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Hi, this is Kylie Thompson host of Food for Thought. Thanks for listening to the following podcast on Public House media.

[Upbeat intro music]

Disarming Disability.

Sarah:

Hey, welcome back. This is Disarming Disability and I am Sarah Tuberty and

Nicole:

and I'm Nicole Kelly

Sarah:

and hey, how's it going? What's up with something fun? You've been doing this week?

Nicole:

Well- I'm in Chicago. Of course. This is Nicole and Chicago is still in pretty pretty strict lockdown in the sense that like so many people are still totally working from home. I've actually physically return to work but there's a ton of protocol that's in place where everybody's six feet apart and we're all wearing masks and we all have hand sanitizer at our desks.

you know kind of all these these extra steps and measures for us to physically go back in.

but the exciting thing that I'm really thinking about this week are tacos.

Sarah:

Yes,

Nicole:

because our the part of Chicago that I live in I live two blocks away from the best taco place in the entire city of Chicago and they opened up outdoor seating and Chicago again, which is so exciting.

Its exciting because it kind of actually brings a little taste of Summer Chicago back which we've been missing. And this place does a taco truck outside of it's just like normal restaurant location. So twice already this week. I have gone to get my Taco Truck tacos because they are so fantastic and I am very thankful for the taco truck this week. That's where I'm at.

Sarah:

Perfect. We know I'm good. I have to funny stories about tacos.

One of them is I was at a I was where was I was in Spain? I think I'd gone to Barcelona was ohh I was Barcelona. It was the first time I traveled entirely by myself to somewhere and that's something I was excited to do, but it had been a city had already been had gone to before so I felt very comfortable in Barcelona had been there several times prior to this time me going by myself and I ended up making some really good girlfriends at the like hostel that I was staying at.

So then they invited us to go out to this really beautiful club that was on the water in Barcelona. So like you entered it on the top floor and then he went down to the bottom floor and it just like went out to the water and it was so beautiful because right along the beach, so I'm at this but I didn't intend on going to a nightclub. So I didn't bring any nightclub attire. So then we all went out and I found like this cute little dress and you know, it made my my butt look good. And so when I'm at this nightclub, this guy said something I mean because people say stuff but this guy it said something along the lines of like

"You have a nice butt" and I turned around and looked over my shoulder and I goes it's all just "tacos and cookies" and that I liked her right away. And then later I was like, oh my god. Did I just say that?

Nicole:

Did I just say that because of the two things that are going to make up any type of badonkadunk like it should be tacos and cookies. I feel like that's either just straight truth or what should be truth anyway.

Sarah:

It was that is because honestly, I love tacos and I love cookies. So I wasn't lying. I just was proud of myself for how that came out and that I just sort of been I mean really like did my little shoulder walk saunter on her off thing as I found my girlfriend's again, which is so funny.

And then my other favorite Taco story is my sister had shared this meme with me a few years ago and it says things Californians are good at number one

Nicole:

And your from California

Sarah:

 Ohh yeah, I grew up in California. So it's this thing.

Californians are good at 1 Loving California, 2 Talking about California 3 Hating the cold 4 Taco consumption 5 Judging other states Mexican food and 6 Diving under a desk

Which like I read this that I just laughed hysterically because I was like, it's accurate. I moved to Philadelphia and "I'm just like it's so cold here. I hate it, California so much better Taco. I just want tacos that I can't believe the state's Mexican food like my little hole of all taco place in Vacaville, California is so much better than this"

 and I think it's funny because right now I am right now, I know I'm behind on all of it. I totally get it. But for whatever reason - I'm watching Sex and the City I didn't watch it as a kid because it came out when I was like what 9 but now as a 30 year old I was like wow this TV shows amazing. It's talking about everything and and Carrie the main character in Sex in the City goes over and it comes up in a bunch of her different episodes where she says like, I just don't understand how people live outside of New York like why is New York not the center of everybody's lives?

and I just feel that way about California to like why would anyone else want to be anywhere else but California? Like California, so amazing because we have breakfast

burritos and great tacos and Disneyland like in Hollywood like who wouldn't want to be here. So it just is so funny that I kind of grew up with that Allure of like how wonderful California was and and even like anytime I travel, you know, people ask you where you're from and you know, technically I'm from the United States, right? But no one really says the United States It's everyone just says their individual state right for the most part when I just find it interesting. If you talk to people from other countries, they'll say that they're from their country that they're from but I'm like, oh, I'm from California and people like who fine California. So I just I mean, I love that as I get 16 year old being exchange student and I literally was so in love with the fact that I was from California. So it feels very like bougie and poshy and I totally get that we have such inflated Egos and pride River from as I suppose. Everybody does right like I think a lot of

Have like have this diet hard space in their hearts and pride from where they're from right and think that that's kind of like the coolest thing.

