Living with Disabilities from an Insider's Perspective

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Elvia Susana Prieto Armendariz was born with a physical disability which consisted of a missing left hand and an additional toe, though it was removed a few days after her birth. The cause of her disability was never investigated by her parents though there was a chance to do so, and such a decision is an important insight into her family life (Marini et al., 2018). Armendariz recounts the struggles she encountered in everyday life at a young age, such as having difficulty with tasks such as opening cans, riding a bicycle, and brushing her hair.

However, further into her life, she was able to manage such tasks independently and participate in activities and hobbies she enjoyed, such as soccer, ballet, driving, and dancing. Additionally, Armendariz was able to use a prosthetic arm to assist with her disability which she recalled as being helpful before it led to severe negativity from her peers at the time.

She describes that her family were consistently supportive, and this is seen as she recounts their attitudes towards her and her brother. Armedariz states that they were treated as equals, even going to the same school. However, there were cases in which she was treated as 'weaker' due to her disability, primarily by her father who would not allow her to go out for fear of her being attacked. Though Armendariz later realized her father's motivation to protect her, it made her feel insecure about herself. She also faced many hardships from her peers, especially in regards to her prosthetic hand.

She often had few friends and noticed people talking about her disability. This continued to affect her, as she often found herself incredibly upset and confrontational. As Armendariz herself mentions, there was little aid in the forms of psychological or financial assistance for people with disabilities in her area. It can be deduced that a lot of her mental distress may have accumulated due to a lack of professionals that could have discussed these issues with her. Armendariz came to realize this herself and studied in the field of rehabilitation due to amputations at birth or adaptation to prosthetics.

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