

***Pareil Pas Pareil* Transcript**  
**“Alike (But) Not Alike”**  
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**Emmanuel:** When I came out of my mother’s tummy, both dad, then mum, they found me very funny. I looked like so much like a Martian. In any case, it’s then that I first started to be seen as a person with an intellectual disability. But now, at the age that I am today, now I don’t look like a Martian anymore. Now I have become normal.

**Paul:** When I came into the world they gave me baby oxygen. But they gave me too much of it. That’s why I have difficulty speaking now. Some people understand me fine, but others can’t understand me at all. My mother told everyone: “I want to keep Paul, because I love him. Paul is my child, just like the others.” My parents protected me throughout my life. Mum said: “Paul, if someone teases you, come home son, and don’t pay any attention to them.” So, I didn’t pay any attention to them.

**Interviewer:** When did you learn that you have an intellectual disability?

**Gisèle:** It was when I started school. I had trouble learning. So then, my mother talked to me about it. I didn’t really understand it too much then, because I was too young to understand. It hurt me, and I asked myself why I was like that.

**Interviewer:** And today, do you know why you are like that?

**Gisèle:** That’s a difficult question to answer. For sure, I must accept it because, in spite of my difference, I am capable of doing things, and learning new things.

**Marie-Josée:** I have Prader Willi Syndrome. It’s not something that is well known. I think I learned when I was starting adolescence, maybe when I was about 14 years old.

**Interviewer:** How did your parents react?

**Marie- Josée:** I think that they found it difficult. So did I.

**Interviewer:** Do you feel different than others?

**David:** Sometimes yes, sometimes no.

**Interviewer:** What makes you the same as other people?

**David:** I am very helpful to others. I pack my own suitcase.

**Gisèle:** I am capable of doing things. Now I am learning to manage many things. Everyone is the same. Because each person has love inside themselves.

**Emmanuel:** Of course I am different than others. As with all you others, you are each different.

**Vincent:** I am less like others.

**Interviewer:** What makes you less like others?

**Vincent:** I am just like that. I am better able to accept it now than before. Before I could not accept it at all, but now I have learned to live with it.

**Paul:** I have accepted myself as I am, with my disability. In the old days, I didn't really accept myself, because I didn't love myself. People who are mean to us are unhappy people. It's not their fault. They don't understand what it is to live with a disability.

**Gisèle:** It's not our fault that we are like this.

**Emmanuel:** When we have an intellectual disability, me, I'm a little touchy about this, because I am going to say that I want to be normal. It's a little strange as a feeling. I want to live the same way and at the same level as other people here. Even though we are each very different.

**Vincent:** Some have boyfriends or girlfriends.

**Interviewer:** Do you have a girlfriend?

**Vincent:** Yes I already have a girlfriend.

**Interviewer:** What's her name?

**Vincent:** Rosalie. I love her.

**Interviewer:** Why do you love her?

**Vincent:** Because, because she is my girlfriend. She is very beautiful.

**Interviewer:** And you, do you think you are handsome?

**Vincent:** Oh yes, sometimes each of us is handsome, yes that's true.

**Paul:** Each of us tries to love life, with whatever disability we have.

**Gisèle:** Everyone is fragile at times.

**Vincent:** Sometimes I am more fragile...But other times I am not fragile, and things go great. I don't worry about it, but sometimes we miss our families.

**Gisèle:** If someone wounds another person, that person can be fragile then.

**Interviewer:** Are people kind to you?

**David:** Of course.

**Interviewer:** Are there times when people are less kind?

**David:** Sometimes.

**Interviewer:** How do you feel when people are unkind to you?

**David:** It hurts me.

**Interviewer:** What do you do when you feel hurt?

**David:** I hurt.

**Marie-Josée:** Even though I know that sometimes I have some down moments, I am capable of overcoming them.

**Vincent:** Yes, I am strong, yes. Yes, like that (flexes his arm, smiling).

**Emmanuel:** Me, I'm strong because I am someone intelligent. And intelligence, above all, is to get the most out of simple moments. Simple moments like those we are sharing right now. In fact, we are speaking with each other.

