

Hey I am Nina,

38 years old and live with my better half and my VITA assistant dog Hazel in Cologne. Since the age of 2 I have been suffering from a muscular dystrophy of the limb belt type (LGMDR9).

For many years as a pedestrian I was able to shape my life actively and relatively independently, but as the disease progressed, my radius of action decreased steadily and therefore I have been using an e-wheelchair for almost 15 years. Initially, the wheelchair was only used from time to time, but now I am completely dependent on it. I regard him as my most important ally and enjoy the freedom and independence he gives me.

I feel similar with my respirator, which has had a significant impact on my quality of life for almost 10 years due to the non-invasive ventilation.

In order to be able to shape my life independently, I am supported by a team of personal assistants around the clock in addition to my assistant dog. I organize my assistance as an employer independently within the scope of my personal budget

In my spare time I like to travel in nature with Hazel and I love to travel. Basically, I am available for every adventure (gliding, paragliding, diving) and always looking for new challenges.

My illness does not stop me from making my life self-determined and doing the things that bring me joy. Since 2017 I have been completely disabled and have been involved in various heart projects ever since. Among other things, I work as a contact person for the German Society for Muscular Illnesses (Diagnosis group LGMD as well as for the State Association of North Rhine-Westphalia), I work for the section "Self-Determined Life with Respiration" of the German Interdisciplinary Society for Non-clinical Ventilation (DIGAB), I am a certified "Wheelmap" ambassador since 2021: in and actively fight for more accessibility and am also for more than 15 years for the association VITA "Assistenzhunde" e. V. active. Furthermore, I educate myself currently as Peer-Counsellor at bifos e. V.

My concern is to inform, enlighten and to sensitize non-affected persons in particular to This to look beyond one's own edge and a new perspective on people with disability. I am of the opinion that that life is beautiful and above all worth living also has a disability/severe illness. And that it always goes on somehow and Giving up just isn't an option!

except muscles we are missing nothing.

