



Let me introduce myself:

I'm Michelle O'Shea from Golden Tipperary









Family is important to me.

- I am the youngest in my family and live at home with my mother.
- Five older sisters and three older brothers means I am part of a strong team.
- · I have been engaged to Robert for 11 years



I am a Passionate GAA Fan

Tipperary is my County Team.

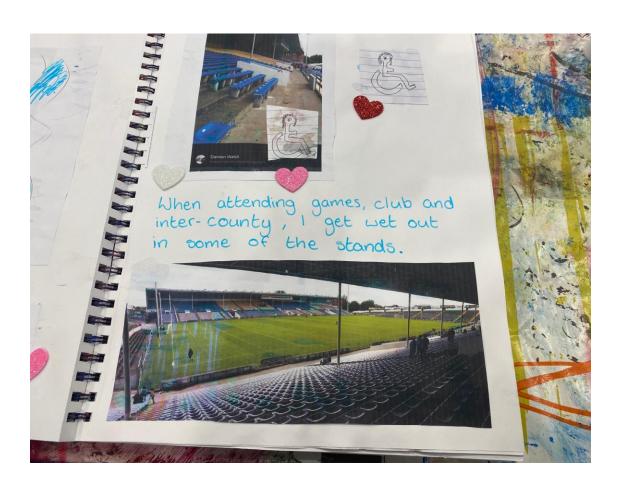




GAA Is Open To Everybody Who Wants To Play.



Fans Can Have Access Issues.



I was born with Cerebral Palsy

- This means that I find it hard to move, hold sitting posture or stay balanced.
- I took years to be able to sit up.
- I use a wheelchair to move around.
- I am a creative thinker who loves sharing ideas.
- I am good at organising people.

The Irish Wheelchair Association Tipperary Town



Everybody Matter to Me.

- Inclusion means seeing the person not the label.
- Seeing me not just my wheelchair.
- Recognising a great hurler without having to add he is gay or Chinese or
- Inclusion means not being afraid of difference.









Inclusion Is not an Afterthought.

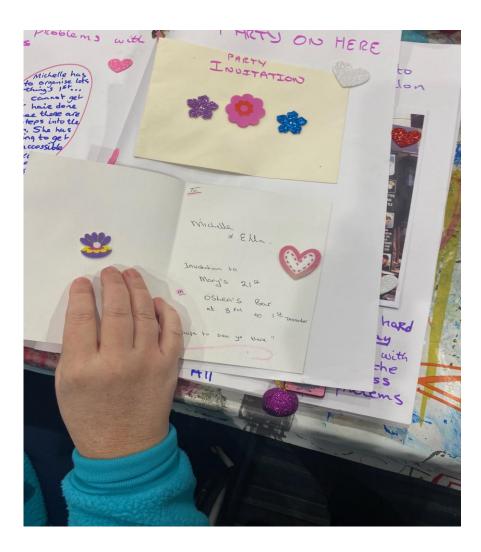
- I like to go out with and my friends but it's not easy.
- There are so many things that designers of venues and events never considered.
- A meal out or a drink with friends must be well planned or gets cut short.
- I have never felt able to spend a night in a hotel with Robert or my friends.

Let Me Tell You a Story about Two Girls and a Party.

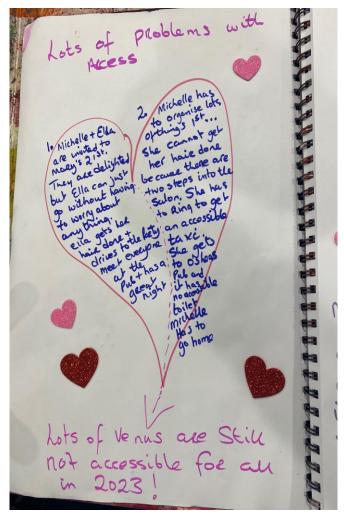
• Following slides pictures from the book.



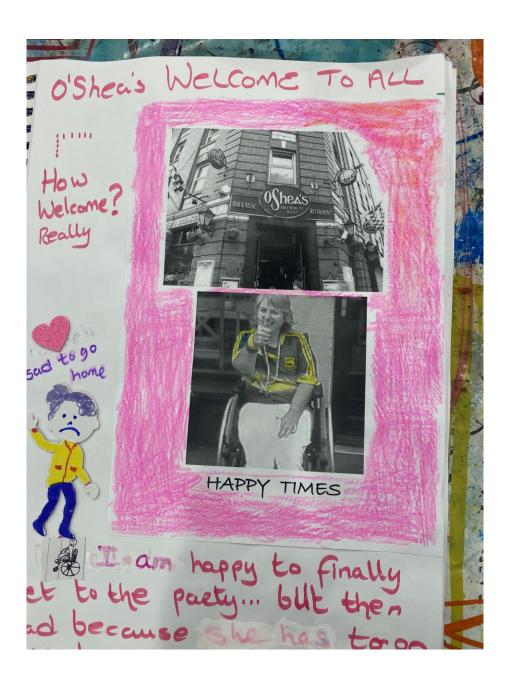
Let Me Tell You A Story About Two Girls And A Party



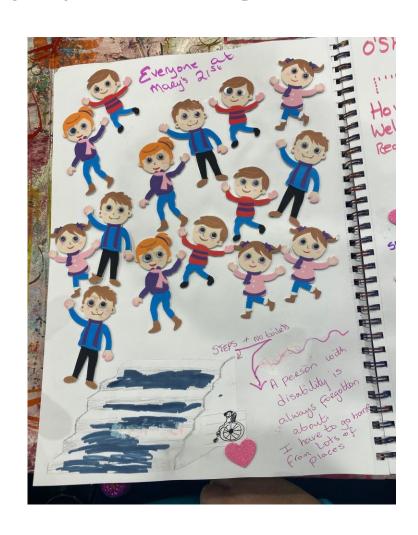
Let Me Tell You A Story About Two Girls And A Party







Sad to go home: Ella can dance and enjoy the night with friends



Access to Work is Important

- Employment should openly recognise each person's abilities and help them to be economically independent.
- I have worked as a receptionist with Youth Work Ireland and the HSE Disability Officer.
- This involved greeting service users, taking messages, answering queries, photocopying and other office tasks.
- There were some access challenges at first.

Access to Work is Important

- I also spent some time as a shop assistant.
- Lack of understanding of my transport arrangements made it impossible for me to continue.
- Employers need to be ready to work with the practical limitations that are beyond my control.

Access to Work is Important

- I am a regular speaker on local radio.
- Right now, I am delivering Disability Awareness Training for the Tipperary Volunteer Centre and Tipperary Gold Star.
- I also attend the Irish Wheelchair Association in Tipperary Town



What Work Means to Me

- Independence
- Being able to treat my mother and help with the bills.
- Discovering I have skills and building confidence.
- Mixing with other people.
- Solving access challenges.



ACCESS MATTERS