**Marie-Josée:** To try to stop running and performing, to take time, and to ask why am I doing that anyway? Why am I running?

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**Marie-Pierre:** My qualities? Oh...Okay...

**Paul:** I have faults like others and I have qualities like others.

**David:** Kind, polite.

**Paul:** Me, my qualities are to love others as they are and to love myself as I am.

**Marie-Pierre:** That's not an easy question, that one. My qualities, what are they?

**Paul:** Me, the thing that I give others, is pleasure. I love everyone, and those who love me, I love them. Those who don't love me, I love them anyway.

**Vincent:** I am a good friend to others, I take care of others.

**Marie-Pierre:** Me, I am joyful. I have a natural smile.

**Vincent:** I love laughing. Sometimes we play jokes.

**End of Part 1 (8:14 min.)**

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## **PART 2**

**Gisele:** My biggest need, is to be loved and to feel valued. I feel proud when I am able to do things by myself.

**Marie-Josée:** They should accept us as we are. Yes, perhaps we are slower than you others. Perhaps we have more difficulties, but we learn how we are because we are a little bit like you guys. We like to play, we like to do things.

**Vincent:** I am no longer a child. I have reached adulthood, I am 39 years old. I am capable of working. Yes, I like to do things for myself.

**Gisèle:** I can easily accept myself with my intellectual disability because I live with others who are just like me. That helps me, in my development.

**Vincent:** I do the grocery shopping also. Sometimes I cook on Saturdays. I make Mexican food.

**Gisèle:** When I learned how to send a text on the computer, I was proud because before that I had trouble with, but I finally got it!

**Marie-Josée:** I have learned to have confidence. Now I have a computer at home. I learned by myself. I learned to do things I couldn't do before.

**Marie-Pierre:** I am taking violin lessons.

**Gisèle:** Now I work in a daycare and I am a teacher's aide. If for example, they want me to hand out the snacks or do the washing up, I am providing a service in that way.

**Marie-Josée:** I work in a CLSC (local centre for community service). I do shredding, but you know I live in the world just like everyone else. Maybe I perhaps am paid less than others, but I feel valued through my work. I feel more fulfilled when I sense that I am useful.

**Interviewer:** For parents who have a child with a disability, do you think that they can be happy?

**David:** Yes.

**Interviewer:** Why? What can their child offer them? What do you yourself bring to your parents?

**David:** I love my parents a lot.

**Paul:** Parents of a disabled child, they should keep the child at home, not force the child because how we are is not our fault.

**Marie-Josée:** My advice for parents of a disabled child, my advice is to speak with people who know, other people who already have a disabled child. Talk with them or ask them for help. Don't be afraid to ask others for help and accept the child as he/she is. Love the child as he/she is.

**Paul:** I applaud my father and mother because they kept me all my life even as I was. They accepted me as I am, with my disability.

**Marie-Josée:** They should stimulate the child and do things with the child.

**Paul:** They were never ashamed of me. My mother drove me everywhere. She took me to the stores. They gave me love, and so I am happy and I am grateful for my life.

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**Vincent:** In other countries there is war. There are poor people who have nothing to eat. I heard that on the television news.

**Paul:** Every day we hear about murder and war. I don't like all that, I never ever liked that, war, murders. Me, I say: those who kill, it is they who are not at ease with themselves.

**Gisele:** None of that is any fun. We are so lucky we are not living any of that.

**Marie-Josée:** Perhaps they don't accept others' religion.

**Gisele:** Because people don't get along with each other, that's the problem.

**Marie-Josée:** Try to dialogue and explain oneself.

**Gisele:** When we help others, things go go much better.

**Paul:** In life, we have to forgive because if we don't forgive, we never will forgive.

**Emmanuel:** Even if some are rich and some are poor, it doesn't matter. Everyone sits down around the table and we eat a good meal together. That's it.

(end)