

[Music Intro: Strong powerful beat]

Speaker 2: Hi. Hello. Welcome! I'm Sarah Tuberty!

Speaker 1: I am Nicole Kelly and welcome to:

Both: Disarming Disability!

Speaker 1: We are so, so excited that you've chosen to tune in and spend a little bit of time with us. Uh, we, Sarah and I felt like it was so, so important, um, to start a dialogue and start a conversation kind of bridging the gap, um, two experts for people who live with disability and also to just have honest, real conversations about experiences that we have had in our life. And I'm kind of in the scope of our specific disability, share our stories, share the good stuff, share the funny stuff, share the awkward stuff, share the hard stuff and really open up the dialogue for people to really connect with the toolbox of knowledge that the experts bring. Well also hopefully kind of laughing with us or crying with us or doing whatever it is that we end up doing on this adventure together. So hello and welcome.

Speaker 2: Absolutely. You're happy that you're here today. So with that, just to share a little bit about who we are: I'm Sarah Tuberty. I am studying to be an occupational therapist. I'm a student right now and I've got about what, like six months left. Oh, it's so exciting. I'm in my clinical placement right here in Chicago, it's just really fun. Um, I grew up in California. I also, because I can't just do one thing, I have a second thing where I work as a flight attendant and I've been doing that. I'm in my sixth year right now and then I've got a fun thing I'm working on right now too, is to be an aerial artist. I've been training for the past like two years and that's doing things like the silks and the lira, um, which has been really fun. So it's, it's just a really kind of neat way to use my body, which was really great.

Speaker 1: It's been really fun watching your journey of that too and you're sharing... cause you've been really good to kind of share that journey with people and um, yeah, it's clear how much you love it as well. So I think it's a really wonderful part of who you are, Sarah, which is so fun. So, Hey, I'm Nicole Kell. And how did I get here today? Uh, I mean I think my story kind of significantly traces back to is, uh, five years ago I was Miss Iowa, which means that I went to Miss America. And when you're handed the title of Miss Iowa, Miss California, "Miss whoever you are", (whatever state) it actually becomes your full time job to go out and speak in the community.

Speaker 2: Which I didn't realize, I thought that it just was a, I thought that was a Miss America component. And even from that, I mean, I don't know a lot about the pageant world, but I would want to say that like, I didn't know that even Miss America would go around and do different things. So I was very surprised.

Speaker 1: Listen, there are a lot of yes, crazy things about the world, but also there's a lot of misconceptions and that definitely is one of them. It was absolutely 100% my fulltime job to travel and to speak. And so I spoke all over the state of Iowa and actually all over

the country. That was the first time that I ended up going to amputee camps for the first time. That was the reason was because I was Miss Iowa. But this was significant in an even deeper way because when I went to compete at Miss America, I became world news. And the world news was, "A disabled girl going to Miss America." Every single news outlet printed it. I was asked to go on The Today Show, I was asked to go on The View, I was asked to go on every single national TV show. And I said "no" to all of them because I was so wildly insulted about the fact that the whole world was calling me disabled. And it was this crazy back and forth that I had to do both internally and externally about asking the big picture why. If I'm saying, am I NO different... then why is the world saying I'm different? And what does that mean? So fast forward and yes, I realized that I was "different" and I'm sure that we will intimately talk and share more insights into these parts of my life as well. But I took this journey where I final proudly realized that, hell yes, I am different and I'm so proud to be somebody who is part of the disabled community! And now what can I do for the disabled community? So anyway, that's kind of what's landed me here. I also travel and I speak at schools and universities across the country and uh, I have a marketing job that I do as well. That takes up a lot of my time. That's kind of my nutshell version of who I am and why I've made it here to where I'm at. I'm also, Oh, I guess I'm a journalism kid. I got my masters in that. Oh, I'm also a theater kid. Yeah, I do that too. So there's a lot of facets to who we are as people. Um, which I think also is the cool part about being able to do a podcast. We tie in all of the facets, even if our specific focus here is the disability part of our lives.

