



Season 1 Episode 13: Season 1 Wrap up!

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[Upbeat intro music]

Sarah:

Hello!

Nicole:

Hello!

Sarah:

Hello! and welcome! I'm Sarah Tuberty

Nicole:

And I am Nicole Kelly.

Sarah:

And this is Disarming disability.

Nicole:

You have made it to the very last episode of season one!!
why we're so excited.

Sarah:

Oh my gosh. It is been such a wild adventure in such a wild ride, and I'm so happy and excited and we've met so many amazing individuals and I thought about so many different things and in so many different contexts and lenses that I had no idea of before. So even in this knowing our outline knowing the questions that we wanted to ask. It's just been really really eye-opening hearing some of the answers and then in just sort of like the level of thought and discussion having afterwards. So I've grown so much as a human and I've become so much more proud of myself and who I am and where I came from, so I'm just really thankful for that. So thank you for being here and helping us. I hope you've helped felt similar feelings too and that level of connection, so, I'm just so thankful to be here and be a part of this and that you guys are too. So, thanks.

Nicole:

Yeah, I Echo everything you just said so I won't even add on to that because said it's so lovely it's cool and and thinking back right before we started recording Sarah and I were kind of going over some of the things that that we felt like we best learned and there were so many that we were talking about and thinking through and I mean, I think if we're going back to the very beginning of the Season we we wanted intentionally to laid kind of the basic groundwork of what disability was in what our

history was and for me a huge part of Pride and knowing who you are is making the choice to connect to that culture and a part of that choice to connect to the culture is understanding what your history is. So for me still I think the episode where we really ran through quickly with Adam Ballard what our history was. Again It was just the basics, but just that groundwork of understanding those people and hearing those names probably was my favorite part of this season, honestly.

Sarah:

Yeah, well, it's important to know and even looking up people from only put that on our social media and and just sort of Googling and reading more so about their bios. I know we learned a brief bit of what Adam had shared with us, but then even like writing up their profiles was just so powerful to see that like this. Is this person this is this person's face. And this is what this person was doing in this particular time and just being so proud of them for taking those steps forward and for creating that change and creating policy. And now we now curb cuts are things that exist where that wasn't something that existed before and I know that that's one small thing. However, our culture has shifted in a way to be able to have that be the norm and know that that comes from a place not that long ago and the people who are leading that still some of them are still alive today and just really powerful to to see that in here that and know how loudly they were yelling at that time. And just so thankful for the work they have done and to know that we are connected to that that's part of our history and our Legacy to and I'm just so thankful.

Nicole:

Totally. I mean, I think what you kind of were ending with there has been a huge cool thing in my world where I understand that the people who really really truly led these big civil rights changes. They are still alive. They are hugely still leaders in the disability community. So so that's so cool. That's so cool that we have the opportunity to literally meet these leaders. These are the these are the head leaders who will be like when this goes in history books because we're going to make it be in history laughing. That's one thing that happens before I leave this planet I need to be a part of that. To some degree to happen before I leave this earth is that our disability history needs to be in our textbooks so that everybody's learning that well, But also you kind of mentioned curb Cuts being a small change but I think that's good perspective. Like any little thing that feels little is is a piece of the larger puzzle and really is a big step. So I think perspective wise that's a good way to look at it is that you know, even if we are helping move the dial forward even just a little bit that's that is progress and if we get to be a pole at how cool that we get to be a part of that I am so excited by that.

Sarah:

Yes. Yes, and I think it comes back to that if we make things accessible for people with disabilities. We also make things accessible for everyone else and that everyone else can benefit from them and it's not necessarily like a we have to do the special thing for this person because blah blah blah blah blah, like know if we're making things accessible. Well, we're making things accessible and that's it for all people of different everything to be able to be a part of it. And this makes me think too for the summer, I'm building a website. So I was looking at how to make websites accessible and that lots of different people who can be able to interact with the website. So

they're able to access it and I was reading this research article that really said that accessible websites are more beneficial to people who don't necessarily need them and that people who didn't identify as having any type of particular disability, but was still interacting with an accessible website like found the information they were asked to find two faster. They were able to like see the different content and click on them. They felt it was easier to navigate all the different buttons and stuff and it's just like duh because they're accessible. So everyone can be able to get the things they need to more efficiently and more effectively if things are just accessible. So we just need to make them accessible done period end of story

Nicole:

And this right right everything should be Universal to design. Yeah, literally everybody and and there is there is a majority of the population who does understand that so hopefully we are moving in a direction where that is. What's happening. Yeah. I don't know what Sarah what do you feel like is one of one of the biggest things you've learned through the past 12 episodes?

