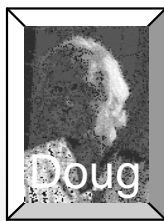


DISE





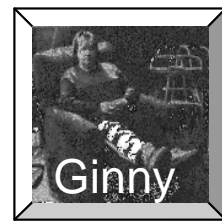
Welcome to our first edition of DISQ.
This newsletter is funded by Aftercare
We want to hear from you!
Disq is made by readers like you,
who want to bring about change & awareness.



Personal Stories

Sidewalks are really uneven. Instead of ruining your wheelchair,

why not fix the sidewalks? Some roads don't have sidewalks, which forces us to use the roadways. Plus the intersections where you have to push a button to cross; *What if you don't have use of your hands? What if you can't reach the button?* I go out to purchase my groceries, and it's very hard to get about safely.



Personal Stories

After having my knee surgery, and everybody saying:

"6 to 8 weeks you will be walking around. Then in a couple of months you will be back to work". Then you end up being disabled, and not being able to go back to work again. All year my knee got worse, instead of better. The more I exercised it, the worst it became. It's heartbreaking knowing I have to go on disability.



Solutions

They should invent this

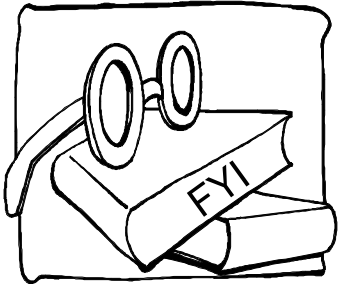
An outlet or port on power chairs' controller, so you can plug in your cell phone/walkman

It's very hard to wash your dishes, make your meals when the counter tops in kitchens are too high. Lowering the countertops and re-designing living spaces for the disabled makes sense. We need to be able to function comfortably in our own home environment.

So many repairs on wheelchairs can be prevented by:

1. Having a full cleaning every few months - ODSP covers this
2. Complete maintenance check-up every 6 months
3. Do not travel outside with you power chairs in bad weather

Did you know?



In 1960 respectable men were still expected to wear hats in public. Not baseball caps, but Fedoras were to be worn. President John F. Kennedy ignored tradition and usually went hatless in public. Storms of protest arose from the fashion industry, when other men copied the president. They wondered "How a hatless man could properly greet a lady".

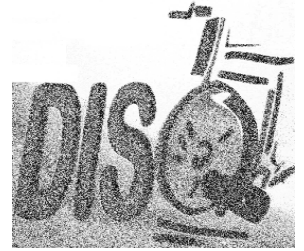
Would you like to place an ad?

Singles, employment, for sale, activities, groups, events.

PLACE YOUR FREE AD

Call: 519-570-9333 or

Email: disq@aftercare.ca



CLASSIFIEDS



We believe in your comfort and satisfaction. Health care is a personal matter and our first concern is YOU! We handle ODSP, OW, DVA, ADP, Private & Public Insurance Claims, First Nations Benefits, March of Dimes. 367 Ottawa Street South, Kitchener, Ontario N2M 3P3
Phone/fax: 519-570-9333 Email: doreen@aftercare.ca

Caregiver Report Card

I get frustrated and confused at all the different caregivers coming into my home. Most of the time they are friendly, but some only do their job and then leave. I find this impersonal. I never know who's showing up at my home.

My food is usually cold and sometimes I cannot eat what my caregiver makes. I have limited use of my hands. I have special utensils to help me. It's very difficult to have the same micro waved processed food every day. I would like to eat properly and by myself.

If I ask, my care-giver will feed me, but there is no dignity in being fed food I don't even care for. IVAN

