



Season 1 Episode 5: Recap and Reflect: What did we learn?

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[Upbeat intro music]

Kate:

This is Katie co-host of coffee with Keith and Katie. Thanks for listening to the following broadcast on Public House media.

Kim:

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[Upbeat intro music]

Disarming Disability,

Nicole:

Laugh: what's up? My name is Nicole Kelly and

Sarah:

Hey, I am Sarah Tuberty!

Nicole:

And if you're here listening, it's my hope that you have now just completed the first chapter of our podcast with us. Again, what we're going to do as we go through this is what we're calling chapters 3 episodes at a time where we chat with experts and then after three episodes with experts Sarah and I are going to come in and just you

construct what we've learned what we're thinking what we're processing just we're just going to talk and that's what this episode is. So, I hope that you're excited to hear us talk because that's what we're about to do.

Sarah:

I also want to clarify to that the chapters are on like a specific topic in general. So this first chapter that we just completed was just broad Strokes like history of disability in the United States, particularly.

Nicole:

Yeah. We just wanted to lay groundwork for you. We thought that was important so a lot perhaps if you are not completely new to this maybe no information. You heard was completely new to you I encourage you to around with us because we want to really dig deep into those topics and we have every intention of doing so we just really want to make sure that we are laying the foundation for people who are stepping into this world. And that was the intention of these first couple of episodes for us

Sarah:

Before we get into that conversation Nikki. How was your week?

Nicole:

How was my week? Let's see. I've had a really the month of February was so so so so busy for me, so actually this past weekend was the first weekend that I had to deconstruct and be alone. I'm actually an introvert and so I need time alone to really recharge and and and reset so I'm actually part of a book club. It's how I stay in touch with some of my journalism friends. And the funny thing is they're meeting always lands when I can't go to it, but I always read the book with them the right now, so I spent my weekend reading a book about the Donner Party and

Sarah:

Cool! That's where I'm from!

Nicole:

No way! Are you from the pass?

Sarah:

Im not like from the pass, but iI've driven through from that pass routes on her pass a lot from that pass? Well, like I've definitely driven past the Donner Pass like we've like pulled over and like we learned about it. I mean that's all of like two hours maybe from there.

Nicole:

That's Basically your backyard.

Sarah:

It was like in the Sierra Nevadas is all of that trying to get through that. I mean, where was it Rockies? No, I'm pretty sure it's the Sierras that is.

Nicole:

Yeah, that's where they're trying to. Okay.

Sarah:

Yeah, so that's really close. Yeah. It's a super intense.

Nicole:

what it's really good. Oh my god. Oh, so that means that all I'm learning about is just how miserable it was to be a person who was literally a Frontiersman and trying to like save your family while getting to California meant that you smell disgusting and that you were horribly uncomfortable all of the time that you either way too hot or way too cold or you were your body was full of lice or you know, just like everything about it was utterly revolting but it's fascinating to read about

Sarah:

And people did like that.

Nicole:

So many people did that that's

Sarah:

And there's no like sign that says "pass is 25 miles away" like or let's go pull over at a gas station and get some Snickers like there's no there isn't any of that. You literally don't know you're like am I even going in the right direction? I think so.

Nicole:

It was a fantastic weekend to be alone and to read my book and just be by myself. It was much needed and really good. What about you what you've been up to this week?

Sarah:

This week has been good. I had a fun weekend. Just hanging out and I have a really good friend to brews beer. So it was fun to drink some beer that he brewed and it was really nice and then just like really neat to be around people who make things and just like create really beautiful things for the world. So it's like you made this you made this beer and it tasted good and to think that like no like this is a beer no one else has had because we made it it's new right here. So it's just really fun. To do that and have a nice time hanging out with people that are really awesome. So it's nice cool. I appreciate a drinking. I appreciated the fruits of the labor and work. Well, I appreciate it. I will continue to drink it.

Nicole:

That is an important role you are feeling appreciating it.

Sarah:

Yes. Yes so much. So let's go ahead and get into this episode. So we have had three really incredible experts and I'm so appreciative for their time that they spent with us just really taking on this whole podcast adventure because they really were the first