Sarah

That we've had together how many wonderful episodes I am really gonna Circle back to the media episodes and that that section because I think a lot of the work that I'm doing for My Capstone project to is focused on stigma and I'm building a resource. That's a website that goes back to that to help support parents of children that have congenital and differences and a lot of what I'm reading in the research is that a lot of the things that parents and children are facing is largely that social stigma and that like functionally children are able to adapt and kind of figure out what they to enough and be like effective at being able to engage in activity. Certainly, they need help with lots of different things here in their bubble, but generally people are pretty fine with how that works. But experience so much more of the social stigmas that come with it. So engaging lot more concealing anyway, so just looking at at stigma as a whole and that's something I'm really focusing. It's like the theories that are guiding my whole doctorate project. So I've just I've been really thinking about that and what Sigma means and how it operates and really trying to understand that so then a playing just applying that to the media section and again, like sure I watch movies sure I watch some TV, but I don't consume tons of media. I certainly do a little bit but even with that I'm not super mindful of the media that I'm consuming. So so hearing that whole section was just like really brought a lot of that to light because I don't know people's act. I don't know actors names. I don't know like theory of how to write a movie like I literally can't speak any of media language, I was in a play when I was 12. I did Fabulous, but like I just don't know, you know, all the details of that world as intimately as I know details of other worlds. So I just keep thinking that like as a media consumer what we're seeing in film and TV and social media whatever like we're consuming these messages and with that these messages are teaching us how to interact with the world, right and or largely we're seeing that like, this is how we're learning how to do lots of different types of things. And so I just keep thinking of like social scripts and things like that and just how important it is that things are being portrayed and I feel a lot of what media is are written to be story so that we watch them. So I watched Million Dollar Baby and that sort of came from the conversation with Lawrence and it was really fascinating

because I know like he told us what happens in the story. So like I knew what was going to happen in the story, but I'm Still Balling on the airplane as I'm watching this I was not working at I was non revving but I am just like bawling watching Million Dollar Baby and then just thinking that like, yes people are clapping at the end and just like and just hearing all of the the conversation that we had after that movie and then watching the movie and just knowing how important it was that this is not this is not the messaging and it was like interesting. Even when she is at the rehab center and being an occupational therapist, like my one of my potential roles could be helping her and providing various occupational therapy is to the main character while she's at this rehab facility because she had a C2 C1 complete spinal cord injury and she's in a wheelchair and she's being viewed as being very dependent. Right and it took like five individuals to like pick her up off the bed and put her in the chair and I was like, come on like come on. We don't need that many people to help with this and and there was like very little mention it because she can still engage with lots of things in her life and in her world and so when I'm sitting there seeing her in the wheelchair like you can get her sip-and-puff wheelchair, like she's be able to like she needs oxygen being pumped into her lungs, but she still is able to produce speech. So there's some sort of air movement that can happen there so she can be able to start taking control of our environment. If you give her a sip and puff wheelchair or any of these types of things and that was mentioned like very little like none of this. Like, "how can we create this really meaningful life after having this injury?" there wasn't any of that the whole messaging of the story was like all I needed to do is give my chance to be at the title and I had that chance and now I'm done and I can die. And it was just like so frustrating but to see that of course, that's what people see and that's what people think and it's sort of like this, you know, and and there's this moment where she tastes to take her own life, but she's not even if she's not able to take her own life and they're not feeling like she's control over that way and then just being really frustrated that like where is that those moments of Hope like how to how can we shift for her to be able to engage in various meaningful activities because they exist and not knowing and not going to say like if things were rainbows and sunshine and like yeah, she can still be blah blah blah blah blah, but like she can still have meaning and and be purposed and and engage- it looks different and there's a lot of healing that needs to occur to happen but individuals with that type of injury or or a comparable disabilities are worthy of being here and are worthy of having meaningful relationships. And if we're writing these in our stories and this is what we're learning and this is what we're teaching ourselves. It's just makes me so mad.