Nicole:

I remember traveling when I was little and us kind of meeting other people who are also on vacation who we were, you know, making acquaintances with and you know going on Hikes with or whatever it may be, you know, kind of like when you meet people on vacation and and I'll always remember, you know, I don't know how young I was but because I'm from a tiny tiny town in Iowa when you're literally when you're little regardless of how big your town is like that is your bubble right? Like nothing exists outside that bubble.

So always remember that we were in this conversation, or my parents were rather, with this new couple that you know, we had met and we're talking to and getting to know and they asked where we were from and my parents immediately responded. "Oh, we're from around Chicago."

Chicago is actually technically 5 hours from my hometown. Right, you know we maybe would come into Chicago once every other year, you know now I live here of course, but but Chicago wasn't right next door when we were in a suburb of Chicago. We were nowhere near you know, where I was from the middle of corn fields. I'm a child of the Corn and and so I remember being so shy

Sarah:

Its in a whole different state!

Nicole:

Yeah! But then afterwards, you know, I like didn't in the moment ask my parents but afterwards right away. I was like we are not from Chicago! We are from Iowa! We are from corn. This is our life. What are you saying and my parent and the way they explained it to me was almost kind of the way that we were talking to just earlier. We're like regionally who nobody everybody knows where California is nobody. If you're not from Iowa, if you're from another country, you're not gonna know where Iowa is when you say, Iowa, but you may know where Chicago is when you say Chicago so my parents were having to explain to me, that we were like a lot less important than other states basically in real time. I was learning how we were lower on the list

Sarah:

Speaking about California. What is a really cool because we're clearly the best right? I know because we have to talk about how cool California is but speaking about California. There is a really cool. What in California what I think we are so excited because yes in the beautiful Silicon Valley that yes does exist in your home state of of California. I almost said, Colorado.

We're so excited because that is a home space for Apple. Yes, the big A apple and that's where I Campus of over 12,000 people are employed by this company and that is the heart and brain of where technology is coming out of and we're so excited because today we have the actual director in charge of Accessibility at Apple. She is the lady

Lady! Her name is also Sarah. And so we have Apple Sarah today and we have Disarming Disability Sarah today. But yeah, we were able to hop on a call with Apple Sarah and she was just so down to earth. So cool kind of contextually for you to know apple is just coming out of a big conference where they are, tt's their developers conference and they're sharing what new features are coming out and what they've really been focusing on for the past year. I

t happens every summer and so coming off of that they've just made a handful of big accessibility and adaptability features and Sarah was nice enough to hop on a call with us and chat with us and share with us what we can look forward to in this year as far as features and functions and it was so much fun! So I can't wait for you guys to hear it

Sarah:

and that they wanted to start with us, which is just so humbling to and and also Nikki described it as taking the "icing off the cupcake" like we didn't even deep dive into all of the different things that Apple has I mean we could have been on a call with Sarah four hours I think and still not even be able to cover all the cool features that Apple's doing and sort of that technology is really building accessibility into the fabric and the framework and the heart and the meat of what technology is doing and and and all of the different products that do exist, which I just think is so fantastic.

Nicole:

So with no further ado shall we make that transition?

Sarah:

Ian great. Yes, okay.

Sarah Herrlinger is the director of global accessibility policy and initiatives Sarah leads accessibility for Apple including Apple's award-winning voice-over screen reader software for people who are blind. Made for iPhone hearing aids and other initiatives that support Apple's culture of inclusion. At Apple, accessibility is championed as a basic human right and influences all Apple platforms.

Since joining Apple in 2003. Sarah has served in several key accessibility rules. Including Apple's education organization focusing on the use of Apple technology to support all Learners as well as defining the accessibility product strategy across the Apple ecosystem.

Sarah holds a Bachelor of Arts degree from DePaul University and a Master's of Business Administration from Stanford Graduate School of Business and serves on the board of directors of the American foundation for the blind.

Sarah:

We have Sarah here. We're so excited. And so Sarah. Can you tell us a little bit about yourself and your role?

