

Paralyzed Veterans of America Discuss Living with a Disability

- Discuss your injury
 - How did you sustain your injury
 - What did you think when you found out you were going to have a disability
 - Briefly talk about some of the people who helped you learn to live with your disability
- Discuss some of the changes in your day to day life while living with a disability
 - Examples could be:
 - How has your home changed structurally
 - How do you drive a car
 - How do you use a computer
 - How have you continued to be active in areas such as sports or having a job or having a family
- Discuss the importance of inclusion and learning from others who may be perceived as “different.”
 - Don’t be afraid to ask questions
 - Just because someone is in a wheelchair doesn’t mean that they cant participate and have fun in a lot of the same ways others can
 - Focus on how people are similar and not different; that’s how we make friends
 - Remind children that everyone wants to be included especially at their age
- Stress achievement and success whether someone has a disability or not. As long as you work hard, you can accomplish anything.
 - Talk about the importance of persistence and determination
 - Link a personal story of how you achieved something using this attitude
- Finally, discuss ways that you serve your community
 - How is serving your community similar to serving your country
 - Why is service important
 - Why is it important to explain spinal cord injury to others specifically children
 - Add some tips for how children can show their service for their community