

Interview with a disabled adult

Sociology



Emotionally, Mike is having adjustment problems with being forced to live back at home with his parents while he attempts to adjust to his disability. Having been an independent person before the accident, Mike often finds himself lashing out at others in frustration and anger over his life situation. At the psychological level, Mike described what would be referred to as defense mechanisms, often denying that his disability exists so that he can cope with the situation.

At the physical level, Mike has a difficult time performing simple tasks such as tying his shoes, eating a meal, or even using the restroom independently. Mike's right arm was severed which had been his dominant hand for basic lifestyle needs such as writing. Even though Mike receives ongoing parental support and encouragement, he still has not learned basic rudimentary skills without assistance or the use of a vocal translator on his personal computer. At the functional level, Mike would essentially be categorized as moderately functional, requiring significant external assistance in many different areas of lifestyle.

Mike has learned to overcome his emotional concern over lost friendships through a series of meditation practices mandated by his primary physician. Mike had a long-term girlfriend who abruptly abandoned him after discovering his disability. At the social and emotional levels, Mike is exploring alternative dating websites that match people with like disabilities for romantic encounters. Additionally, Mike has finally learned to overcome his career deficiencies by being linked with a recruiter who manages people with his condition. At the vocational level, Mike is taking extended coursework in an online environment to make himself more marketable despite the disability.

Mike is very frustrated and angry over his disability and has come to view the world negatively, especially at the social level. He believes that his disability isolates him significantly from the rest of society and he is concerned that his future will no longer be rewarding, especially in terms of romantic relationships. Mike is a very nice-looking person who once had meaningful relationships both romantically and sexually. His outlook on love and family is very bleak and he was moved to tears in the interview when discussing this difficult topic.

One proposed intervention for Mike comes at the emotional level, with concentrated weekly counseling sessions devoted to helping Mike cope with his strong, negative emotions and bleak outlook on the future. Counselors can provide one-on-one, non-biased judgments which offer Mike both respect and guidance about how to effectively deal with frustration and anger. Additionally, Mike would benefit from increased social interaction from people with similar disabilities, facing similar emotional and functional problems. A support group intervention would clearly give Mike considerable opportunities to vent his problems and connect with a new circle of friends. Socialization is the largest frustration for Mike and the long-term emotional benefits would give him the considerable motivation to endure.