Nicole:

Yeah. I I still to this day haven't watched it and I don't know. I don't know that I actually could watch Million Dollar Baby. So so if you missed our media episode with Lawrence Lawrence Carter-Long, he was sharing with us about Million Dollar Baby was his aha moment of holy crap. I'm in a movie theater world where people are cheering for the fact that this woman who now has a disability is killed at the end of the movie people think that's good and that's when his light bulb turned on and he was like are the way in which we give the messaging on disability is all wrong and that's how he got active and it truly is it's that what am I trying to say? It's that it's almost like the subliminal messaging. You don't realize that that is the messaging

that's you're receiving if you're outside of the world, right? So there's great message that we're receiving every day about whether it be mental illness or whether it be about disability or whether it be about rape culture or you know, whatever it is unless you are an expert in with in the world. Who knows if that is the correct messaging that you're actually receiving which then I feel ties directly into the conversations that we just had with our Advocates who were expressing and explaining that you know, you have to have the person who is inside the community experiencing that in order to get the messaging right and you have to be able to that space for that person, but unless you're creating that space and holding up the messaging. That's true. What you're doing is actually hurting a community and not helping it.

Sarah:

Right right. Absolutely.

Nicole:

So yeah, I just feel like it all ties together. But also I still don't think that I could well I think Million Dollar Baby would make me Furious. So I really don't think I could ever watch it.

Sarah:

Yeah. Well, especially now having this level of thought and conversation reflection on it. Like I get it I understand and it made me angry and it was gonna maybe and a but again, I'm balling like and I'm not I cried movie sometimes but I'm not like anyway, whatever sure know as I'm just say the back I cry at Movies whatever fine. and I would say like, I'm not gonna cry that much. It was like no no, no, I cried movies. We're gonna find but like I knew it was gonna happen. I knew it was going to happen. I knew how it was going to happen. I knew all the details of it. So it's nothing that was surprising but I'm still just like bawling and and just became really angry and I think in that in general, I'm finally getting annoyed and I think maybe this is just like the approach of 30 is that I'm just getting like Fed Up and annoyed with like dumb stuff in my life that I don't want to have to put up with anymore. So I think it's just something like this where like these are just dumb messages that I know aren't true. So I think it even comes back to Goffman's Theory where when we go through like the stages where you hide and you can see it like first you are perceived in this out of group alignment and you have all these social limitations put on you and then you can either pretend to be normal or just likes it accepts the social limitations and then you can kind of reconcile all of that achieve this heightened social awareness where you realize all these limitations are dumb and made up and don't actually apply to you because they're dumb and made up and that you have the power to rewrite them. So you re it re-educate the normals to be like listen, we're part of this. I feel like I'm in that now where I like realize that these social limitations don't exist and they're dumb and made up and I'm like working on the re-education bit where we can more effectively broaden the perspective of what normal is and and not like everyone is normal because we're all humans and this is all part of the human variation. So it's going to look very different in lots of different circumstances because we're all different.

Nicole:

Yeah. No totally totally I agree with that and I hopefully, I hopefully people as they were listening through we're picking up on those messaging that messaging hopefully

