Statements of Self resource sheet

Statement of self prompts

Do you have personal responses to these quotes and questions that could become statements of self:

1. 'Crip time is flex time not just expanded but exploded; it requires reimagining our notions of what can and should happen in time, or recognizing how expectations of "how long things take" are based on very particular minds and bodies. We can then understand the flexibility of crip time as being not only an accomodation to those who need "more" time but also perhaps especially, a challenge to normative and normalizing expectations of pace and scheduling"

- Alison Kafer, *Feminist, Queer, Crip* p. 27

1. ‘The most anti-capitalist protest is to care for another and to care for yourself. To take on the historically feminized and therefore invisible practice of nursing, nurturing, caring. To take seriously each other’s vulnerability and fragility and precarity, and to support it, honor it, empower it. To protect each other, to enact and practice community. A radical kinship, an interdependent sociality, a politics of care.’

- Johana Hedva, *Sick Woman Theory* p. 13

1. Have you encountered the trope of the “good disabled person” versus the “bad disabled person”?
2. Have you been disbelieved in a medical space?
3. Have you experienced advocacy fatigue or burnout?
4. Do you face barriers to disabled joy?
5. Do you view sharing moments of disabled Joy as an act of resistance?
6. Does the hostile environment of the government to disabled people and those on benefits affect how you behave online?
7. Visit the shape open exhibition and think about the dialogues and issues raised by an artwork you are drawn to and use these as prompts for your creative Statements of Self

If this interaction provoked you to create something and you share it on instagram or twitter you can use the hashtags #StatementsOfSelf and/or #SickOfBeingPatient or tag me @CharlieJLFitz so that I can share your statements.

Online public domain material

The below websites host material both in the public domain and still in copyright so it is important to check each piece you use. To make collages without breaking copyright law it’s safest to use material in the public domain for.

* Pexels: www.pexels.com
* Birmingham Museum and Art Gallery digital archive: dams.birminghammuseums.org.uk
* Wellcome Collection Image Archive: https://wellcomecollection.org/collections
* Museo: <https://museo.app/>

My contact details

Website: www.sickofbeingpatient.com

Twitter & Instagram: @charliejlfitz

Email: sickofbeingpatient@gmail.com

Glossary of terms

**Creative Provocation** - A hybrid workshop/talk with the aim of provoking crip time creation beyond the event space.

**Crip Time** - A theory of time that challenges common notions of how long things should take and proposes a time that is flexible and built around the capacity of disabled people.

**Cultural activism** - A form of activism that challenges our cultural misconceptions and assumptions.

**Sick of being patient** - This began as a multimedia project by Charlie Fitz and has evolved into her approach to art practice, which aims to resist and challenge stereotypes of the 'sick' and/or ‘disabled’ experience from a personal perspective.

**Statements of Self** - A medium of artwork coined by Charlie Fitz, which centre personal statements which represent the artist's experience of illness and disability. These are often created in reaction to a negative stereotype or reductive representation that is being challenged by the statement.