



## INDIVIDUAL

As a person with a disability, I live my life with the knowledge and unfortunate understanding that people will have their biases and stereotypes about me. They will group me as a "person with a disability" -without firstly acknowledging that I am an individual. This is no different in any environment I put myself in, but when it comes to a healthcare experience, this is where I am most surprised. For me, growing up, I was taught that I could be anything I want to be and achieve any goal I put my mind to -from graduating school, travelling the world, independence, lifelong friendships, and even a healthy, positive relationship. The only thing I was not told was as soon as you think about or set being in a relationship as a goal to a healthcare provider, they will have all these biases and stereotypes projected on to you as if that is a foreign concept and try to convince you that you should not pursue one. With this photo, I wanted to inspire the idea in others that while you may be a person or a couple with a disability, that a healthy, fulfilling, and happy long-term relationship is possible (and should be normalized). And that it is possible, despite the biases people may have.

EFFIE