Apple Sarah:

Yeah, absolutely and thank you so much for having me be a part of this Sarah and Nicole. It's wonderful to be joining you guys today. So my name is Sarah Herrlinger and I lead accessibility at Apple in my role. I kind of sit at the 30,000 foot level looking at accessibility across everything that Apple does whether that be products or services, our

stores workplace all of the many things the ways that we interact with all of our users in the world.

And it's really from our perspective, we consider accessibility to be a basic human right. So it's really looking at accessibility not as a checkbox or as a single thing to do and walk away from but instead as something that we build into everything that we do as a company. So that means in my job externally, that's making sure that people do understand what are the things we build into our products the ways we express ourselves out to the world and then internally making sure that every single Apple employee understands that accessibility is one of our core corporate values and that regardless of whether accessibility is in any of their titles or not that it is something that they should be thinking about in everything that they do and that goes beyond just sort of you know engineers and designers, but all the way to store employees or even people who you know work in our facilities Department- if somebody is walking past a trash can and says "wow, I'm not sure that a wheelchair could go past that I should move this trash" I can go to bed that night saying job well done.

So I'm always just trying to make sure that accessibility is a part of every conversation here at the company.

Disarming Disability Sarah:

Absolutely. I took an assistive technology course for my occupational therapy program and the overwhelming theme and this course, was in 2017, and sort of overwhelming messaging was that the sort of as this accessibility is like an "expansion pack" like, okay well maybe these accessibility features are sort of, you know, the original design didn't have accessibility included in it.

But then here's where these external features you can kind of put into it or or this need for separate products that that sort of were able to address all the different needs for people, but they really but the overwhelming message was just needing to create Universal Design so that we have one product that is accessible and accessibility is built into that actual product and that it's not sort of this like separate thing that okay or people with disabilities have to have this special thing like know.

That this is the universal thing that everybody else is using and I know that things like Siri or being able to talk to different devices to be able to control different apps within home was something that was really wonderful so that it helped create more access for people who needed it. So I just love that the accessibility is coming into the core of the

design is how we're moving forward as a society and I'm just really appreciative and thankful that those are things that you and Apple are doing and making sure that are core values. So I'm excited. Can you tell us a little bit more about some of the features that are coming out in the new Apple products?

Apple Sarah:

Yeah, although for I want to touch on something you were just saying is I think that is really crucially important to take consumer products and make them work for everyone and that's something that, from our perspective we've been doing for years, you know, it's- for us when we look at accessibility, it's not about a third party doing it for us or bolting it on as an afterthought at the end.

It's about at the beginning of the design process thinking about how anyone who would want to use a product would have the opportunity to do so. So we have spent, you know decades building accessibility features in to the operating systems as standard features so to kind of what your point not as a pack to be added on later or something you have to download.

It's just it's there from the minute you buy your device. You can get to it start it up and make it work the way your the way you want your device to work best for you. So we look at accessibility as being about customization and you know the personalization because everyone's experience of using their device, whether they self-identify as having a disability or not, is unique.

Anyway, that Sarah your phone is set up is going to be different than the way Nicole's phone is going to be set up is different than the way my phone's going to be set up and that's just basic life. So we want to make sure that whatever is the thing that works best for you is the stuff that we have available to you at any time.

And segueing into your next question. This year is no different. You know, we have a you know, our team spends every year looking at not just how do we take everything that every other engineer at Apple is working on and making that accessible because we want to make sure that if you're a member of one of the communities that we support that all the awesomeness that everybody's working on works for you, but it's also an opportunity for us to create unique features for our communities so that we can really surprise and delight everybody who uses uses our technology.

And there are a couple of things that we have focused on this year that I think are really interesting one area that we put a lot of effort into this year is support for the "hearing" and I put that in quotes "hearing community" in the sense of not those who are hearing but ranging anything from someone who is deaf to someone who is hard of hearing to someone who just wants to get more out of using our devices to somebody who wants more just knowledge and awareness of their hearing health.

And so there's a lot of different things that we've done to support a wide range of that spectrum of quote-unquote "hearing" and so to start off one of them that we've done is a feature called headphone accommodations, and it's a feature that allows you to adjust certain frequencies to both amplifier damp dampen particular sounds and better tune audio for your individual needs.

This can be done on AirPod Pro or on are pods the Second generation, Beats headphones and Earpods. It's available in all of those places. And the idea is that it would allow you to be able to hear the you know, whether you're doing music, movies, phone calls, FaceTime calls, at all of those things you're able to get a better quality of sound so works across all those things.