Speaker 2: I also think it's important to bring to light how dynamic people are and there's lots of different things that both of us are really interested in. And also are both, we both have congenital limb differences.

Speaker 1: Let's address that very quickly. So congenital versus traumatic. Let's get that out there for you. So congenital means that we both were born with different kinds of hands. So for me, this is Nicole talking, I am missing my left hand and in fact my left arm only goes down to about an inch or two past my elbow. And then it just kind of rounds out and there's just no hand that exists. And Sarah can, you should go out.

Speaker 2: I was born with missing fingers on my left hand and I also had a couple of experimental or surgeries that were done when I was about a year old. So they took bones from my toes and put them into my fingers to see if they would just extend a little bit of them. So my hand kind of has little nubs that end right, like as knuckles and then, um, so they put toes there to see if that extended a little bit to try to give me some more functional grasps. Um, so I also have three toes that are missing on my feet. They were like a little bit shorter. There's no bone. Then I had another surgery when I was five that separated a thumb away from my palm, so it can be able to pinch on to things. Um, as a result of that, when you move your fingers, you build up a lot of muscle in your forearm. So my whole like left arm, forearm and then children's a little bit like smaller and kind of shorter than my right one.

Speaker 1: Sure. Yeah. Yeah. I love it.. So it's like your wrist and your palm that you have, but then after that...no hand. But it's just fascinating because although we both are congenital amputees (and yeah amputee is the right word even though that's strange because we didn't have anything taken away from us, but that's the right term) Even between the

two of us, the way in which our arms forms looked totally different and I think a beautiful way to talk about what we're going to talk about. You know, we have the same experiences as so many other people in the disability community, but the coloring of who we are is so different. And that's, I think what makes us all so beautiful without being cheesy. I was just cheesy.

Speaker 2: Which is really wonderful. And then we both, we all interact with things sort of similarly at differently and that this also the things that we're experiencing transcends even limb difference and its own sense that it's a lot of the things that we've experienced for, of growing up is also what other people in the disability community are also experiencing. Even through articles and research that I've read for my school, I was like, "oh my God, yes." Like I didn't know how to articulate these things. Like everything in this article is exactly what I'm experiencing. Even though the article was written about people who didn't necessarily have like this, we didn't share the same visibility, if you will, but it's still like broadly disability.

Speaker 1: Yeah, I think and I think so much of what, what our community has to start getting much more real about is the education of the younger generation coming up. Because Sarah, both you and I, we found our, our disability pride when we were adult people and both of us lived in a world where we really denied our disability for a very long time. Which now, I mean, it's cool in the sense that now we have this fire in our belly to like share with the rest of the world. We taken the time to learn about ourselves and learned about social structures and we learn we've learned all these things we want to share. But also had I had that information, you know, from, from the start, what other things could I have done with my time and my energy and my life? I think for me is it's always this category of, of "us versus them", right? Like the "them" being disability and you don't want to be associated with this word because when you haven't taken the time to get to know the community, you assume that the word disability is a really bad word, a very negative word, and it means completely unable. It means all of these things that are just have a total negative connotation.

Speaker 2: And I think that's like a societal connotation. So like that's something that is a label that sort of came around through like larger societal roles and sort of what society and that stigma that's generated until what people think it means to be disabled. And generally people don't want to be disabled. Right? Because that's the word that means "not able", right. And that's not at all what that word means. That's not it. All with that community means and that people are so much more than this sort of like disability and a defined, if we were to like listen.

Speaker 1: Yeah, I think back to the year, the year I was Miss Iowa, I was asked to ride on a big huge long bike ride through Iowa. It's a very, it's the weirdest, strangest thing that happens in Iowa every summer. For a solid week, people from all over the world come to ride their bike across the state of Iowa. It's called Ragbri. It's the weirdest thing. So people will ride their bike for like 80 miles a day and then they will like drink themselves into oblivion, sleep for three hours, get up and ride 80 to 100 miles the next day...and rinse and repeat for a solid week. It's the craziest, weirdest thing that I've ever experienced. I only, I only did it for a day.