if you're listening now and you did stick with us through all of the episodes, you know, the things that resonated with us that were talking about now, hopefully those were things that also resonated with you because just knowing that somebody else is feeling and thinking the same things that you're thinking is a really powerful thing. We're not in this alone and you're not crazy when you watch Million Dollar Baby and get angry because that is should be getting angry. Yeah, so I think I think that's really important and I think embracing I think in Bracy and that anger and learning to use it in the appropriate way is super super important and I think that as we as of we that both you and me have gone through personally our own growth in Pride of disability and understanding what that culture is and what that means. I think a part of the process is anger and it comes it comes from a lot of different places right part of it is being mad at the fact that Society is stupid and treat them differently right like that. That's fair anger. Another part of that anger in my world was being really angry that nobody taught me disability culture and I had to learn it myself as an adult person. I was really angry about that for a really long time and I think we have the power to change that I think that's a really hopefully that will be a change that are generation is able to make now that social media is and now that you know, if you live in a tiny home town, like I did you still can be connected to culture in a way that is possible in and just then General anger for trying to understand like when you are connecting into the community, what are the ways that you can be a part of it and share your voice like even finding your place in that can be really frustrating and I just that that we can start to create spaces as we've been talking about being good advocates for other people as they're coming into their pride for them to feel like they are able to share their experience and grow into their pride and also be with them as they feel the anger that they feel because totally merited it's totally that's real. You should be angry.

Sarah:

Agree, I really I really appreciate that you brought up the point in in people navigating where they want to share their voice in how they want to show their voice. And I know that it's really exciting to be a part of of disability and to feel like you found your people but then sometimes it's really big and really overwhelming and you look at all these individuals and you're like, oh, well, I'm not like this athlete that does this and I'm not this like blah blah blah, but does this like you don't have to be a person that does this like finding that space and what works for you like you and I started this podcast great if podcasting works for people like start podcast, we need more podcasts talking about this but if podcasting is like totally not your thing that like don't do that like dance or write or cook or or anything, run. I don't know just whatever whatever is sort of that way that people want to communicate that that's absolutely. like find the platform that makes sense to you and find the messaging that makes sense to you, you know, sometimes really people like the like motivational type videos or messages other people like really funny messages other people like really hard conversation messages, whatever like there's lots of different avenues and I think it was really I think it's really easy to see all of these different people and be like, oh, well, I'm not a model so I can't be a part of this community or I'm not a whatever, you know like a runner so I can't be a part of this community where I can you know, I don't have like a thing that I need to be and whatever but it doesn't

matter like we need to and want you because we need all of our voices and we're essentially are saying underlying very similar messages and to include include us in part of larger society, but we need you and we want you and please like whatever platform works and makes the most sense to you and really speaks to your truths like Embrace that and if it's a podcast like please we need more podcasts or whatever like don't feel that you can't do it because it's like, oh that's there Nikki and that's something that they're doing like, oh, we need you. We want you to start them, please. We need our voices to be so loud and take over

Nicole:

I totally said that yes, I totally agree. And I think though the word that struck me was communicating finding a way specifically create or connect is the way that that Community is going to be built and an is the way that when it comes time to really be active. I mean the whole point of this at least in my mind is to kind of hopefully create this really pride pride filled Army that time to actually create real big change when it comes to things within our government. We're ready to step up and do that. Right? Like we're ready to really push forward these civil rights like that is the ultimate Big Goal, you know, if you if you're breaking down disability the big huge problems within our community our housing discrimination employment and Healthcare. Those are the big three things that our civil rights that really have to be addressed and the going to be opportunities that that come up for us to be able to stand up and will be available for us to really share our voice in the more voices that we have in that the more the more ways we can encourage one another and be there for one another that's only going to make the impact when these real real real opportunities show up for us to create real lasting change. That's you know, we're building into those moments those big life-changing moments. And yeah, so I guess I that was my really long way of saying, yes, like, please create and please find the community. And please please communicate what you are feeling even if that is a lot of anger right now. We need you to feel those feelings because that means you're doing your homework to find your pride and yeah good for you.

Sarah:

We want you to do get mad.

Nicole:

Yep.

Sarah:

Yeah imagine but also like being being intelligent and and intentional and tactful in the way that you're being mad.

Nicole:

Yeah. No, I agree. You can channel your angry energy to empower other people or to tear people down. There's two things you are either attacking someone or you are educating and empowering them. There's no there. I see the world very black-and-white Sarah. There's no gray here. Like that's just things are either right or wrong. And that's also the way that you go about making a correction also has to be tactful because if it's not then you're just creating damage in a way of damaging to our community.