But for are AirPods Pro there is also an additional feature involving the transparency mode that is available for are pods Pro. If you are a user of Airpods Pro, you know that you sort of have the option of going all the way to noise canceling or having transparency where you can hear some of the sound that's out in the world around you.

With this new feature, it takes your customized settings and adds that to how transparency works so that you have a better ability to be able to hear the outside sounds in a that that gives you more awareness of what's going on in your surroundings.

And the way that you set this up is there's actually a feature in the accessibility settings. That is it's called a Custom Audio Setup. If you have an audiogram, you can actually incorporate, that but otherwise you goes through a series of little sound tests and it gets you to a point we were able to have nine different possible settings that are kind of set up to be able to either amplify tunings, but with varying strengths.

Nicole:

I'm picturing when you say that I'm a theater kid at heart. So I'm picturing the like the big sound board that you are never allowed to touch in the theater right there. Like the one sound guy who wore all black. That was the only person allowed to teach, you

know, like one of the tech crew who who knew what all these knobs and buttons did and essentially probably it was frequency and sound in areas that it was coming from that's in my mind as you're as you're describing this new feature kind of giving that type of capability of which buttons you can can lower higher this can be medium. This can be on very high. This one can be off is that?

Apple Sarah:

Yeah to some degree. It's some degree. Yeah, exactly. It's sort of the strength and and that you need a specific level of sound or you know, those different audio preferences to be set so that you can hear it more crisply and clearly depending on the environment that you're in or the type of media that you're listening to.

Nicole:

Super! cool awesome. I have I do have further questions about features that were just announced at conference, but I want to I think pause and ask you at this point. Can you share with us a little bit about number one? How does Apple prioritize kind of what then what the "next" is or what you really want to focus on and then also who who and how are you bringing people into the space you whohave disabilities, be the voice to say yes, this works. No, this doesn't work. Maybe try X y&z. Yeah, how do you go about those those kind of two different branches there?

Apple Sarah:

Yeah, so I think in terms of the first question of how do we work on are the different things that we do? You know, I would say there isn't an exact formula for "what happens next." There's a lot of things that go into the decision making process one of them. I think that's always really important to us is how do we expand our user base?

So, you know, we know that, since everyone's experience is different, and some people may have multiple disabilities and things like that. There's always sort of a desire in our part to make sure that the audience of people that we hit grows. And that maybe that we've we've covered off features that may support, you know, certain groups and then we look at another group and go we haven't we haven't hit that one yet. Let's do this.

So an example of this would be you know last year we came out with a feature called voice control. And voice control is a way to be able to use your device using just your voice. So it gives you the opportunity to get into any of the nooks and crannies of the operating system be able to navigate from item to item and use apps just through your voice and also in the middle of that be able to dictate things. So imagine that you're

saying, you know tap messages and then saying, choosing Nicole being able to dictate a message. Let's go grab coffee after this and then tap send and having it go through.

And doing all of that without ever having to touch the device now prior to this we had built in a feature called switch control, which was also built largely to support individuals with extreme physical motor limitations who might also never touch the device but switch access involves being able to utilize a sort of a third party switch to just be able to move and navigate through things.

And sometimes switch access- there's more steps that may need to be taken then just saying tap this, you know, so for us that was a community that we wanted to make sure we could reach as well for those for whom voice might be the only way that they could interact with their device last year was our year to say. Alright, we're going to bring this community into the Apple ecosystem.

So in some cases it's that element of let's figure out how to expand to a new area a new group. In other cases. It may just be we realize there's something that whether it be a big thing or a little thing would just have a make a profound difference in somebody's life.

And so we're always just trying to look at what are the what are the things we can do and it's really never just a one thing. You know, when we do this. I know I talked about headphone accommodations, but there are so many things we've come out with this year the other question about how do we engage with individuals?

We have long lived with the Mantra of "nothing about us without us" which is certainly so huge in the disability community. And for that reason it starts with people on our own team who are members of different communities and help us when we work on any of our features.

So that's that's sort of the the baseline but then from there really gaining feedback from the communities through a lot of different formats, and that's everything from working with people along the way as the design process is going on, to when our new operating systems go into beta there are a lot of developers, as well as individuals who use those public beta is who download them early and give us feedback along the way.

