

Amanda Wood

My Story



I was born in Bridge of Earn in 1973 and lived with my parents, we then moved to Perth when I was a baby.

I have Cerebral Palsy, left sided paraplegic and spina bifida. This was caused by the umbilical cord being wrapped around my neck and arm when I was born. I was in and out of hospital when I was a baby.

When I was 5 years old we moved to North Muirton where I lived with my parents and two older brothers.

School Life



I attended a nursery in Bridge of Earn, Viewlands Primary and then Glebe School. I did not like it here as I was bullied because of my disability so I moved to Kings Park School in Dundee which was a great experience. When I left School I attended Upper Springlands on a daily basis and did many different activities. I still lived at home so I occasionally attended respite services at Upper Springlands to give my parents a rest from looking after me.

Work Life

I have worked in a nursery with children under 5 for 17 years now. This is an unpaid position.

I am also involved in a lot of disability charities and help raise awareness of disability, these charities include:

- Chairperson of the learning disability group Us and the Housing which is now a registered tenancy group
- I sit on the National Learning Disability Alliance Scotland Board
- I am a member of CILPK
- I took part in the Disability Harassment DVD
- I took part in the Special Olympics at Boccia.
- I attend an advocacy group.

I also have various hobbies including sequin art, loom bands, drawing, playing the keyboard and sport at Live Active.

Everyday Life



I enjoy living in Perth and have an independent life. I need a stick or a walker to get about as I have falls, but this does not stop me. Other adaptations I have in my house include an automatic front door, a walk in shower and an automatic chair and bed. I come across challenges every day. It takes me over 20 minutes to get up in the morning and put my clothes on, I have splints on my arms so I have to use my mouth for some things instead. I don't have the strength to lift things such as pouring a kettle or cutting food, this means that I need a special machine to pour cups of tea. If I don't have a Carer in to help me with meals then I have to live off microwave meals as I can't lift pans or trays out of the

oven. This can get very frustrating. I also have difficulty saying words some times and it is annoying when I can't get the words out and people assume they know what I want to say instead of giving me time.

People in Perth are mostly very good but I would like to see more understanding and awareness training about how to communicate with disabled people. People need to be patient. I would also like to see better access outdoors so that there are less trip hazards that can cause me to fall.



This is an example of some of the obstacles that get left on pavements.

People still stare at me in the streets which upsets me and makes me wish that I wasn't disabled. I wish people would just treat me the same as they treat others.