



Kindness Always.

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Drama and English Graduate, 2011

I am not going to talk to you about my diagnosis, of which I have many. Nor am I going to give you some sob story about how some kind Neuro typical person helped me to success. Instead I am going to talk to you all about basic kindness and human decency.

So I graduated from QM in 2011 with a 2:1 BA Hons in Drama and English literature. I met many people throughout my time at QM. Some of whom were fabulous and I am still friends with to this very day. Others were not so great! Now this blog is not about slandering anyone or about making anyone feel bad. This blog is about saying hey imagine if every person in the world were kind to one another. Imagine if every person in the world practiced compassion and empathy. Not just for their family and friends but for everyone in the world around them. If we all did that then there would be no need for Disability Awareness Fortnight. There would be no need for equality and diversity because there would be no such thing as racism, discrimination, fascism or any other type of ISM.

Put simply the way to understand and support people with Disabilities is to begin with understanding kindness and compassion. I am not talking about the girls who used to bully you at school writing 'Be kind' on their Facebook statuses, no. I am talking about understanding that people with disabilities are human beings. We are more than our diagnosis and we add value to the world.

I am a newly published author, my book published by Cavalcade books entitled 'When I grow up I want to be a cat' surviving the education system with Asperger's is a best seller in Amazon's teaching children with learning difficulties category. The book informs healthcare professionals, teachers, carers and family members about how to collaborate with individuals with Asperger's in education settings. The book interviews nine individuals with Asperger's about their experiences in school from Nursery through to University level. I wrote this book because I believe that there is a huge gap in the care that individuals with Asperger's receive in their care. I believe that the school system is not designed to support these individuals. I believe that children should receive individualized care planning which is based around their strengths and interests regardless of whether or not they have a disability. I believe in inclusion rather than segregation. I do not believe it should be up to the individuals themselves who have a disability to raise other's awareness. I believe this is the job of our government and our educators. I believe we need to redesign the education system from the bottom up in order to teach children basic values of kindness, respect, empathy and inclusion. That is why this blog is not about Disability awareness fortnight but rather about kindness always.