

Laughter is a great way to cope with a disability

When people are confronted by a person with a disability for the first time, they are sometimes unsure how to act or what to say. They are unsure of the correct protocol in dealing with a person who is disabled. The situation may be very uncomfortable for both parties.

I have always had a sense of humour, especially for the ridiculous. It helped me cope with my disability and I use it to help people I meet deal with a potentially uncomfortable situation. Many don't really know how to take this, but that is half the fun.

My family is used to my "quirky" comments. They expect me to say something outlandish or comment on something everyone is actually thinking. Well, maybe I'm the only one thinking it.

After my grandmother's funeral we gathered at my uncle Des's house. Des had polio and was a paraplegic. My grandfather had diabetes and lost the lower portion of a leg. My sister is vision impaired like myself. I noticed that when we all sat down, the four of us; Des, Milton, Kathleen and me were all side by side. I remarked, "Oh sure!

Andrew Tutty



"Keep all the gimps in one place!" We all laughed and although not "politically correct", it served to release the pain and sorrow we had all felt for days.

I am not always sure if I am coming or going. At a company Christmas party. I went to use the heavily mirrored men's room. Upon entering, I saw someone in my way. I excused myself and moved to pass them only to find the person mimicking my motions. Then I realized it was me. I returned to the table and said, "You'll never believe who I just ran into in the washroom! Me!!"

Laughter is my soul medicine.

Andrew Tutty is a member of the Halton Hills Accessibility Advisory Committee

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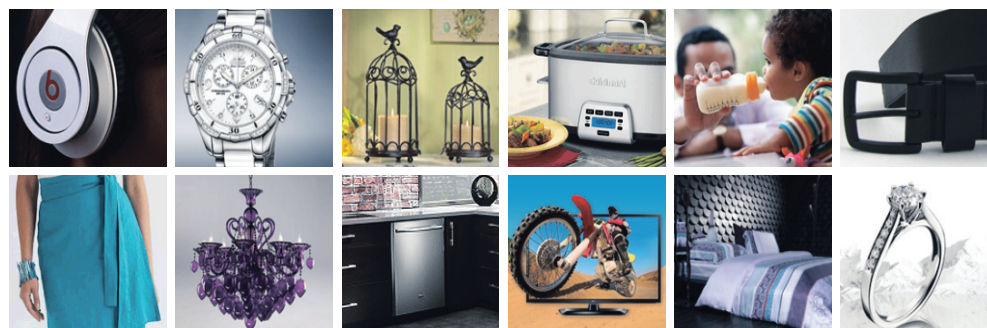

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