Sarah:

Then you get people feel attach and they get defensive and no one's listening to anything if we're all got our egos at were wandering about and trying to protect and all of those don't think so. That's a whole that's a whole other Beast there. But yes being getting angry enough to channeling it in positive ways to divide up. Yes and your belly all those things which is going like this. Let's go back to this concept of black and white because I feel like that's a thing that we want to sort of delve into a little bit and I know myself growing up very like type A personality and wanting to do lots of different things and I studied science in school. And so I'm very like this is math and I like formulas and all those different types of things, but I've learned to live in the gray because the world the world is grey so now my world is very gray, but I'd like to see a little bit more if you want to if you want to sort of talk a little bit about about that black and white over there.

Nicole:

Yeah, so blacken, so another big lesson that I am still really working on processing through was with our awesome expert Patrick. He talked specifically about being advocates for mental health and he was such a funny cool dude to chat with and he has so much to say just just so cool. But he was really real about the fact that if you want to create real change that's only going to happen when you are personally interacting sharing your time sharing your energy sharing your life one-on-one with another person. You can make charts and graphs and data all day long to try to educate people and hand out flyers about it. But unless you can tie it to some sort of context and some sort of personal experience. Most people are not going to hear that and or care and and that me being such a black and white person was really hard for me to hear and yet at the same time really good for me to hear. So I just been processing through, you know the way in which to to still use the data and numbers because obviously that is still important but the way to intermix and interact with people in a way where I can have both and I can be sharing my personal story and I'm always I feel like I'm also pretty open to share that with people but it really that that hard truth coming from somebody who all he does all day long as research and data and numbers like that is what he does all day long, that kind of Truth coming from him. I think was really important for me to hear when I'm a person who wants to live in a world of data and numbers and reading and research um, so I think really good positive thing but yet again, I'm still processing through it. So more to come as I continue to process.

Sarah:

That I see it as like a different Focus or a different lens or like a different coloring to it because I feel like the way that you're approaching the world like, yes. Absolutely. This is what you need to know. This is what you like to do. This is how yes, like we need research a number and add on all of those but I feel that the like connecting it to a person and sharing your stories almost that like different like the different flavor or the different like sauce or the different. I'm clearly lacking the word for this because I'm just throwing up lots of other stuff in between but I'm just thinking of that like that. This is kind of how it gets colored or shaded or just a different way of presenting that particular set of information.

Nicole:

I think I think honestly part of why that's hard for me is because in my life in being a public figure so many times over and over and over again. I've experienced being specifically inspiration porn which is hurtful not only to me but to the community and oh, I see my story many in many cases. It's been almost more hurtful than helpful. And so I think I think I've gone the opposite direction of that in order to almost over correct. So now I'm trying to think what that middle actually looks like when I have the power to kind of be in control of the messaging and that's good and I can't love them. So yeah, I think I think that's also a part of it that maybe I hadn't really connected until right now in this one. Yeah. Hey, I like it. That's all we have right? That's our about.

Sarah:

I do see that yes, and I see how that yes. Yes. Yes. Yes, I was going to say something and also clearly forgot what it was. Oh, I wasn't sure too that when I was I am putting together a presentation for diversity and inclusion at an event at The Rotary International Convention that's happening in Germany this year, which I'm very excited about but I was asked to present it this like particular breakout session. So thank you for sending me for one of those videos that I was looking up in preparation for that and it was talking about like diversity inclusion and there was this messaging on there where if you know, I forget the woman who was a researcher that was presenting it but she was talking about this again almost like like Goffman's in group and out of group and how that the people that we see as being a part of our group are fine and okay and have good characteristics associated with them and we have positive messaging to those people and those people who are not in that group and they are different people and they have different things associated with them that may or may not positive and it was just talking about how important it is to consistently, like challenge our assumptions and have ourselves be open and aware to that and how we can then build that connection to then see that these people that we have put in and out of group really are welcoming to our in group. So I almost see that as a conversation that you're having to is like, how can we create this personal connection? Because again, that's where I'm going to challenge my stigmas or or the other person viewing me is going to challenge their stigmas and how we can create positive change just by building these connections because now that I have a friendship or a connection with this person and I see them for who they are. Then I see that they are no longer any of these stereotypes that I was told or taught or assumed about them through any of these other things it was experiencing. So it makes me come back to this concept of being angry, but that's not like an us against them thing. It's more it's not like it's people with disabilities against people with able-bodied and I don't want that to be a war that breaks out or shame or a lot of anger and blame put on the other person. I think I'd like that back on that. You don't want to like disempower other people or tear people down. But really how can we work together as allies to see each other as allies and really work on connecting and building a better society.