Speaker 1: So, I agreed to do it because it was while I was Miss Iowa, the Adaptive Iowa sports team asked me to ride a day with them, because it would be a good way to show advocacy and do a little bit of press for them. And, so of course I agreed, but I went into it thinking, "this is a nice thing for me to do for a for a community of people who really, people think that I am disabled, but I'm not." That was my mindset going in and, and so, I'll always remember: The night before the actual ride happened the whole Adaptive Iowa team was meeting at a YMC to sleep overnight. That was the kind of their "camp" for the night - where they were all camping out. I'll always remember sitting around in a circle with, with these amazing cyclists who, many of them were hand cyclists, meaning that they were in some way, shape, or form paralyzed or used a wheelchair because their legs didn't work. There were some people there who are blind, so they had, a lead with them to ride. There were just all of these people who in my brain I categorized as the "picture of disability", who I didn't want to be like. And I'll always remember sitting in the circle with them and just sharing stories from our life. And every single person that told a story, I kept thinking in my brain, "oh, that's happened to me too." or "Oh, I've experienced that. Oh, I've been in that exact situation." And kind of coming to the realization that, I am just a shade of this coloring of this community. That was a really, really big experience for me. That really was my first step into, "Okay, this is the disability community and okay, I am a part of it."

Speaker 2: Absolutely. And I think that's so powerful to then and to recognize that you are experiencing things in your life and that this is a beautiful community, be a part of, and to have that sense of pride instead of that sense of shame because I definitely felt that shame too when I was growing up. That this is a part of my body that I didn't like, that I didn't want to embrace, that I didn't feel the others liked and I felt the others were afraid of. But then there's also this big scary word that the sort of like disabled, right, is it is a word that people don't often or whatever. Maybe I'm generalizing that with that too, but that, that seems like a very stigmatized word. And to not want to be a part of that community because it sort of means like dis is, is not right. And then it's almost lower in the social totem pole or "less than" or "not able to be to sit at the table with the rest of society". Um, and so that is, is really hard to sort of navigate that as a young person. Um, and I think that that isn't what's true and I feel like that's what's really beautiful and important with this podcast. So we're just going to try to deconstruct that conversation to truly show what is disability and what are the true abilities that people with this quote unquote disability can in fact do. Um, because people are very dynamic and we do have lots of meaningful things in our lives that we care about and there's meaningful things that we do and there's lots of different ways to do things, which I think is really beautiful. Um, and that's what I'm learning in my occupational therapy school too, is that so much of what we do is adapting activities. So it's like how can we maximize the independence that someone is able to do? Um, and even being able to direct care is something that we could say a person is independent and being able to do activities x, y, and Z. Even though looking at them, you know, sort of a larger society, it was like, oh well maybe their bodies can't do these things because they're limited in mobility, whatever, but they're still able to direct all this care. So this woman in class, we talked a lot about like she was able to tell someone else how to make cookies even though she wasn't actually, she found that picking up all the utensils and making the cookies was difficult for her. So she, you know, told the woman the recipe and told her the steps, what to do. So it was just kind of cool that she is independent in doing that in

a way. So it's just like a different way of thinking about things and that like, things can be done different ways. It doesn't have to be that one way. Um, and there's so many other ways that we can do any type of these activities. So I think that that's what's helpful here too, to really broaden and understand what this community is about and then seek that pride that like, yes, I am a part of this community.

Speaker 1: Yeah, totally. 100% there with you on everything you just said. Um, I'm wondering, Sarah, what was your..... so that story I just told wasn't my first taste of necessarily like pride... Did you have a time when you first kind of realized maybe this thing that had felt shameful that other people had been scared of? Was there a time when that kind of flipped and you started to realize, oh wait, this is something I can be proud of?

