

Acceptance and Coping

I was born a fraternal twin, in Western Australia, 1948.

Unlike my twin I inherited Von Willebrand disease, a lifelong bleeding disorder in which the blood doesn't clot well. People with the disease have low levels of a protein that helps blood clot. It wasn't until I was in my early 50's that I had a diagnosis.

I had always regarded myself as able-bodied, but at the same time wondered why I seemed to have more health problems than my siblings. So the diagnosis came as a relief to me and although I felt sad reflecting on the struggles I'd had over the previous 50 years, I also accepted that these experiences contributed to shaping the person I am today.

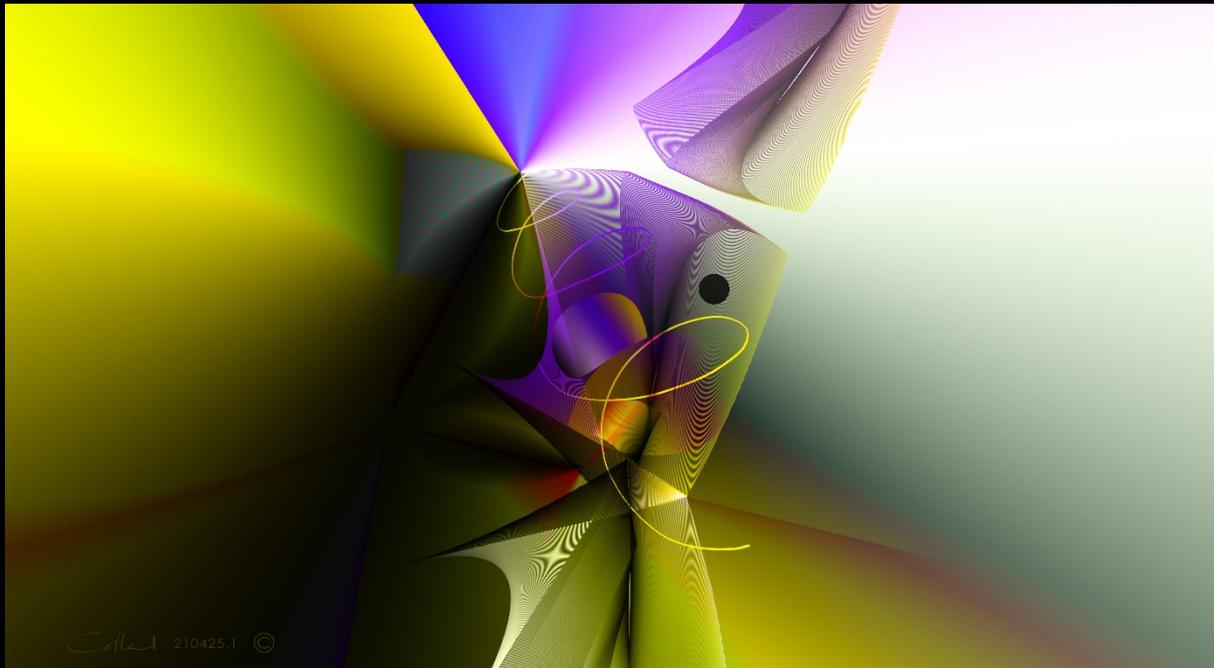
The coping path I took was a creative one. Spending time in bed being sick or convalescing, activated my creative imagination and visualization skills. As a 5 year old at school, art was my favourite subject - I relished the task of drawing a picture from a story read in class and especially loved hanging my work on the wall. So at an early age I became a little artist – drawing house plans, memorizing places visited in the countryside to draw at a later date, painting river scenes with my watercolours and drawing still life.

Twenty years later I studied art and recall sharing a thought with my father that Art would always be my constant companion. Perhaps a prescient thought as it has remained true to this day.

My decision to move from physical to digital artmaking was a necessary one which I have never regretted. My ability to work physically had become financially and physically unsustainable. The computer secured the means to

create artwork, and via the WWW, share it with others. At times I exhibit my work in print form - but increasingly I'm keen to use the internet to promote selling my work as files.

I'm self-taught in the digital medium - for 25yrs working primarily with Adobe photoshop and Illustrator. All being well I see no obstacle to continuing to do what I love to do – creating imaginary 'other worlds' to explore. All thanks to modern technology.



In some respects these are wonderful times as its possible for anyone to be creative if they are inspired. Over my lifetime I have learnt that a creative life – whatever the form – is (arguably) the best medicine for us all.

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Promoting Creativity As A Coping Mechanism For Disability