

Phil

One-page Profile



### What people like and admire about me

I see myself as positive and adventurous. Some people consider me inspirational but I'm not comfortable with that. I just want to show people that you can have a normal life and relationships with a disability. I'm honest, have integrity and I have a strong sense of social justice. I have strong opinions but I'm a good listener and sympathetic to other people's views. I'm easy going and spontaneous and enjoy having fun. People see me as intelligent but I'd say it's more that I'm interested in a lot of things and I have a good memory.

### What's important to me

Having quiet time in the morning (with a cup of tea and TV) before starting on my morning routine. Completing the morning routine in a reasonable time because this has a big effect on the rest of the day. People, especially my wife Kay and my family. Seeing Chris (my brother), Trina (his wife) and Hilary (my sister) every couple of weeks. Also keeping in touch with them on the phone, and using social media with wider family. Seeing friends once or twice a week and going out for meals. Spending time with friends who live further away (e.g. Mike and Ingrid) every two or three years and phoning them.

Activities and challenges are important. Archery gets me out and about. Genealogy (on the Internet, going to libraries and visiting places). Being able to have meals out spontaneously. I love to travel – to meet new people and experience different cultures. Places of geological or natural interest (like glaciers and volcanoes) are best. I also enjoy cruising. Staying safe when travelling and seeing it as a challenge are both important. Overcoming the barriers to travel for disabled people can be as important as the trip itself. The Internet is essential, not only for genealogical research but for investigating the accessibility of travel destinations.

### How to support me

Give me physical rather than emotional support. Help me do things, and get to places and people. Assist with everything that requires grip (like the set up for archery). When I'm having a bad day let me be quiet at home – or perhaps (if I'm in the mood) it can be good to be distracted by going out (e.g. to the cinema). Ensure you have my medication and help me manage my temperature. I need to stay cool (with hats, parasols and cold drinks, and avoiding mid-day sun) because overheating is dangerous. Ask me exactly what you need to know to support me. I understand my own needs, so listen and respect my decisions. If Kay is taken into hospital, I need to be with her. Make sure I have continuity of care from someone with specialist training in spinal cord injury.