

My name is Lana Missens. I am a 43 year old disabled First Nations woman. On September 7, 2003, I was a passenger in a car accident that changed my life forever. The result of which has left me a paraplegic and wheelchair dependant. I never let my disability get in the way of anything I want to accomplish. Despite my circumstance I am very independent. I demonstrate this by driving myself in a wheelchair accessible van equipped with hand controls and wheelchair lift.

I am a wife and mother of 5 and one grandson. I am also a home owner and live in Fort Qu'Appelle with my husband, three of my children and grandson. I have always been actively involved in keeping my children busy by supporting them in their sports and always taking them to different sporting events all year long.

I am currently the Finance Manager at the All Nations' Healing Hospital in Fort Qu'Appelle and am employed by the File Hills Qu'Appelle Tribal Council. I began my position there in June of 1999 as the Financial Officer. After the accident I was off work for 19 months. I have taken on more responsibilities since my return to work and have been reclassified as the Finance Manager for the hospital.

In January 2006, I continued classes part-time at the University of Regina to complete my Bachelor of Business Administration Degree with a major in Management. I successfully completed requirements and had convocation on October 18, 2008. In the same year I received a Circle of Honor Award in Health and Social Development – Disabilities Adult Leadership, from the Federation of Saskatchewan Indian Nations. I am a member of the Canadian Paraplegic Association (CPA) Peer Support Advisory Committee since 2009; and more recently, been asked to sit on the CPA's Aboriginal Advisory Group.

I have never had a negative view on my situation. I would like to believe that I am a role model for anyone, disabled or otherwise. I have taken a negative situation and changed my life around to make a better life for myself and my family. I have proven that despite obstacles anything can be accomplished if you really want it. I live an alcohol and drug free life and am a very well respected woman.