

Chapter 1 : Conquering Concussions Scottsdale | Multidisciplinary Assessment Arizona

Make a Difference. In disaster situations, children are always the most vulnerable to the effects of malnutrition and disease World Vision works around the clock to bring hope and relief to children and families whose lives are threatened in the wake of disasters.

Quotes come from the following website: Be it physical or mental. But those with the greatest handicap are not those confined to wheelchairs or missing limbs. Or those who suffer from cognitive impairment. Or suffer from some mental health disorder. They are NOT the ones with the disabilities. It is those who have disabilities stubbornly locked between their ears!.. They cannot see people with disabilities as real people. They are being blinded by their own prejudices, their biases, their narrow minded attitudes. And it is their loss. Saul has an injury to his leg. What if his personality was deformed? How much worse if his soul was lame? Preachers or teachers look for the good in all of us. Wear it like a purple heart. Based on our own imagination. As aviator, author, inventor Alexander de Seversky said: The world, I found, has a way of taking a man pretty much at his own rating. If he permits his loss to make him embarrassed and apologetic, he will draw embarrassment from others. But if he gains his own respect, the respect of those around him comes easily. Even a broken leg needs a crutch. It is there we can step in. And we would be wise to heed the wisdom by inspirational writer William Arthur Ward " Writer James Baldwin said: Forced to use a wheelchair much of the time, she was exiting the building. I told her to be careful of the students along the ramp. To which she confidently replied: An unknown quote sums it up nicely: An angel with a halo bright, ushered me inside. He wants to set up a non- profit comedy troupe for the community, entertaining in hospitals, drop-in centres, etc. He has established a troupe for psychiatric and physically-challenged communities to participate in. He is also interested in the plight of psychiatric patients and other poverty-related issues. Ken can be reached at munrokb yahoo. This article cannot be re-published without permission.

Chapter 2 : 10 Majorly Successful People With Disabilities | HuffPost

Conquering Disabilities A Young Adult Literature Text Set By Paxton Nelson "If you're an underdog, mentally disabled, physically disabled, if you don't fit in, if you're not as pretty as the others, you can still be a hero" -Steve Guttenberg actor and activist Young people with disabilities are.

He broke his neck in an accident that left him paralyzed from the chest down. The doctors diagnosed him as quadriplegic and told him that he would never be able to walk again. Instead of accepting their opinion as truth, he was determined to beat the odds and regain his ability to walk. He went to physical therapy for 3 years without any remarkable progress. His insurance refused to pay for more. But he refused to give up. He moved to California so he could take part in a much more intensive rehabilitation program called Project Walk, which uses innovative therapies to help patients with spinal cord injuries regain and improve motor skills. After 4 years of hard work, he proved the doctors wrong- with the help of a walker, he could walk again. He decided to dedicate his life towards helping others who have also suffered spinal cord injuries. He founded a physical rehabilitation center called Journey Forward to support other patients with spinal cord injuries. This was all made possible by his remarkable drive and determination to never give up. He was diagnosed as having high functioning autism. Since then, his biggest passion and hobby has been basketball. Considered too small to be on the high school team, he started working as the team manager instead. He was satisfied with his job and was good at it, but his dream was always to play in the team. For his very last home game, the coach decided to let him wear the team suit so he could feel like a part of the team. At the end of the game, with only 4 minutes left to play, the coach surprised everybody by calling him onto the court to play in the game! His first 2 shots failed. But for his third, he threw a three pointer at 20 feet. And that was just the beginning. He went on to throw 5 more three pointers. In just 4 minutes, he went from a kid with a dream of playing in the team to a hero and a sports celebrity. Jason also wrote a book about his inspirational story, titled "The Game of My Life". Living life to the fullest with locked-in syndrome At 26 years old, Cival Mills had a great life. He had always been a high achiever, successful in both sports and academics. He had recently earned a medical degree and looked forward to a great future. It all changed on December 8th, Only a couple of days away from finishing his hospital internship, he was driving to go see his girlfriend and got into an accident. When he woke up in the hospital, he found himself unable to move. It was like a nightmare come true. Nobody was aware he was conscious until he laughed at a cartoon his sister showed him. He was diagnosed with locked-in syndrome and started learning how to communicate with his eye movements using a spelling chart. His first sentence was "Love you mom". It took him 20 minutes to spell out. After 2 years of physical therapy, he regained the ability to move his left thumb. With a gadget he invented himself, he managed to type out his first inspirational book, titled "This Too Shall Pass". He has since also managed to regain movement in his neck, left arm and partial movement in his legs. In , Cival completed a mile bike ride across South Africa on a specially adapted quad bike for charity. He also scuba dives as a hobby and has written another book called "The Truth About Wheels". He is currently working as a motivational speaker. You can find out more about Cival on his website at www.civalmills.com.

