WHO IS NOT DISABLED PERCEIVE A PERSON WITH A DISABILITY? IT ALL DEPENDS ON THE LEVEL OF CONTACT AND THE LEVEL OF AWARENESS. THERE IS A TENDENCY TO FEEL THAT THE PERSON IS DISABLED IN WAYS OTHER THAN WHAT IS REALLY THE CASE. WHAT IS HAPPENING IS THAT THERE IS A KIND OF BROADENING EFFECT BECAUSE PEOPLE CONSCIOUSLY REALLY DON'T UNDERSTAND WHAT THE ACTUAL DISABILITY IS. THIS IS BASICALLY A SOCIETAL PROBLEM. SOCIETY HAS ISSUES WITH DISABILITY AND THOSE ISSUES ARE NOT YOUR RESPONSIBILITY BUT THEY CAN BE HELPED THROUGH ACTION, ADVOCACY, AWARENESS AND EDUCATION. HAVING SOCIETY BECOME MORE ACCEPTING IN SUCH A WAY THAT FOLKS WITH A DISABILITY ARE NOT PUT ASIDE CAN ALSO MAKE IMPROVEMENTS. THIS IS PART OF THE REASON FOR THE **AMERICANS WITH DISABILITY ACT. THAT ACT IS TO MAKE EVERYTHING ACCESSIBLE TO EVERYONE.**

THIS NOT ONLY IMPROVES THE DAY-TO-DAY LIFE FOR A PERSON WITH A DISABILITY BUT ALSO HELPS SOCIETY IN GENERAL BECAUSE OF INCREASED AWARENESS AND CONTACT. YOU CAN BE SELF CONSCIOUS ABOUT YOUR DIFFERENCES BUT STILL GO ABOUT YOUR LIFE AND INTERACT WITH PEOPLE AS YOU NORMALLY WOULD. THE MORE CONTACT YOU HAVE WITH OTHERS, THE LESS LIKELY THERE IS OF ANY IGNORANCE AND STEROTYPING. THE LATE EFFECTS OF POLIO BRING ABOUT CHANGES IN YOUR BODY THAT YOU HAVE TO DEAL WITH. **IT IS INEVITABLE.** YOU ARE NOT GOING TO BE ABLE TO DO SOME OF THE THINGS YOU WERE ABLE TO DO BEFORE, AND MOST OF YOUR LIFE UP TO NOW. IT WILL BE CALLED **COPING STRATEGIES.** YOU HAVE TO MAKE SOME CHANGES IN HOW YOU SEE YOURSELF. YOU ALSO NEED TO PAY MORE ATTENTION TO YOUR HEALTH. **IT IS A MATTER OF BALANCE.**

SET GOALS THAT ARE REASONABLE. WE ALL NEED TO DO THAT. DO ENJOYABLE THINGS. IT IS IMPORTANT TO DO SOMETHING THAT IS ENJOYABLE ON A REGULAR BASIS. READ A GOOD BOOK, GO OUT TO A MOVIE, OR ANYTHING THAT U LIKE JUST FOR THE FUN OF IT.

AS WE GO THROUGH LIFE , STRESS CAN CAUSE A BUILD UP OF CERTAIN HORMONES AND CHEMICALS IN THE BODY WHICH ARE ACCOMPANIED BY AN INCREASE IN BLOOD PRESSURE AND HEART RATE. **LEARN TO RELAX OR DO MEDITATION ON A DAILY BASIS. WORK'S FOR ME!!!** IT CAN BE AS SIMPLE AS JUST SITTING STILL , AND FOCUSING ON YOUR BREATH COMING IN AND OUT . ONCE YOU START DOING THAT , YOU WILL EXPERIENCE A HEALTH BENEFIT BOTH **PHYSICALLY & PSYCHOLOGICALLY.** **YOU MUST LEARN HOW TOO MANAGE YOUR STRESS.** A LOT OF TIMES WE R NOT RECOGNIZING THE AMOUNT OF STRESS WE ARE GOING THROUGH . SOCIAL SUPPORT IS CRUCIAL FOR GENERAL HEALTH AND WELL BEING . WE ALL NEED TO HAVE PEOPLE THAT WE CAN SHARE OUR FEELINGS AND EXPERIENCES WITH . IT SEEMS THIS HAS BEEN ONE OF MY BIGGEST PROBLEMS SINCE I LOST MY WIFE MANY YEARS AGO AND BECAME A LONER .  
**TAKE THE REST OF YOUR LIFE --- ONE DAY AT A TIME.**

***JACK***