My Personal Rainbow

Story and Pictures by RDQ

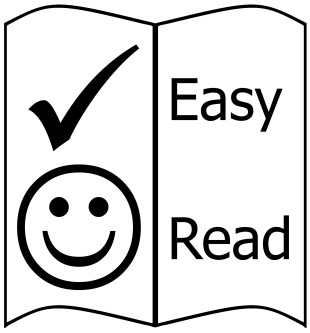
About this story



The name of this story is 'My Personal Rainbow'.

This story was written by RDQ

When you see the word 'I', it means RDQ.



I wrote this story in an easy to read way.

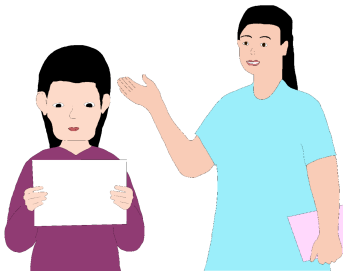
Regular

Bold

Some words are in **bold**.

Bold words are thicker and darker.

I explain what these words mean.



You can ask someone to help you read this story.

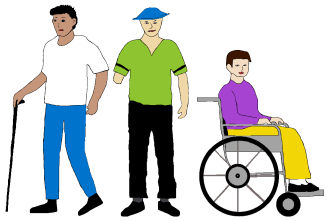
You can ask your family, friend or support person.

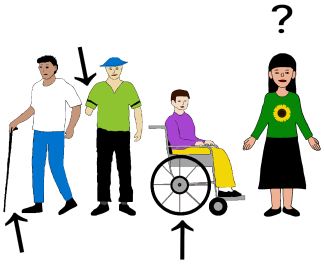
Disability



I am a Person with Disability.

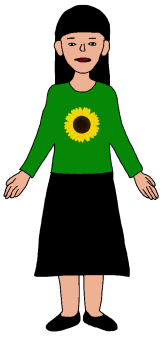
I have a few different types of disability.





The disabilities I have are **hidden** or **invisible**.

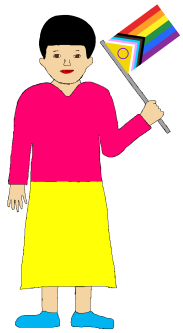
A **hidden** or **invisible disability** is a disability you can't see.



Some people use the Sunflower symbol.

The sunflower shows that someone has a hidden disability.

Identity



I am an **OGIAID** person.

The way to say it is Oh-Gee-Aid.

OGIAID is short for **Orientation**, **Gender Identity** And **Intersex** Diverse.

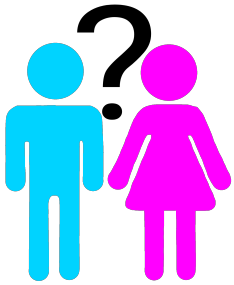
OGIAID is an easier way to say **LGBTQIA+**.

OGIAID is a name that includes more people.



Orientation is how you are attracted to other people.

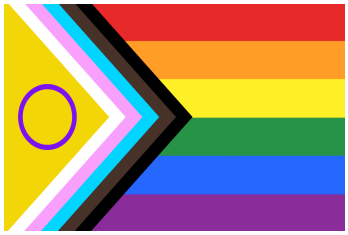
You could be gay, lesbian, asexual or something else.



Gender Identity is how you see and feel yourself as a person.

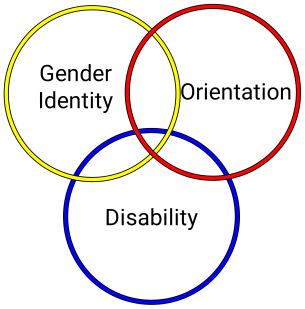
You could be female, male, non-binary or something else.

Intersex is when you have a body which isn't only female or male.



LGBTQIA+ is short for Lesbian, Gay, Bisexual, Transgender, Questioning, Intersex, Asexual.