Nicole:

I'm raising the roof right now. So yes what you're saying? Yes. Yes. Yes. Yes always always be intention should be empowerment. And how do we work together and

ways to best you that? So hopefully that is somewhat of a space that we have created here for other people that certainly is, you know, the intention and and our want like that really is what we want. Hopefully in joining us for this first season, you have felt that empowerment and either you've learned something or you have connected with something that has been talked about in a way maybe that you have never thought about before that you felt alone in that it's you know, we've gotten so many text messages and emails and just different forms of communication from different people that to us is personally validating in the sense that that people we know people have wanted to hear this type of content. And and while we know going into season two will talk about this in just a second but there are kind of logistical things about the podcast that will that will be fixed and changed still like the concept and the idea and the themes and messaging people really have been seen to connect with and we're so grateful to hear that feedback. We want all types of feedback, but we're here that because because that means that we are not the only two people talking about this and like, you know that you know that super validating to get that communication from your friends and family and and other advocates in your life saying yes, I so resonated with that conversation that you had. Oh my gosh. I didn't think about X Y & Z that that really has made all of the time and energy that's gone into this per season. Really really validating and worth it.

Sarah:

I would say yeah. Yeah, I would say that too. So thank you. Thank you for being here with us. Thank you for sticking it out as we figure out all of the technical logistical stuff. I know we are getting better an audio. I bought myself off podcast microphone. So that's great, but I will no longer be typing in my car. So I know I heard that before omg, but I know that these are a little bumps in hiccups and I know of course like we want to produce good sound content quality because that's a medium that were choosing to use. So like we should have good sound quality in order to be able to do that effectively. But thank you for for being with us on all of these bumps along the way and and I am proud of what we have produced. So I and thank you for being a part of this journey with us.

Nicole:

Yeah, totally. I mean we definitely, Sarah and I have been in what I'm calling like survival mode where we just working through the first season. So there have been you know, we kind of talked about this a couple of episodes ago but we as we are going and real time. We're making all of these kinds of notes of things that we know that we actively want to change and we know that we actively want to fix and it's just a matter of taking the time to sit down and dedicate the time to this. So really, we just really knew that we wanted to get started and the only way to learn was to kind of push this little birdie off the cliff and make it fly a little so so just so you know what to expect going forward. We are taking a summer break and Sarah's gonna graduate the next time we talk to her. She won't be full of rats and in that we are doing things and then doing a lot of things in the background so that will be doing things to make sure that the next season is just that much better at fixing things, you know, creating our outline doing doing all these different things. Things we may try to personally reach out to you to get some feedback part of our review as we keep

talking about. It's we're not since we're not doing it for us. We want your feedback because it's about you because it's about you. So you may be tapped to to fill out some sort of question. You'd help us get better and to help fix and correct things going forward you very much would appreciate that. It's been somebody who is was listen through all 12 episodes and would like a a formal way to share ways with us to make it better, please please please shoot us an email and say hey I have this inaudible of Sydney that send me that questionnaire. Well, Sarah, I think it's time to say goodbye to season one.

Sarah:

Is this a is this the end of season one? Thanks!

Nicole:

I think this is it, this the end of season one.

So, thank you so much for Sticking with us, and we will see you back here in a couple of months first season 2 of disarming disability. Great. Oh my gosh. Thank you guys so much.

Sarah:

We are so happy, and we'll see you again later.

We want to give special thanks to our Network public-house media for our intro beats Jason Barnes. It's cybernetics for our logo art Patrice. You can find them at normal person's.com and Matt Meldrum and Ryan Lewis. Our two handed technical team subscribe on Apple podcasts or public-house media.org follow us on Twitter at disarm disabled follow us on Instagram and Facebook at disarming disability and check out our website disarming disability.com. See you next week. Bye.