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Text A

Text A is an edited extract of the diary of Nafisa Khanbhai, a disabled woman living in Kenya. The extract was published on the *Disabilities Quarterly* website, which is linked to a journal based on disability studies, in 2009. The diary later became the stimulus for Khanbhai's play, *Dear Diary*.

Dear Diary: The Story of a Disabled Asian Woman

Nafisa Khanbhai.

I am a thirty-year-old Asian woman. I have a disability caused by a spinal injury, but this is perhaps the easier part of my problem. Being a Kenyan Asian complicates my situation in ways that those outside my community might not easily realize; because Asians tend to relate more within than outside their social circles, a disabled person faces profound isolation within the group. Disabled Asian Female – how neatly the interplay between these three words captures the total weight of both the complexity and immensity of who and what I am. It has been a rough journey, on all three counts. And even though mine has been an insular world, it was still a sad discovery to realize that the prejudices that I have encountered amongst the Asian community in Mombasa exist amongst other Kenyan communities as well.

I started school at the age of three years but my physical activity was severely limited due to the nature of my disability. The word pity and its attendant practices – especially the puzzle-pain-horror look on people's faces as they stare at me – has been my life's companion since those early days. Having to wear diapers up to the age of nine made me the object of fun for my classmates.

I had always dreamt of becoming a lawyer but after sitting for the Kenya Certificate of Primary Education in 1989 I had to give up hope for any further education due to my health condition. My dreams of becoming a lawyer crashed as well, one more item on the pile of losses and dashed hopes that my life had now become.

I traveled to the UK four times to visit relatives, and what amazed me most was the availability of infrastructure and both social and institutional support for persons with various types of disabilities. Persons with disabilities could pursue formal education in spite of their conditions. I also found a generally supportive attitude amongst the citizens towards persons with special needs. These positive experiences set the stage for the rude shock I got once at the Jomo Kenyatta International Airport. I had just come in from London and needed to catch a connecting flight to Mombasa. Since I have calipers on both feet and I walk with the aid of two elbow crutches, I asked for a wheelchair. The lady I talked to was very rude and I was made to wait for a very long time. When the wheelchair was finally brought, the lady made it clear that she was expecting a tip!

Having personally experienced a lot of discrimination from friends in the Asian community and at times from the extended family, I decided that it was time to prove my capabilities and create awareness about disability in my community. I went to work at the Rotaract Club for eight years. Rotaract is an organization that assists the needy in society and that includes the physically and mentally challenged. However, I noticed that the organization did not create awareness about those with special needs in society. Instead the organization runs on a simplistic, easy charity model – food, clothes, sometimes cash – a token approach that salves the giver's conscience. I knew that we needed to and could do more. And then that old problem cropped up again; persons with disabilities have no voice in my community, and being the only such member in the club made it difficult to express my views, and when I did they were not appreciated.

These encounters emboldened me in my yearning to create awareness for disability issues generally in Mombasa. As soon as I retired from the Rotaract Club I produced a play, Dear Diary, in the year 2006. The play is based on my real life experiences as well as those of many more who endure life like me. Even as I emphasize the necessity of raising awareness concerning disability in Kenya generally, I must insist that the Asian community in particular needs to look deeply into its beliefs towards persons with disabilities and establish structures of social support for them.

Text B

Text B is an edited extract from *iNews*, an online newspaper. It reproduces and comments on a speech made by Alex Brooker on *The Last Leg* a TV programme broadcast live from Rio during the Paralympics in September 2016. Brooker and some of his co-presenters on the programme are affected by disability.

Alex Zanardi is my hero – I'll never be fully OK with being disabled

Last Leg presenter Alex Brooker has spoken movingly about his struggle to accept his disability and how gold medal-winning Paralympian Alex Zanardi has an attitude "unlike anything" he's ever seen before. Zanardi had a terrible car crash whilst driving in a race in 2001 at Lausitzring, Germany. He lost both legs, one at and one above the knee. On Thursday he went on to win a gold at the Paralympics, 15 years later. He told reporters at the time: "I feel very lucky, I feel my life is a never-ending privilege."

During a live broadcast from Rio of Channel 4 show The Last Leg on Thursday, Brooker, who was born with hand and arm deformities and without a bone in his right leg – it later had to be amputated – said how inspirational he found him and admitted he's not OK with being disabled, but that people like Zanardi gave him hope.

Here's Brooker's speech about Zanardi:

"He's my hero, more so than Justin Timberlake or Thierry Henry. He's incredible... today is 15 years. He was a Formula One driver and he had a horrific accident in Germany and both his legs were amputated on impact. His heart stopped seven times, he spent 50 minutes with less than a litre of blood and he was read his last rites. Today is 15 years since his accident and yesterday he won gold in the time trial. The great thing about Alex Zanardi is not only is he a world class athlete but his attitude to disability is unlike anything I've ever heard before. In his quotes afterwards he said 'normally I don't thank God for these types of things because I believe God has more important stuff to worry about. But today is too much. I had to raise my eyes and thank him. I feel very lucky. My life is a never ending privilege.""

"When you think about it," said Brooker, "that's what these games are about. I've been disabled all my life and I've complained about it when I wanted. I come on here now and I celebrate my disability and I'm confident but I'll never fully be completely OK with it. People at home will watch the Paralympic Games and be inspired by it but as a disabled man he inspires me. I've overcome a lot of issues with my disability over the years and as I get into later life I've got new ones, I wonder about how I'm going to cope when I have a child. How will I hold my child for the first time? These are things I think about and I worry about, even though on here I portray I am confident. But to see someone like that talk the way he does, to me it means the world and it inspires me and it makes me proud to be disabled and that optimises the Paralympic Games for me."

Sources taken/adapted from:

Text A: Disabilities Quarterly: Dear Diary by Nafisa Khanbhai

Text B: https://inews.co.uk/essentials/lifestyle/people/alex-brooker-alex-zanardi-hero-ill-never-fully-ok-disabled/

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