

one of the things that immediately connect me with other people with a disability is the fact that we have to always think ahead and think of solutions before we try, so I am at a hotel with a pool I cannot go swimming because I do not know how deep it is and it can only be 1.20m deep for me to be able to get out on my own, I do not dare to get help from people that do not fully understand me because of the risk of falling. Mostly I do not shower when I am not at home, this room is an exception

The floor in the bathroom is nice rough but I need to sit to get dressed I cannot dry my feet enough to safely walk the last 5 meter to my bed, I realised with socks I got more grip so I shower with my socks on and dry the floor when I have my shoes on. Having a disability can make things so complicated and I think I am still lucky because I can walk stairs. But I have to do everything with my full attention because I cannot correct myself when I loose my balance and I do not have my stick, or catch myself when I fell 2 weeks ago I was reminded by this, it took 10 days to fit in my wheelchair and 14 to walk without that pain, but now I overdid it so the last 2 days I did not go exploring with my wheelchair. Even when the surroundings don't limit me, I have to limit myself to prevent more permanent harm. These side effects are more frustrating to me than my main disability

Sorry I cannot do short messages.