Speaker 2: Yeah, absolutely. I have, um, I think two stories on that. One of them will sort of lead into how we met. Um, Nikki and I met back in 2014 and I had been a part of this really awesome summer camp in California that is called Camp Winning Hands and it's for children with limb differences to come and spend a week with other kids with limb differences and to be able to do all of the activities you could do at camp. So we have like a rock wall, we have horseback riding, we have pool games and everything is very intricately programmed to help just be camp. But then also offers this like really beautiful, authentic opportunity for kids to be able to connect and to see like, oh they're carrying their cup the same way that I am. And you know like Oh we do these things too. So it just, yeah, and that's true. I mean with your Miss Iowa, that's how our director had found you and they invited you to, to camp. So I'm so thankful

Speaker 1: I'll always remember that it was the week after I was done being Miss Iowa that I flew out to you guys because I remembered that it felt funny that I wasn't wearing a crown at camp, which... how ridiculous is that for me to say? Like it felt strange that I didn't have a crown on. I had cause of the crown really was a part of my uniform for a year. It really had been for a whole year, every day my, my uniform. So I remember being at that camp and it was my first adjustment t, "Oh, you can still do this work without the outfit that you're used to wearing." And that was a good thing for me. That was right.

Speaker 2: So, so thankful the camp. I think we are watching or sitting down archery. I think our kids that we were playing archery or something and we both sat down at a bench and just started talking and sort of built this really beautiful friendship as a result of that. Um, so an area why I started to feel that pride from camp was then I had parents asking me questions about like, "how do they navigate these things with their kids?" And then I had like, you know, this girl asks me like, "how do you feel beautiful when your hand looks like this?" And, that was really was hard because I couldn't tell this parent, "that I really don't feel beautiful and I truthfully had like very terrible self esteem and very terrible self image because of all these messages I received and what I thought and believed with myself." I didn't think very highly of myself. But I couldn't be like, "oh mom. I actually feel like crap all the time and I don't feel I'm worth anything and I'm very anxious and I don't make friends. And I like have all of these social anxieties." Um, there was, so I still had to start telling them, you know, like, Oh, you know, it's fine and you are still beautiful and, and all these things that I believed and I'm sorry that I knew. Let me clarify that. These are all things that I knew but I didn't believe. Sure. So I had to start believing that. And then Nikki, you, when we met at Camp, you had asked if I had

heard about The Lucky Fin Project. And I was like, no, tell me this. Cause I am just learning how to be a part of this whole camp world too. So, The Lucky Fin Project, can you share what it is?

Speaker 1: Yeah. So The Luck Fin Project is an organization started by a mom, Molly, who went looking for resources and answers when her daughter was born with a limb difference and couldn't find them. So she was like, fine, guess what? I'm going to be the person to actually build this community and figure it out. That's exactly what she's done. Um, so really it's a community to connect parents and family members and kids who specifically live with a limb difference. And it's called The Lucky Fin Project because Nemo was born with one fin smaller than the other. And so therefore he is kind of our forever mascot. Oh yeah. It's a great community of people who are connecting online.