And then really just over the course of the year at any point. We've got a lot of ways that the community can get to us. One of the main ones is an email address, which is

accessibility@apple.com. It's an email address that we've had open to the public for think it's over 15 years now something around there and there's a whole team that gets that email and we have a lot of people on a daily basis who will write to us to, ask questions provide feedback, report bugs.

We take all of that very seriously anything that gets filed as a bug or you know, any of the feedback goes to our engineering team so they can work with it and try and make it better and we're always there to answer questions.

And so we really want the community to have a dialogue with us and to communicate what they like what they don't like where we can improve and really help us make sure that our products are the best that are out there.

Disarming Disability Sarah:

That's fantastic. I am excited to learn more, just in my own personal Journey with my Apple products on the voiceover controls because I know, and perhaps Nikki you to that sort of being somebody that has a limb difference like being able to operate things or like take selfies or stuff like I'm pretty right hand dependent on my ability to interact with the device.

Whereas I'm not a I'm not as easily able to interact with the device on my left hand solely which then if I'm trying to do any other type of activity, you can get a little tricky in that and I know that I do audio dictation just through my messages but I haven't gone through the route of the the voice control.

So sometimes when I'm sending my messages and of course making sure that I know all the right commands if I'm doing an audio dictation, it'll go and then at the end it will just say "send send send send"

Cuz I didn't I haven't learned what the actual controls to be able to hit send so sometimes actually have to hit the enter button, but I'm always like a Telltale sign of when Sarah's doing auto dictations is "send send send"

Apple Sarah:

Yeah, well, we do have a lot of features as well that are built to support physical motor where it might be that you really just want to use one hand or even one digit to be able to run your device but a great new feature that we actually just added.

This year to iPhone and this works from the iPhone 10 and above and this is based on the the hardware being a part of this feature or the the way that it works but it's called Back Tap and the idea behind it. Is that by doing either a double or a triple tap on the back side of the phone- you can have an action occur.

So in my case, I have it set up so that my double tap is taking a screenshot and my triple tap is locking the screen. But you can set it up to do in a lot of ways just about anything from being able to access a specific accessibility feature, so you might set it up to turn on voiceover voice control or magnifier or whatever it might be but you could also set it up to just have you know reach ability setup if you don't you like getting to the top of the screen is easy for you or getting to control center notification center to use it to scroll.

You could set it up with a Siri shortcut. So if you have created a complex workflow as a series shortcut that you want to be able to just do as a single gesture you could set that up as your double tap or your triple tap. And we are hearing so many people out in the world who have found back tap and are loving it already.

Nicole:

So yeah, I'm so I'm sorry. Sorry to cut you off at the end. They're my apologies. I'm glad that you kind of went into that because that was going to be the next one I ask you about because that is going to be an accessibility feature that I am excited to try out and I am excited to use because exactly what you are saying- this is an accessibility need that I will be able to utilize it and yes I can, I have learned ways to adapt around it but even taking screenshots for me because I am I only have my left arm just a little bit past my elbow.

Lots of times. I have to kind of position my phone against my body in order to be able to rearrange my hand to even hit screenshot which really in the grand scheme of things isn't a huge deal, yet at the same time to have the freedom to be able to you know, set the double tap on there. It's going to it's those small things that make the fabric of my life so much easier.

And so I just am so glad that yeah, these things are being thought about with care and that again as you were talking about, I think it's so important understanding that individuals, kind of maybe need or want the control to set up things the way that they need them set up. So even though Sarah and I technically both have hand differences still she may use that double tap feature and connect it to into something separate then

I would connect it into and so I just again thank you because I think that is so important that you understand that from person to person even if it technically is the blanket same disability that doesn't necessarily mean we'll use that accessibility feature in exactly the same way.

There was not a question but just comment and anyway,

Disarming Disability Sarah:

I'm excited for them backed up as well because it's sometimes there's I also coming to the screenshot.

And sometimes there's you know, like I'm thinking of, you know, like a story or something that I want to take a screenshot of but it has a time limit and in order to stop the time limit you have to kind of hold onto the screen and then take a screenshot if I try holding on to that and pushing I'll flip my phone out of my hand and it will fall on the ground - which is why I have intense phone protection cases because I'm always dropping my phone.

So that's not as effective for me. So my way around it is I'll use my nose to hold the screen and then I'll use my right hand to snatch the screen shot.

So it's just funny. I've been around that with my parents and my friends were like, what "are you doing?" this if this is something that we need to screenshot to be able to keep the image there. And then it's funny sometimes I'll miss it because I can't see it because I'm using my nose and then I'm like, "okay, I have to go back and try it again."

