



**amy**

## Coping with labelling after ABI

"I'm worried people will label me as disabled every time they see my wheelchair. It's hard, if it wasn't for me getting so ill, I wouldn't need my wheelchair.

I think I also struggle with the idea of being disabled. I think it's because I used to look at people with disabilities strangely and now I have to accept that I am disabled too.

I can feel lots of different things when people talk about my wheelchair. I am pleased to be alive but cross that my legs don't work properly. I wish people would focus on me a bit more and not the wheelchair. I'm still the same person after all! I don't want to talk about hospital all the time!

It can get really boring telling people time and time again what happened to me and why I am in a wheelchair. They always want to know stuff about 'encephalitis' and that drives me crazy too! I'm not a doctor and I'm not the 'Encephalitis Kid'.

I guess I can see it from the other side now. I'll just try and keep it in mind that people don't really understand what it is like having an ABI and when they say hurtful things they just don't get it!

I'll make sure I have my friends nearby too! They can be a big help when everything seems so depressing."

