



## Episode 9: Medical Model: A Nurse's Care

Start talking! Bring up these conversations with your friends, with your family, with people you don't know! Talk about it on social media?? Tag @disarmingdisability. Happy thinking, and thank you for creating a more inclusive society.

1. As a whole how is your experience with your medical team? What do they do great and what are areas you wish you had more support? (If you are the medical team, reflecting your clients/patients a whole, what are their needs? Do you feel you are addressing them? What areas are you doing well? What areas can grow?)
2. What needs do you have? What are the roots of these needs? Are the roots being address?
3. What are 3 ways that you can model/ give permission for others or yourself to have hard conversations about feelings and emotions?
4. What is your experience with peer acceptance in your own upbringing, how has this shaped your behavior as an adult?
5. What have you learned from your childhood experiences that would be beneficial conversations to explore with our children growing up now?