The + means there are lots of other identities.



Intersectionality

Intersectionality is the different things about a person and how they connect.

- It could be their gender identity.
- their orientation.
- their disability, if they have one.

There are many other different things it could be.



Being an OGIAID person and a Person with Disability are two parts of my intersectionality. Both parts are important the same amount.



I am an OGIAID Person with Disability.

Discrimination



As an OGIAID person, I have experienced **discrimination**.

As a person with disability, I have experienced **discrimination**.

Discrimination happens when a person is treated unfairly because of who they are.



I once worked at a disability service.

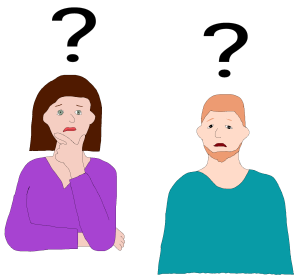
Many of the people they helped had the same disability as me.

I lost my job because of my disability.

They gave a different reason for the job loss.

They did this to not get in trouble for discrimination.

Misunderstood



As a person with disability, I have been often **misunderstood**.

Misunderstood is when someone thinks different than what you mean.



People with disability can think differently to people who don't have their disability.

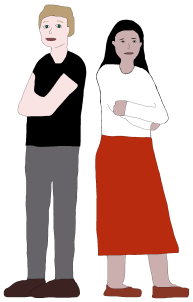
This can often make people not understand.



People often say that I am rude when I am not being rude.

This is because different ways of thinking make them think I'm rude.

Assumptions



As an OGIAID person, I have had **assumptions** made about me.

As a person with disability, I have had **assumptions** made about me.

An **assumption** is when somebody says or thinks something about another person which might not be true.



Many people use phone calls to communicate.

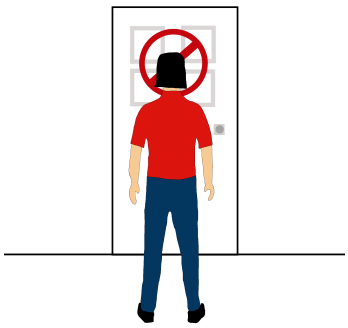
Phone calls are difficult for me.



One agency kept calling me by phone.

They assumed I could take phone calls like most people.

They did this, even after I asked them not to.

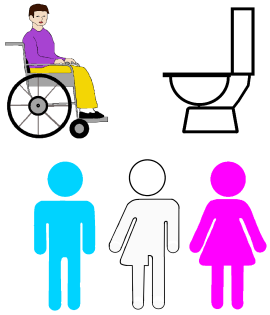


Inaccessibility

As a person with disability, I have experienced **inaccessibility**.

As an OGIAID person, I have experienced **inaccessibility**.

Inaccessibility is when something stops you from going somewhere or doing something.

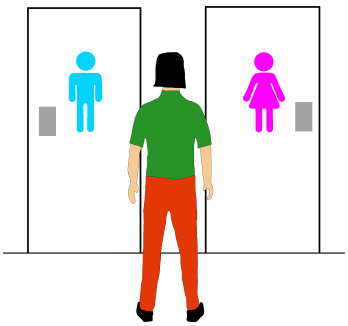


It is important for me to have an accessible bathroom to use.

I can also use a **gender-neutral bathroom**.

A **gender-neutral bathroom** is a bathroom that anyone can use.

Most accessible bathrooms are also gender-neutral.



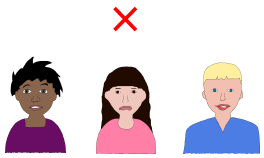
I often find it difficult to find a bathroom I can use.

Most public bathrooms are separated between male and female.

There are not a lot of accessible or gender-neutral bathrooms.

Sometimes, I am forced to wait hours until I can go home again to use the bathroom.

