

Lizzy Rose

[www.lizzyrose.co.uk](http://www.lizzyrose.co.uk)

### Disability Access Requirement Documents

I have complex Crohns disease, intestinal failure, Osteoporosis and Addisons disease and I have nutritional support 16 hours a day currently.. This affects my everyday life and my ability to work. The following adjustments will help me to work with you. Some things can be negotiated so please talk to me. If you need more specifics about any issue, let me know. I'm happy to clarify and assist where I can.

### Models I am using

Spoon theory: spoon theory is the concept that a disabled person has a certain amount of spoons for the day compared to a healthy person who has either more or an infinite amount. A spoon represents an amount of energy. The concept functions that you as a disabled person will chose not to do things or make adjustments to conserve spoons which you can use later for essential tasks. So to others you may appear to be choosing not perform tasks that you CAN do but what the disabled person is actually choosing not to spend a spoon to use later. For example, I will get the lift instead of taking the stairs so that I have more spoons left for the rest of the journey or day. The disabled person is constantly thinking like this. In my mind if I run out of spoons before I have achieved everything in the day that is essential I will lose out on something essential which could have a further impact, like food, medicine, sleep. The ideal scenario is to have spoons left over at the end of the day but this very rarely happens.

#### 1. General

- a) I need to sit down where possible and I cannot climb more than 10 stairs.
- b) I need a fairly comfortable chair if I need to sit down for more than an hour.
- c) I need ample time to complete deadlines. This is negotiable.

- d) Meetings either online or offline need to be after 10am. This is negotiable for one off occasions.
- e) I prefer to speak on the phone rather than by email during bad periods. I will let you know when this occurs.
- f) If for any reason I am taken unwell and I cannot speak, please inform the doctors that I have Addisons disease.
- g) I have specific dietary requirements so please ask before arranging food.

## 2. Install and Events

- a) Where possible I would need to be on the ground floor unless there is a lift.
- b) I need someone else to lift objects or carry heavy things these on my behalf.
- c) I can help minimally with installation but I would need a technician for most of it.
- d) I need a physically able bodied person to assist/perform physical tasks me when needed to install.
- e) My Assistant needs to be clear about and agree exactly what they will be doing for me and when and they need to not change at the last minute or assume I can change the times at the last minute or work into the night. This is often expected in the art world that plans are quite “fluid” but this model of 1. Overwork and 2. Problem solving on the job is made very difficult by my condition.

## 3. Travel

- a) I need a rest day after a long journey.
- b) I can only make one long journey a day.
- c) If a journey requires a walk of more than 5 minutes I will need to use a taxi.
- d) I find more than 10 stairs at a time difficult.
- e) I need to be in a private space with my own bathroom before 10am and past 7pm on most occasions.
- f) For overnight stay I need 6 weeks notice to organise Total Parental Nutrition.

#### 4. Marketing

- a) Wherever my name is listed on your website or any marketing material, the access information for the event/building should be listed. Where possible this should be followed.

<https://www.shapearts.org.uk/News/accessible-marketing-guide>