

STORIES OF IMPACT AND RESILIENCE

FROM PEOPLE WITH DISABILITY

Sharing lived experiences gives planners and policy makers valuable insights into the needs of those impacted by their decisions

I have four children and we all live with my widowed mother. I have a vision impairment but that doesn't stop me from providing for my family.

BEFORE THE PANDEMIC

My children were all going to school and I would take our farm produce to the market twice a week. Each week I would earn about \$50 at the market. We also sold petrol near the roadside. I used the money that I earned to buy our necessities and make sure that my children were healthy and could get a good education.

DURING THE PANDEMIC

We became worried during the pandemic because the market was closed for a lot of the time, and when it was open, people were too scared to come and buy vegetables. When the roads were closed we couldn't go to the market and we didn't sell much petrol either. When we couldn't sell our vegetables at the market, we discovered that we could sell them directly to some distributors. They would call us and then come and pick up our vegetables on their motor scooters. We couldn't sell as much as we did before the pandemic and sometimes my brothers and sisters would share food with us and buy notebooks for my children's schooling. The government supported us by providing each household with \$200 and a food basket with rice,

IRINA S, TIMOR-LESTE



corn, mung beans, beans, cooking oil, coffee powder, sugar, detergent, soap, tooth-paste, hand sanitizer, and face masks. The government also provided some corn seeds that we planted in our farm.

AFTER THE PANDEMIC

My mother and I kept planting vegetables in our farm so that we would have something to sell at the market and I have a kitchen garden where I grow water spinach, pumpkin and lettuces that I can't grow on our farm. During the dry season, when we have few vegetables to sell, I buy other foods from local farms and take that to the market. My children are still at school, and I intend to support them to get all the education that they can.

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