one so really going out on a limb with us as we're like "no of it's real its this is going to be a cool thing. It's okay" So I appreciate their time and willingness to be on this adventure with us. So our first episode that we had we spoke with a professor of mine Dr. John Kramer and we talked about the social history of disability in the United States and then we spoke with Adam Ballard who was one of your mentors Nikki he works at access living and he chatted with us about a lot of the founding fathers and mothers of the political movement that's happened in the United States starting around the 1960s or so and the independent living centers were starting. So we started a lot with Ed Roberts and sort of have progressed through what our current political climate is. And then Adam had given us this really incredible woman Candace Coleman who also works at Access Living and she spoke to us a lot about the intersection between race and disability and what that looks like here in our current climate that we have we're working through disability. But I really wanted to sort of talk about something that came up is as we're learning about these different things that have happened. I'm thinking specifically about the different civil rights movements that have happened regarding to disability rights and a lot of this was happening in the 60s and the 70s and I think it's important now to address that those leaders are aging like they're in their 80s and 90s and some of them are unfortunately no longer with us, but a lot of these movements were happening to a point where the current generation so like Nikki you and I or even people like 10 years older than us that are like really taking on these like working roles where we're the ones are sort of building and creating and help molding the country in the society that were in may not be is intimately connected to this because we're not learning about it. So can we sort of talked about what does this mean as far as being new leaders here and how it's important to sort of like access our history or just like not sure that I know really great question. Other than like, let's just talk about it.

Nicole:

Yeah, I'm gonna answer your question, but I just going to tell an antidote of a story that I think highlights exactly what you're trying to say where you know, where the Next Generation who's trying to take over and yet we were never taught about these people who have done such amazing work coming ahead of us. And I think my antidote for this is the fact that on the 25th anniversary of the ADA passing. So the Ada passed the Americans with Disabilities Act, passed in 1990. I was born in 1990. I was 57 days old when it passed. So this huge piece of legislation and that is change the world for the better in a lot of good ways for people like us with disability. I've only ever known a post ADA World. I was lucky enough to be invited and ended up being the MC at the Kennedy Center for the big 25th anniversary celebration of the Ada passing. What does that mean? That means that they brought back all of these amazing people that during our time talking to Adam all these people that he named if they were alive and we talked about them. I was with them backstage / then introducing them on stage for them to come on stage for this beautiful ceremony. And I remember it being it the feeling of prestige that was attached to this ceremony that I fell into being a part of. I remember taking that back with me and pausing and saying there's a part of this that I need to look into, that I don't understand because whatever. These people were fighting for I just listened to them talk about it on stage.

But what does that actually mean? And that was the first time that I actually don't have into what it mean to be The Advocates and I started to research all of these different people and to actually turn A leaf and understand the fact that this world that we're living in is, you know, the social construct and there's all this work to be done like that incident that night for me was undoubtedly one of the hugest turning points in my life for me and a very positive way without understanding, I understood does that make any sense? I think I don't know.

Sarah:

It does! that it you felt that you felt it. You felt that like this is something that's real and Powerful even though I haven't read the book on it.

Nicole:

Like even though stupidly was surrounded by the kings and queens of our movement. And yeah didn't have any clue was a freaking idiot and I was the kid I was there because I was one of the ideals of the Next Generation I mean up that was going to take the flag. But yet I didn't know that's maybe what I'm trying to get at. Like I should have been the person who knew of Our Generation and I didn't know

Sarah:

but it's also not necessarily your fault that you didn't know like it's not your fault that you didn't know and I think this come back to like disability rights are civil rights. Like they should be like the three pages that are included in the like civil rights section in our history books in our sixth grade classrooms and or whatever grade that we learn civil rights in I just have lumped it with sixth grade and that's nothing against six graders or sixth grade anything but I just think that like these these things need to be included because I didn't know about them either and like yes, I did grow up in this post ADA world as well. I also was born in 1990, but I just think that it's so important that like if we will not if there's no if there, we are going to be the next leaders this Next Generation leaders, but I think you're absolutely right that there's this gap of knowledge and this gap of understanding and this gap of just what it meant to be a part of a world that wasn't accessible and it's not like we're done yet. Like it's not like "hey peace like we made it." This isn't something we need to work on any more like we figured out how to do blah blah blah like this is this isn't done like I don't think we're anywhere close to being done with a disability movement at all the United States. So like we need our generation of leaders to to be there and we also need to make sure that we're educated and we know our own history

Nicole:

Huge yes and I think that what you just said is so important like understanding the foundation that's been laid for us is there's this huge realization that I came to I understood and being a person who's on social media that that my story was getting extra attention. and I understood that it was because I had one hand right because I was this person who had difference but I never put it into context like why why was that and where did that trace back to and until I stepped back and looked at the bigger picture and look it looked at the context and looked for the history all the sudden. I started to understand why people were paying attention. I started to

understand why my story was important in in what was happening but also to understand why my story was not important that you do, you know what I mean where it just is another chain in the link that is all of us working together for this thing. That is so much bigger than us. I'm a chain in the link and I want to be a chain on the link with you and with you and with you and with you but we can't like fully move this thing forward until we all start to understand and realize that and and get on the same page right and

Sarah:

sort of wake up to that and see them we're all on the same page and see the like, we also need each other to move forward and it is it is bigger than ourselves. This isn't about you. This isn't about me. This isn't about the projects of the things that were doing and like yes, but it's all apart of things are larger. That's really trying to promote the equality of people with disabilities and and really build a world in which everyone can have access. Yeah.

