Mizuki: My name is Mizuki Hsu.

I am a wheelchair user since I was seven.

Sometimes strangers see me and say,

"Your life must be hard."

I still remember when I was thirteen-years-old,

a woman saw me walking with brace and two canes

and said, "How pitiful."

In my heart, I shouted:

"Do you know anything about me?"

Living with disability is not convenient.

It can be tough.

But it doesn't mean my whole life is miserable.

News clip.

(ambulance sirens)

News reporter 1: Shock and horror after Japan's

bloodiest attack in decades.

Officials say suspect, Satoshi Uematsu,

killed nineteen people in their sleep and

wounded dozens more in a stabbing spree on Tuesday.

All of them residents at a center

for the disabled outside Tokyo.

Mizuki.

Mizuki: Sagamihara stabbings shook, not only Japan,

but also the world.

Five months before the deadly stabbing rampage,

the suspect wrote a letter to Lower House Speaker

saying, "I believe there is still no answer

about the way of life for individuals

with multiple disabilities.

The disabled can only create misery."

When I read the letter, I couldn't believe my eyes.

According to WHO, children with disabilities

are almost four times more likely

to experience violence than non-disabled children.

Adults with disabilities are 1.5 times more likely

to be a victim of violence than those

without a disability.

Several news clips.

News reporter 2: A Louisiana mom has been charged

in the death of her seventeen-month-old

son who had Down syndrome.

News reporter 3: Police say the woman who cared

for their disabled loved one

ended up beating and killing her.

News reporter 4: It is almost a year, May of 2015,

that Bonnie Liltz admitted to killing her

28-year-old severely disabled daughter, Courtney.

Mizuki.

Mizuki: Many people will think we are miserable

because people with disabilities themselves

have issues getting around, finding jobs,

or engaging in our communities.

But a lot of problems exist because

this world is not built for us.

The infrastructure is not designed

for wheelchair users, for example.

And some people discriminate against us

when we try to find jobs.

Of course, we want that changed,

but that does not mean we are miserable.

Disability rights are human rights.

People with any kind and any level of disabilities

are human with a right to continue living.

Written and directed by Mizuki Hsu.

Special thanks to Nicole Dittrich,

Kylo Green, and Sheng-Fu Hsu.

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