

“Living with a Disability for the Day”



The time I spent on crutches was definitely an eye opener for me, I've been on crutches before but usually with broken bones so an obvious reason, but I noticed how many people blatantly stared at me. I had kids with me so trying to keep up with them was hard going, thankfully my eldest helped a lot with the youngest. It rained and I found after been on them outside and coming into shops the crutches slipped on the floors which was very scary. Staff in shops couldn't help me more once I was noticed. Getting around with bags is near impossible. After the day my arms ached for about 3 days. Got blister on hand too.