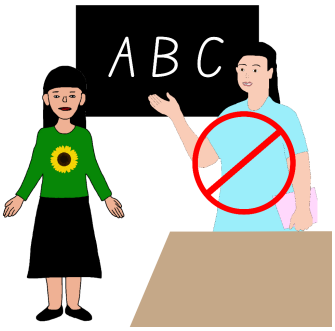
Exclusion



As an OGIAID person, I have experienced **exclusion**.

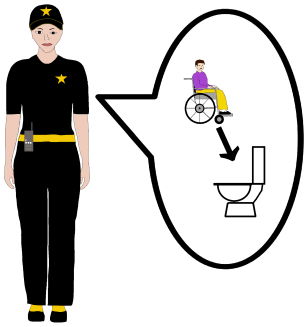
As a person with disability, I have experienced **exclusion**.

Exclusion is being left out of groups or doing things.



As a student, I wasn't given support by the disability support teachers.

Without the support needed, I wasn’t able to finish that course.



At an event, a security worker said that only people in a wheelchair could use the accessible bathroom.

She said people had to show her they got the Disability Support Pension.

Not all people with disability use a wheelchair or get the Disability Support Pension.

Misgendering



As an OGIAID person, I have often experienced being **misgendered**.

Misgendering happens when someone talks about you.

They use pronouns or a gender identity label that you do not use or identify with.



Misgendering can make a person have hurt feelings.



I have been misgendered at OGIAID organisations and events.

Most people would not expect to be misgendered there.



Someone in an agency misgendered me.

They did this after seeing my birth certificate.

My birth certificate shows my correct identity.



I have seen many healthcare workers.
This includes doctors and psychologists.
They are supposed to help make people's health better.



Healthcare workers have misgendered me.
They made my mental health worse.

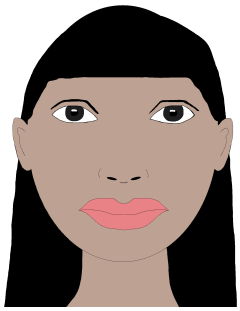
Strangers



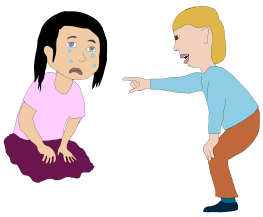
Everywhere I go, there are strangers.

Strangers are people that I do not know.

Strangers do not know me.



They stare and make me feel uncomfortable.



Some make hurtful comments about me.

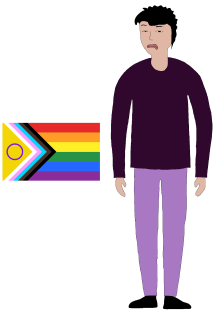
Some even say hurtful jokes.

My Experience Effects

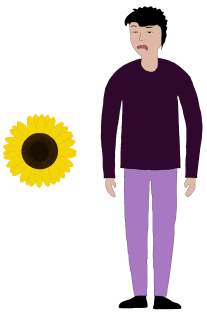


Being an OGIAID person with disability is not a choice.

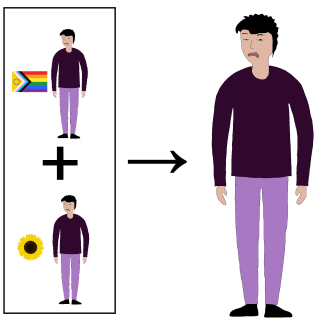
It is a part of who I am.



Being an OGIAID person has made me experience harm.



Being a person with disability has made me experience harm.



Having both experiences makes feeling the harm stronger.



My experiences as an OGIAID person with disability are poor.
I am still hoping for change.



I have shared only some of my experiences.
The details have been **de-identified**.
De-identified means that I have not said the names of the places or people involved.
This helps protect me from other people and organisations.



I help by being an **advocate** for OGIAID people and people with disability.
An **advocate** is someone who speaks up for another person or group of people.



I use my bad experiences to try and get good changes for OGIAID people and people with disability.