Speaker 2: Yeah. And so when Nikki had said that, I went back after camp and I googled them and I found that they have different merchandise. And so I bought a sweater and I bought one of the bracelets and then there's a sticker that says, "10 fingers are overrated." And I loved it so much and I thought it was so funny and I was like, "okay, I need that." And then when it came in the mail, I had a really hard time putting that on my car and I knew that I wanted to go on my car, but it took me like a probably maybe two weeks, maybe two to three weeks, because I didn't want to like label myself as being someone with a limb difference. And I felt that this is a conversation I never really brought up with my friends cause I didn't want to be like that person that has like their thing that they're always talking about. So I never really talked about it. But I never really talked about how proud I was cause I never really felt the pride. Um, at that moment in my life I was like younger. Um, so it took me a long time to put that on my car and then just being really anxious. Like, well, what are people gonna think if they see that this is on my car? Um, but it was so funny. So I finally put it up there and it was very uncomfortable. Um, and I had a lot of anxiety around it, um, because I was still working on deconstructing that stigma within myself. So once I had to let that go and then once I started to say like, you know, I am worth all of these things, like I am worth being here, I am worthy to be in relationships where I'm an equal partner, I'm worthy of being loved. Like I'm worthy on being accepted, I'm worthy to sit at the table, um, sort of with everybody else and I, I shouldn't be this like discarded member of society, which is what a role I had taken on and let myself live in for a little while. Um, so I'm pulling myself out of that. So I think that that was a really moment of pride where that was something that would then was publicly shared.

Speaker 1: Very cool. Very cool.

Speaker 2: Yeah. Like literally like this sticker is on my car so you can know nothing about me. I look as average as able bodied being inside my car. You would never know. But I am publicly announcing now that I do have something that's different and it's been there for five years. It's still there now. I love it. I love it.

Speaker 1: That's wonderful. That's so cool. I think back and I mean always, I feel like the conversation particularly about being a middle school girl, no matter who you are in middle school as a girl at sucks, you know, like there's no way to make that a great experience. Um, but I think for me, middle school was the first time that I really started

to notice that people would treat me in a different way. Um, I, I'll always remember, they're in seventh grade, I was on the basketball team. I was horrible. I was so bad. Um, but I was playing in a game and we were out of town next door and the ref blew his whistle for a timeout because my shoe was untied. And so I bent down to tie my shoe very quickly and the girls from the other team, the town next door were whispering to each other. And so you, I mean, you know, that they were whispering about me tying my shoe, but also being a grownup person now and having actual like life perspective, they probably were whispering about how cool it was that I could tie my shoe very quickly because you know, that's a basic skill that I learned to do differently when I was in kindergarten. Right? However, I remember being so upset and looking up from tying my shoe and I somehow verbalize something. I think maybe I just said like, excuse me, or you know, something Sassy like that. But that was the first event that happened in my life where I realized that my trajectory and the way that people addressed me in everyday life was going to be different and that, and that was something that I had no idea how to reconcile for very, very, very long time. And I think I just got used to either being defensive about it or hiding it and not talking about it. Those, those were the two options: You're either mad about it or you're hiding it and not talking about it because it's so hard to, it's so hard to start that conversation.

Speaker 2: It's so hard to like put that sticker on your car and say, cool, let's talk about it because you don't know how to talk about it. We don't. Yeah. To talk about it and like, how are you supposed to reconcile that at middle school age or even before that, at like eight. And I think that that's a lot of pressure on that. Like a lot of pressure on young people, people when they're trying to go through all of this other stuff anyway, like they're trying to figure out like, what's cool to wear your hair now. I mean that changes every time and just trying to feel confident and independent in themselves and still like navigating like how are we adults? How are we different than our parents? How can we build and be accepted? Right? Like we all just want to be accepted. Um, so figuring that out with this like added lens of having a very physical disability like that too. And, and even for disabilities that aren't so, um, apparent we're seen. And that, that's really hard too, that there's this extra thing that you're working with that can't be tangible by other people necessarily, that that could get really hard too, that you're trying to like work through all this and not being able to find that language that articulates what this disability is, can articulate that experience, explain it. If so, if needed, if you want to explain it, you don't have to. Um, but then also being able to say like, and I'm still equal and I'm still worthy, be here and I still have a seat at this table too, right? It's just, it's so many layers that when we are, that's what we're going to deconstruct.

Speaker 1: I feel like growing up a lot of people, the way that they wanted to talk about it with me was making it in an inanimate object. So lots of people named my arm or gave it nicknames and it actually it, they called it a, he is a, he did you, did anybody do that with, you know?