Chapter 3 : 5 Inspiring Athletes Who Overcame Disabilities - Beliefnet

9 Inspirational Quotes on Overcoming Disability Some people just know the right things to say - mom and dad, friends, teachers When you're in need of a pick-me-up, kind words can oftentimes be the best medicine.

Take paralysis as an example. Sure, some people would give anything to walk. Many go to great lengths to achieve it, and some even succeed. However, not everyone has the option to walk. If we only focus on stories where the main theme or victory involves overcoming a disability, we alienate people and families who embrace it proudly as a part of their identity and for whom a cure or remedy is not accessible. We deny their reality by not acknowledging it, perpetuating the idea that the only way to live with a disability is to erase it. My dad was paralyzed in a car accident when I was 12 years old. In fact, my dad lives a very fulfilling life as a wheelchair-user. However, oftentimes when I share that my dad has a disability, many make assumptions about his life. Most often they are negative or limiting, but these people have most likely never seen an alternative that shows otherwise. This gap in mainstream media hit me when I began sharing a story about my dad dancing for the first time in the 17 years since his accident to give me a father-daughter dance at my wedding. He loved dancing before he was paralyzed, and although he knew it was possible to dance in a wheelchair, he could never bring himself to do it. That lasted until he chose to honor my request for a dance at my wedding. Then he danced at a wedding two weeks later. He even took another dance lesson with my stepmom so he could learn more techniques. His story is powerful on many levels – not only can he inspire others in wheelchairs to not give up their passion, but he can also show the rest of society that someone with a disability can live a happy and meaningful life. People with disabilities and their families are responsible for making their own choices about disability and have their own views and narratives, which all deserve to be equally respected and represented in society and in mainstream media. Mainstream media has the power to validate the experiences of families like mine and people like my dad. By showing a human side of disability that is accessible to mainstream audiences, we create space for the awareness and acceptance of those who are actively living with their disabilities and build the foundation of an inclusive, accepting society. This post originally appeared on LinkedIn. The Mighty is asking the following: Check out our Share Your Story page for more about our submission guidelines. Find this story helpful? Share it with someone you care about.

Chapter 4 : Overcoming disability- 3 inspiring stories ~ Living Inspired

Disability Quotes from BrainyQuote, an extensive collection of quotations by famous authors, celebrities, and newsmakers. "The only disability in life is a bad attitude." - Scott Hamilton.

You are still in control of your life! There are many things you can do to improve your independence, sense of empowerment, and outlook. Is it possible to live well with a disability? Most of us expect to live long, healthy lives. And you are not alone. Millions of people have traveled this road before you the CDC estimates that 1 in 5 Americans is disabled and found ways to not just survive, but thrive. Learn to accept your disability It can be incredibly difficult to accept your disability. Acceptance can feel like giving inâ€”throwing in the towel on life and your future. But refusing to accept the reality of your limitations keeps you stuck. It prevents you from moving forward, making the changes you need to make, and finding new goals. Give yourself time to mourn Before you can accept your disability, you first need to grieve. Not just the loss of your healthy, unlimited body, but likely the loss of at least some of your plans for the future. Allow yourself to fully experience your feelings without judgement. This is perfectly normal. And like a roller coaster, the experience is unpredictable and full of ups and downs. Just trust that with time, the lows will become less intense and you will begin to find your new normal. It will help both them and you. It may help to search out inspiring stories of people with disabilities who are thriving and living lives they love. You can learn from others who have gone before you, and their successes can help you stay motivated during tough times. Spending lots of time thinking about the things your disability has taken from you is a surefire recipe for depression. Mourn the losses, then move on. Focus on what you can do and what you hope to do in the future. This gives you something to look forward to. Learn as much as possible about your disability. What is the typical progression or common complications? But with commitment, creativity, and a willingness to do things differently, you can reduce the impact your disability has on your life. Be your own advocate. You are your own best advocate as you negotiate the challenges of life with a disability, including at work and in the healthcare system. Knowledge is power, so educate yourself about your rights and the resources available to you. Take advantage of the things you can do. While you may not be able to change your disability, you can reduce its impact on your daily life by seeking out and embracing whatever adaptive technologies and tools are available. If you need a device such as a prosthetic, a white cane, or a wheelchair to make your life easier, then use it. Try to let go of any embarrassment or fear of stigma. You are not defined by the aids you use. Set realistic goalsâ€”and be patient. A disability forces you to learn new skills and strategies. You may also have to relearn simple things you used to take for granted. Setting overly aggressive goals can actually lead to setbacks and discouragement. Be patient with yourself. Every small step forward counts. You may be tempted to withdraw from others and isolate yourself. But staying connected to others will make a world of difference in your mood and outlook. Tips for finding and accept help and support Nurture the important relationships in your life. Now, more than ever, staying connected is important. Spending time with family and friends will help you stay positive, healthy, and hopeful. Sometimes, you may need a shoulder to cry on or someone to vent to. Joining a disability support group. One of the best ways to combat loneliness and isolation is to participate in a support group for people dealing with similar challenges. That realization alone goes a long way. Support groups are a great place to share struggles, solutions, and encouragement. In fact, it can make you stronger, especially if your refusal to get needed assistance is delaying your progress or making you worse either physically or emotionally. Let go of the fear that asking for support will inspire pity. Allow the people who care about you to pitch in. Not only you will benefit, it will make them feel better! How to Choose Consider talking to a mental health professional. While loved ones can be a great support in this way, you may also want to consider talking to a therapist. Find things to do that give you meaning and purpose A disability can take away many aspects of your identity, leaving you questioning who you are, what your value is, and where you fit in society. There are numerous opportunities out thereâ€”many of which can even be done from home. Develop new hobbies and activities that make you happy. A disability can make the activities you used to enjoy more difficult, or even impossible. But staying engaged will make a big difference in your mental health. Look for