So I'm just really excited for things like the like the double tap on the back so I can stop using my nose. That'd be great.

Disarming Disability Sarah:

Oh, yeah, the screenshot one. I love it and it's something that we actually

he had this type of thing built into another accessibility feature that's been around for years on the iPhone, which is Assistive Touch. And Assistive Touch was created as a way to give you the opportunity to take any of the complex gestures and make them available through just a single Touch of a digit.

So it's you know, that would be things like taking a screenshot so you don't have to use the physical buttons or you you know, don't need to have four fingers on a swipe down or even two fingers to pinch you can just do it with one so screenshots been built in there for a while and we have seen how much this has benefited so many people who don't want to use the physical buttons.

But this just becomes I think even that on a little bit on steroids like it's so much easier now just to do the a single, double tap, or triple tap.

So so yeah, we're always trying to think about the details. It's not just the the sort of broad Strokes of doing something but it's really thinking about the specific things that would be a convenience for someone and would be life-changing whether it's a huge thing or just the simplest of things like a double tap on the back of your phone.

Nicole:

Totally I want to be respectful of time. I know we're coming coming in on it. But again it is it's the small moments that make a difference. Right? And it's in theory small changes to be thought about that that can bring that ease for people of our community and again, it's so so good to know that it's a part of top-to-bottom thinking within the Apple world.

So I am wondering kind of as we close out our time together what? What else would you like to share with us? Are there any other features you'd like to share anything else? You want us to know? What's what's still burning inside you to share with us?

Apple Sarah:

Another feature that we're really excited to put out to the world as one called sound recognition, which you know, a lot of this the alarms and alerts and notifications in our world today are sound-based and they're not always accessible to members of the death of the deafblind community. So we added in a feature called sound recognition.

Mission which is a new setting that will alert users on an iPhone or iPad when a particular type of sound or alert has been detected. So imagine if fire alarm is going off in a room or if the doorbell rings or you know, if a person is shouting in the area being able to put up a visual notification on the screen that alert someone to what that thing might be.

So really just making some of those audible noise has far more accessible to the Deaf and the Deaf-Blind community.

Another thing in group FaceTime, we've we've long had a way in which if you are the the person speaking it will give you prominence on the screen and make your tile your bubble the largest one on the screen. So people know who's kind of the principal speaker. We've now built in a new feature that detects when a participant is using sign language and makes them the prominent speakers.

Another one to be aware of that. We're really excited about this sort of is speaks to the collaboration that we do in the world is we're now supporting the Xbox Adaptive Controller for gaming.

So for Apple arcade, you know, we know there's so many people who love immersing themselves in the Incredible World of Apple arcade to play some of these just fantastic games and within the Gaming Community for those who need, you know, an Adaptive Controller the the work that that Microsoft's done on the Xbox controller has been huge and so is definitely something we wanted to bring to the platform as quickly as possible.

And just a lot of different things that we want people to be able to take advantage of so, you know, if you are someone who was interested in downloading a beta please, you know, go to the the developer side of the public beta when it becomes available and check it out and give us your feedback. Let us know how we're doing. And yeah, I think that's that's about it.

Nicole:

I love it. Thank you so so much for yes spending a little bit of time with us today and and just for sharing your knowledge with us again, just like from the community as a whole thank you for the work that you are doing because it's nice to be thought of and it's nice that people are working to include us and actually be fully inclusive, which is what I feel Apple is doing so just kind of a big thank you from the community at large from us here today.

Apple Sarah:

Well, well, absolutely. Thank you for that. We we really love the work that we do. I mean, I feel like I have the best team in the entire world and they are so passionate and so ridiculously smart and creative in coming up with all of these things. And so I I'm

thrilled that we are able to get this out every year and tell the world on all the stuff that we've been noodling on over the course of a year.

Nicole:

All right, Thanks Sarah!

Apple Sarah:

Thanks!

Disarming Disability Sarah:

Thank you for spending part of your day with us. We want to give thanks to our Network Public House media for intro beads to Jason birds with cybernetics. For our Logo Art, we want to remember Patrice. You can find his work at normal person's.com.

Nicole:

Be sure to follow disarming disability on Facebook and Instagram and lastly be sure to check out our website disarming disability.com where you can find all 13 episodes of season 1 links to resources transcriptions and discussion questions for each episode and

Check out our blog where we feature amazing Disability Advocates. See you next week. Bye!