Speaker 2: People did make fun of it in a way. They said it was the girl with the Barbie hand, which I like didn't quite get because Barbie has all her fingers, but I think that they met, there was smaller, I don't know. I was, I was labeled as the girl with the Barbie hand and my like third, fourth grade class. Interesting. But no one ever named it. Nobody ever named it. I didn't let them name it. None of my plants have names.

Speaker 1: I don't know. Maybe as a child I was like, that's a great idea. Let's do that. I don't remember. But yeah, like my, my siblings call it "Wormy" and it was a guy for a long time. And also siblings of course, live in your space and understand you as a person. So that's, that's a different experience altogether. Right. That's not people I'm randomly meeting. In high school, I got called penis arm. I really did. Yeah. And they thought it was hilarious and I had no idea what to do. What was so upsetting. So I just laughed with them. I didn't see a penis until I was like 22 years old, Okay. Like, so they're saying this to this like 14 or 15 year old girl and I'm still like seven or eight years out from even seeing what a penis even looks like. It doesn't even look like a penis! It just happens to be like rounded at the end, but that it doesn't at all look like a penis.... now that I've seen one, by the way.

Speaker 2: That's so funny. I think the kind of cool thing is Nikki's arm looks like an arm and my hand looks like a hand....and that these are options and this is broadening the spectrum of human variation. These are things that exist. So to not be surprised that this is an option for what an arm and what a hand looks like because this is my hand and this is her arm I think is an important thing to share too.

Speaker 1: Will you share why we chose the name Disarming Disability?

Speaker 2: YES! So, we went back and forth on lots of different things, but we found that this name was really appropriate for us because we both are missing parts of her arms. So it sort of makes disarm funny, but also when we were looking up the definition of "disarm", it really means to take away the power and strength - and like weapons. That was the word that stuck for me, I don't know. Combating. Yeah. And then taking away the weapons from like another group. So like you can disarm a whatever, something that's coming at you. But the cool thing that we liked about disarm in that definition is that there's a component says that that says, "Through charm." Yeah. So there's, you know, like someone has a disarming smile. So if someone's really angry and it's going to come up and really aggressively than someone has this disarming smile and can use this time to take away that aggression and bring the conversation down to like, how can we talk about this on an even playing field? And that's what Nikki and I really felt that we wanted to be able to have this conversation where we can really disarm, if you will, through charm and taking away the aggression that can happen with the oppression of the stigmatized group of being somewhat disability. Cause there's like a lot of anger and a lot of stigma and a lot of insecurities and a lot of discomfort that come with these like social norms that we were experiencing that are very much against people with disabilities. So we wanted to take apart and dismantle and disarm, if you will. That's a stigma, but do it in this like very welcoming, very loving, very like authentic way because we felt that that's who Nicky and I are and that's sort of what our benefits are, that we can be able to have this conversation in that particular manner. And then we liked the disability aspect in that we, and we kind of were very intentional about this because we know that there's a very strong just like disability community and we didn't want to like disable that community. That's not what we were trying to say or disarm if you will, that community. We really wanted to with the definition of disability and really sort of deconstruct what that looks like and I think that that is very separate than what the community itself is. So we want to make a win whatever the delineations distinction distinction between the two. So we are really deconstructing the social stigma of the

definition of disability and it can be defined in several different ways. But, um, one of the ones like is that sort of like disadvantage that disability produces that it's like not able to do something that's missing some component of their body, whether it's like a physical or a mental or cognitive aspect that's not allowing that person to engage in their daily activities. And we believe that there's a lot of social components that are constructed that are preventing the access for someone with these disabilities to be able to actually do their meaningful occupations if they were all in their day. Um, so we really wanted to sort of deconstruct that social aspect and that is very different than the community of people with disabilities. Cause that's a very proud and that's very going and we're not, we're not taking away that word from that community. We're simply going back and really want to disarm and deconstruct the word disability, what that means as far as a social construct.