Nicole:

So I sorry I'm sure that I deviated from oh, I went back and forth there. So I apologize on that. But yeah, I think you are. So right there is this gap of of information that we're not getting and I think a part of that is hugely. Yeah, we're not learning it straight up. Nobody's giving us that information in sixth grade. But I also think the other big problem with that is this, you know, not wanting to identify as disability. So even if I had read about it in the sixth grade, I don't know that it would have sunk in and as anything extra special or important to me because I wasn't somebody who cared to identify right? I didn't even know that I should have been or needed to so also Bridging the Gap between making disability and this community a beautiful words and a community people are excited to be a part of enjoying is another huge mountain to climb and that is very abstract and looks so different because everybody has such different bodies and minds and is in Souls that are making you know their disability something that's different. What else? What else did we learn this week? Well write rather over the past three weeks.

Sarah:

Yes. Yes. Yes. Yes. I am. I also want to Circle back to this and just with the like leaders of the Next Generation. I want to highlight this like to say it very explicitly dear Next Generation. We need you as Leaders to be a part of the disability movement.

Nicole:

Yeah, we need you and the people who are currently the leaders the people who we have brought on to interview on our show. They are waiting to welcome you and to train you and they have so much knowledge and so much power and so much experience and now there are these beautiful classes popping up specifically for us. So 2019 for me is all end up back in school. I feel like but I'm into separate Advocate training classes specifically for disability this year we want to step up but we also can't do it without the help of these experts. We cannot do it by ourselves. There are people who have studied it. There are people who know it and we need to learn it

from them. Right like there is not I was going to say in order but there are people who we need to learn from so yeah, there's their courses popping up I guess is my point they exist and they're there and I find them we'll help you find them.

Sarah:

This goes back to all of the beautiful things that Jon and Adam and Candice has told us that if you're not at the table, then you're on the menu and that we need to be a part of these conversations both representing ourselves who are the best people to talk about and writing all the laws on disabilities, but people with disabilities that are living it and know these communities but we also do need to be educated with that too. So I think that goes back to your idea of this order. Just like walking into like a test in school without doing homework. Like you have to have knowledge on it. Like I'm sure you could probably do fine with anecdotally like what you've maybe learned in class but like you can't just BS your way through a lot of stuff and I think that this is something that's important enough that like, it needs more thought and insight and there is history and there is research that exists. So why not use that to help arm ourselves really so that we can speak intelligently about all of these topics and make sure that we're making real change. So like what are the things that have already been done? And where are the gaps? And where do we need to go in the future? So really seeing that and really outlining that and really shaping that intentionally, I think it's really important to make sure that people are educated on all of these things.

Nicole:

and to kind of go one step further and to acknowledge the fact that we have beautiful supports of people who are in place. Those are friends. Those are Advocates. Those are parents. All of those people are huge supporters and helping helping be a voice along with us. However, they are not our voice and there's a huge distinction between that and that's not to Poopoo any work anyone has done who is a friend of the community who is a parent of the community who is a support of the community, but the simple fact of the matter is is that we are the people living it and we need to step into the leadership roles in order to make the change that needs to happen.

Sarah:

Yeah. Yeah. It's important that we are there. Oh, yeah. Yes where the leaders we want you we need you to lead to good things. All right. So so kind of on that actually this is a nice side note in thinking about some of our founding fathers and mothers. It's been really interesting researching people both hearing them on the podcast through Adam when we spoke on Adams episode, but I've been going through and like looking online for different pictures of people just so we can see their faces and I think it's important to acknowledge and give appropriate like accolades our accreditation to the people who were really like in the trenches on day one that like built this world for us and made it accessible in Googling people. You see some people and again like people with disabilities rights movements, like there's not a ton of them. There are not a lot of resources that are particularly highlighting people, but

I do think that's important that there have been some key leaders that are both identify in minority race and ethnic groups and also have a disability but I've been so surprised at how hard it is to find information about them. So I'm speaking particularly about like Don Galloway and Brad Lomax and Johnny Lacey all three of them. There's only maybe one or two websites that feature anything about them and there's maybe only one or two photos so that just like really highlights that these three people were like very key in the foundation of all our movement that's happened. Like they were there from day one like they did a lot of really important and integral work in the beginning and we're really working to make the disability rights movement inclusive of people with minority groups as well. But then just that we not only do we not acknowledge people with disabilities in our history, but just like how little resources and access to information we have on people that are both a minority groups and have disabilities to I just I knew it but I again seeing just that like lack of information just broke my heart.

