What Independence Means To Me

Andrea Begley

Growing up with a disability

- Diagnosis
- Adapting to life as a blind person
- School / University



Employment as a disabled person

- ► Working in the NI Civil Service
- Disability advocacy
- ► Volunteering with RNIB

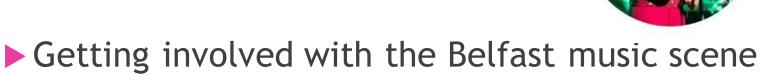


The importance of music



The importance of music

Music from an early age



► My Voice UK experience



▶ What music means to me nowadays

Independent

- 've learned
- Not to limit myself because of my disability
- Do not let others define you by your disability
- Even things you thought were impossible are achievable with adaptations
- People generally helpful
- Every now and then it can be rough and it's OK to admit you are having a bad day
- Negative stereotyping is still a reality, so we need to call it out when we can
- Determination can go a long way to helping you overcome the barriers
- Everyone's disability journey is unique, so do not compare yourself to others
- Never forget you have something to contribute to the wider world
- There is still so much fun to be had out there