creative ways to participate differently in old favorites, or take this opportunity to develop new interests. Find ways to give back to those who help you. This is not a bad thing! But it will make you feel good if you find ways to reciprocate. Even things as small as a thank-you card or a genuine compliment count. Mood-Boosting Power of Dogs: Caring for a pet is a great way to get outside of yourself and give you a sense of being needed. Regular exercise helps reduce anxiety and depression, relieve tension and stress, and improve sleep. Start small and build from there. Instead, find ways to increase the amount of physical activity in your day in small, incremental steps. Find creative ways to exercise. Even if your mobility is limited, with a little creativity, you can find ways to exercise in most cases. Listen to your body. Exercise should never hurt or make you feel lousy. Stop exercising immediately and call your doctor if you feel dizzy, short of breath, develop chest pain or pressure, break out in a cold sweat, or experience pain. Avoid the trap of comparing your exercise efforts to othersâ€”even to others with similar disabilities. The only healthy way to judge your progress is by comparing where you are today to where you were yesterday. Eating well will boost your energy and promote over vitality so you can do the things you want to do and reach your goals. Focus on how you feel after eating. This awareness will help foster healthy new habits and tastes. Get plenty of high-quality protein. Protein is essential to healing and immune system functioning. Focus on quality sources such as organic, grass-fed meat and dairy, fish, beans, nuts and seeds, tofu, and soy products. Minimize sugar and refined carbs. Aim to cut out as much of these foods as possible. Drink plenty of water. Water also helps flush our systems of waste products and toxins. Most adults need 7 to 9 hours. Establish a regular sleep schedule, create relaxing bedtime rituals such as taking a bath or doing some light stretches, and turn off all screens at least one hour before sleep. Make stress management a priority Stress Management: Related videos Recommended reading 8 Steps to Accepting Your Disability â€” Amputee Darryl Partridge offers the eight things that helped him accept his disability, get over his anger and grief, and begin living the life he wants. Think Inclusive People with Disabilities â€” CDC resource with information on healthy living, safety, assistive technology, educational options, and more. Centers for Disease Control and Prevention Coping with a Disability PDF â€” Offers information on adapting to a disability, meeting your healthcare needs, addressing occupational and living challenges, and remaining active. MetLife How to Emotionally Cope with Having Disabilities â€” Packed with tips on how to cope with the difficulties that come with living with a disability, including dealing with insensitive comments, fighting stereotypes, and taking practical steps to make your life easier wikiHow Authors:

Chapter 5 : KY meditation for Conquering one's Imagined Disabilities

Each year thousands of guests with a disability visit Walt Disney World. Disney has many different ways it can accommodate guests with all types of disabilities. Read on to find 9 tips for visiting Walt Disney World with a disability. The most important thing not just while traveling but in your.

