

The Thalidomide Trust

ACTIVITY	EFFECT ON ME
Cooking Preparing food	As I am unable to prepare or cook a simple meal for myself, I have readymade meals during week days which I cook in the microwave, or a salad or pasta box. At weekends I eat out. I am unable to prepare or cook a meal by myself, it would take me a very long time – a good few hours. As I have small hands and missing fingers I have difficulty holding objects, so a Sharpe object such as a knife or peeler is likely to slip and cut me and carry hot saucepans is not safe for me as I would scald and burn myself.
Eating and taking nutrition	None.
Managing therapy/monitoring health condition	I sometimes need help from another person, especially if it's physical treatment, I would need someone to help me.
Medication	I would need somebody to open screw top bottles for medication and also to apply creams to certain parts of my body that I can't reach.
Washing and bathing	I use an aid every time to wash myself. I bath every other day, each time I use a back washer aid. I use a dining chair to get out of the bath safely. Due to my short arms it takes me twice as long to wash my hair as I have to do one side first and then the other.
Going to the toilet Managing toilet needs and continence	Every day I use a bottom wiper. I use a standard toilet, I need a dining chair when at home, or use my wheelchair when I'm out to leave myself onto the toilet. Without doing this I would need help from someone else.
Dressing/undressing	I to dress myself I sit on the floor. When I need to pull up my underwear and trousers I lean on the bed so I don't lose my balance.

	I never wear shoes as my feet are turned up and there isn't any suitable foot wear available for me.
Communicating verbally	I always use a hearing aid and without it I cannot hear at all. On some phones I use the loud speaker if the person is quiet. I find it difficult to understand some accents, when this happens I get someone to help and explain.
Reading and understanding signs and symbols	None.
Meeting people Engaging with others face to face	On occasion I feel people aren't sure how to approach me and I sometimes need help to mix with other people.
Budgeting decisions	I don't need help on a day to day basis, however, for something such as booking a holiday or buying furniture (3 or 4 times per year), my brother helps me.
Planning and following journeys	No issues.
Moving around	When I am outside I always use my motorised wheelchair. I cannot walk outside alone because the outside surfaces are hard and uncomfortable for me to walk on – I am unable to wear shoes as my feet are turned up. So there isn't any suitable footwear available. Even to walk less than 20 meters require me to take rest breaks, I get breathless and it's painful on my legs and feet when walking on hard surfaces. I am also at risk of falling due to pain and balance. It would take me at least half an hour before I could start to walk again. I try not to walk if I don't have to as it makes life difficult for me. When in doors I can walk around the house on carpet. I use my electric chair in the kitchen because of the hard wooden floor and to enable me to use the microwave and kettle.