Nicole:

Well, I think it just like any other sector of History regardless of if you're studying space and how that worked or whatever it is. That's a silly example, but we whitewash everything and so disability history just like any other Silo that you want to study is going to be whitewash and hopefully that it was insightful for you to listen to the intersectionality episode that we have that was the last episode episode 4 and hopefully that opened your eyes if that is not something that you have had to open your eyes to or perhaps it was you being on the other end and yelling. Hell Yes! This is what I live every single day. I'm glad that we're talking about it and we're talking about it in an open space because it's important, you know, Sarah and I acknowledge the fact that there we are 20 something year old white women. Please go back and listen to that conversation with Candace who who is the expert speaking from an expert place. You know, we're just kind of reviewing what we learned and in that conversation the fact that when you have a disability that knocks you into a completely lower socioeconomic status because you immediately are having to pay for that much more Health Care bills that

Sarah:

they could even be better conditions that aren't covered like, correct. Yes. Yeah, so not being able to access prosthetic devices not being able to access assistive equipment or like different devices that can be able to help like shower bench has to be able to sit down in a shower and take a shower like people fall in showers a lot. Like there's a lot of energy that's expended when people take shower, so if someone's not able to spend the like \$75 for a safe shower chair, or maybe they're like, yeah share a chair in the shower would be a great idea, but they put a folding chair in there that's not designed to be in a shower. Then that creates like a higher fall risk, and then they could be injuring themselves more. So after that like,

Nicole:

Well I was just going to say and that's what's so wonderful about the fact that access living in particular is daily fighting for specifically these things that were talking

about right now. Like they are actively engaged in supporting and helping and and they have a whole house of lawyers here in Chicago that are going to bat for these people. So there are people who are every day working on this in the trenches in the weeds moment-to-moment really doing that. So like thank you I guess I just wanted to pause and say thank you. Yes, we want to learn from you. We want to be a part of it. That's all go ahead

Sarah:

And recognize that this is happening recognize that these are real challenges people are facing like right now literally right now, these are just Is that people are trying to figure out how to problem-solve not and they're real. They're real.

Nicole:

Good. Well, we hope that you enjoyed listening through those three episodes and that you know, as we are talking through and processing the different things that stood out to us so that maybe we just needed a process out loud with each other that that that helped you perhaps process a little bit as well and I hope get really excited for this next section of our next. Would you like to share with our next chapter is going to be there?

Sarah:

Yeah, but after so our next chapter is going to be on disability representation in the media.

Nicole:

So we are going to look at the places that we do see ourselves but more often the places that we don't see ourselves that's in the public sector in the public eye and we have a amazing guests that are coming up for you and can't wait to for you to hear them and for you to get to know these experts just yet again, just a knockout crew that we managed to convince to come on and hang out with us. Whoo. Thank you guys for joining us. Yeah, will you share more about where they can find our information and what else maybe they'll find when they go to to see our information.

Sarah:

Yes. Alright, so I do want to share that Nikki and I worked really hard to build this website and I feel that there's a lot of really wonderful resources there that we just haven't had the chance to explicitly share again and again with all of you. So if you go to dismisingdisability.com on there, you will have a link to each one of the episodes that we have put up. So from there, you can listen to the podcast right on the website and then with each episode you can download discussion questions. So if you want to sort of process some of these things you're listening and really like begin that self-awareness on yourself if there's things that you're thinking of that you want to send to us like please do you can answer the questions and send them to us if you want or if you have questions that you want to ask or want to talk about like send those to us to please two and then with the discussion questions, there is also a coloring page that's featuring disability positive images so feel free to color a long as

you're listening would be really great. There's also a transcript of every episode also that if you want to access that and read that over look for specific things or look for names of people or things like that that we've sort of talked about that's there and that is wonderfully able to happen through wreally as a transcription service that we're using to be able to have those available for you and then you have fun videos of us and some pictures yay and lots of

Nicole:

Sarah been amazing to reference everything. Yes, everything that we talked about in these episodes. She's going back and she's pulling actual references that you then can go read more up on this information yourself. I am very thankful for that part of it. I think it's helpful. So thank you Sarah for all of us

Sarah:

also videos. There's like videos there's websites. There's any type of stuff that just sort of couples the website so that you can learn more and learn further.

Nicole:

I highly recommend checking out episode 3 references because within that that's our history episode you can watch the History episode on disability which is always so wonderful, so please go check it out.

Sarah:

Yeah, right wonderful.

Nicole:

Cool. Well, we will see you here next week where Lawrence carter-long will be joining us to chat about representation in the media. We cannot wait. So be sure not to miss it. There's going to be so so much good conversation that happens there and Sarah. Thank you for chatting tonight. Thanks for being open as per usual with me and having deep heart to harvest my favorite and thank you for being here with us.

Sarah:

Thank you for taking time of your out of your day to spend learning about all these great things.

Nicole:

Hazzah!, see you next week. Bye.

Sarah:

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.