It takes a lot of strength and a complete no-fear attitude to go as far as these highly successful people with disabilities have. From inventors and CEOs to performers and artists, here are some of the biggest overcoming-disability-to-succeed success stories. He can now only speak with the assistance of a computer and has been a fulltime powerchair-user since the s. His disability however has never been an excuse to give up on his desire to study the universe, specifically the framework of general relativity and quantum mechanics. His best-selling work, *A Brief History of Time*, stayed on the Sunday Times bestsellers list for an astounding weeks. Upon starting his political career in gusto, he contracted polio while drinking water at a campground and became paralyzed from the waist down. His vision has brought mobility via four wheels to millions of people around the world, and despite passing away earlier this year, his legacy will never be forgotten. He worked for Dateline in the late s, becoming one of the first visible journalists to use a wheelchair on an American network. *War Zones, Wheelchairs and Declarations of Independence*, and has been a radio host of *The Takeaway*, a live national news program on Public Radio since She has been deaf since she was 18 months old due to a genetically malformed cochlea. He was born six weeks early. The blood vessels at the back of his eyes had not yet reached the front and aborted their growth, hence his blindness. Over his wildly successful music career, Stevie has recorded more than 30 U. *The Best Advice For Living With A Disability 7* Frida Kahlo Injured in a trolley accident when she was a teenager and forced into bed rest for several months to heal a broken back and a back that that would never fully heal percent, Mexican artist Frida Kahlo is one of the most well-known artists with disabilities of the 20th century. She also contracted polio when she was six and had a misshapen leg. Frida is most known for her self-portraits, many which portrayed her in her wheelchair. While her tumultuous relationship with other famed Mexican artist Diego Rivera is another aspect of her life Frida is known for, Frida will always be known for her fierce spirit of survival through artistic expression. Her story was famously portrayed in the play and film, *The Miracle Worker*, which documented how her teacher Anne Sullivan was finally able to develop a language that Helen could understand. He was injured in a shooting before getting involved in politics. Thanks to his work for providing for the needs of people disabilities in his country when he was Vice President, Lenin was nominated for a Nobel Peace Prize in A Bollywood film, *Mayuri*, was also made about her life. It takes a very special soul to harness the strength to climb to the heights these people have.

Chapter 6 : Disability Quotes (quotes)

Disability as Inspiration By Deborah Davis, blog.quintoapp.com I nspiration a term often used when an able-bodied individual witnesses a person with a disability competing, or participating in, a challenging activity despite a physical impairment.

Sit in easy pose with a straight spine. Bend your elbows so that your upper arms are near the ribcage and the forearms point upward. The hands start out in front of the shoulders with the fingers spread. The palms face outward and the thumbs point at each other. Twist the wrists inward with the thumb leading the way until the palms face the body and the thumbs point out to the sides. As the wrists twist inward, the fingers close into a fist. They re-open as the wrists twist outward to return to the starting position. The wrists twist in time with the breath. Look at the tip of the nose. This exercise can bring great healing to the body. Inhale, hold the breath seconds, tighten the fingers into fists and tense every muscle in the body. Repeat this sequence two more times and relax. Begin alternately pushing the arms and hands forward as if you were pushing something away from you. Push one hand out as you pull the other back along your side. Keep the hands and fingers open letting the heel of the palm lead the movement. This exercise will work out your blocks. Inhale, keep one arm extended while you hold the breath seconds and squeeze all the muscles of the body. Inhale, extend the other arm while you hold the breath seconds and tighten all your muscles so that the body shakes from tension. Inhale, change arms again while you hold the breath seconds and tighten all your muscles. Open your arms wide with the elbows slightly bent, the fingers spread open and the hands slightly cupped. This benefits the heart. Inhale, stick out your tongue to the maximum, hold the breath seconds and tense the entire body so much that it shakes from tension. Repeat this sequence two more times.

Chapter 7 : Disability Quotes - BrainyQuote

Kriya for Conquering One's Imagined Disabilities Every disability is imagined. Every achievement is an experience. This kriya develops our own human courage to overcome our imagined disabilities.

Chapter 8 : Overcoming Disability

Saw your post here and earlier by Rochelle. As you know, dealing with this issue is a lifelong process. You have been successful in an educational setting as well in life as far as getting to your current point.

Chapter 9 : Conquering Disabilities by Paxton Nelson on Prezi

From inventors and CEOs to performers and artists, here are of some of the biggest overcoming-disability-to-succeed success stories. 1) Stephen Hawking.