

## **What we can be proud of**

InspirAction video shot for Núcleo de Inclusão, Portugal

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Hi friends, I am Adolf Ratzka joining you from the comfort of my study in Stockholm. Too bad, I cannot be with you and meet with you in person. I love the warmth of your country, I love the warmth of its people.

Is there anything, we as disabled people can be proud of? As for myself, I'm not proud of being disabled. In fact, I'd prefer not to be disabled. I find my disability pretty inconvenient. But I am proud of having been able to make something of my life. In the over 60 years that I have been disabled, I have had and still have - a good, rich, meaningful, and fulfilling life with work, interests, love and affection.

I'm proud of having met so many other disabled persons who once were considered helpless, hopeless cripples but managed to get an education, get work, get respect. It took them a lot of hard work, endurance, dedication. When you are disabled, it feels as if we you have to be twice as good as other people to get anywhere.

I'm proud of being part of the international brother- and sisterhood of people with disabilities who work for equal rights and opportunities, self-respect and dignity.

Together, we must work for a society where we do not have to be super intelligent to get to go to high school, where we don't need to be heroes to get a job, where we are not expected to be grateful every time we can pee in an accessible toilet, a world where we can be plain, ordinary people and still get respect.

Together we can be proud of our never-ending work for making society a better place for disabled people. We can be proud of fighting - like David against Goliath - our unequal fight against the State for our equal

opportunities, for our rights. Let's be proud of another - we all are putting up a pretty good fight, as individuals and as a group. We have already won victories, and many more are bound to follow.