Speaker 1: Yes. Everything that you just said that was so eloquently said. I think I'm going to slide in here at this point to say, Sarah and I talk about a lot. It's very important to us that we are acknowledging who we are in the story and the fact that what we bring is our expertise but also our expertise is a very specific piece of the puzzle. So we just want to always be acknowledging the fact that we are both 20-something-year-olds who are white women and who live with a specific disability - That is a limb difference. You know, we understand that that is the piece of the puzzle that we come from and that of course makes our experience different from others. We are hoping that just through the ability to share the things that we've been through and just to share our experiences, um, that that will, will be, um, that vulnerability will, will connect with those who have other differences.

Speaker 1: And of course, then the other piece of that that's been so important to us for this podcast is bringing in the experts who can speak to the community as a whole and who can speak from other areas that we are not experts in. We're not claiming to be experts, we're experts on our own experience. Correct. So, yes, the last thing that I feel like we should chat about is just why. Why here and why now and why is this important here and now? And we've spent some time talking about this and I guess just to start, I would say is that both Sarah and I have, over the past few years of our life, a big chunk of our life has been really focused on studying and meeting people and figuring out what this word and this community that is "disability", what that means. We have spent our extra time, researching and reading and meeting people and just like really investing and trying to figure out what are places in the world. And so I think a big part of that is we both are in a place where we now have made cool friends, and we want to bring in to chat with you. We have we have experiences that we've kind of talked through and lived through and are ready to share.

Speaker 2: I have also like thought very deeply about a lot of these things in different aspects. So we've, we've sort of mold them over in our heads and how does this relate to our life and what is it that we're experiencing and how does this relate to larger communities too. Um, but also something, our studies that we found that there's so much work that so many people have done within the past, like, you know, whatever, a hundred years or so. Um, but people don't have access to it. Yeah. So like these are theories that are available. These are movements that have happened. These are policies that have been written. Um, and I like very public things that have come up, but we just, we're not

learning about them and our sixth grade classes. So there's so many things that we've learned and experienced through our reading that like, you know, articles are written in 1963 like this has been around for awhile, but we just didn't know it.

Speaker 2: And, and these things would have been so helpful for us to have known earlier in our life and why are we not hearing about that? Why are we not talking about these things? Why are they not included in our classrooms? And again, there's lots of stuff. I know, I know, I know I can't be real excited right now. Um, but like these are things that should be on a national level. And I really feel that we're like in a very big, like social movement that's happening and has been, like so many people have been working so hard to make this a national level. And I really feel that we're, it's happening now and that we're in the brink of it being like a social movement. I totally agree. Um, so I think it makes sense to like just be another voice. Like let's get more podcasts out there, let's say more images of people with disabilities in social media. Let's get more images of people with disabilities in movies and commercials, you know, and all of these things were becoming more "seen."

Speaker 1: I also think we are learning to organize....which is silly because there's so many amazing people and groups who have done the work (Example: Access Living) and I acknowledged the fact that this ball has been rolling for some time, but I really think that it's actually gaining the momentum that it's deserved for a long time. I really think that people are starting right to turn their heads and pay attention.

Speaker 2: And I think that like our society is now willing to listen. Yes. I think that these are things that have been said and I've been shouted and I've been like very publicly seen for awhile and I think that like we just weren't ready as a larger society. I think that there's other things we're working on and now I really feel that people like on an everyday level or like more willing and ready to have this conversation. So we're here to be another voice to help amplify everything that's been done.

Speaker 1: Yeah, totally. I mean, and I feel like, yeah, just like what you said that struck me as, especially in like preparing for this podcast, we're passing articles back and forth to read and we're trying to be as best prepared as we can be when we're bringing these experts to you. We want to at least like have appropriate questions ready to ask and yeah. So you, you'd like pastor an article over to me that I was reading and I'm 28 years old and this is something I, in reading the article, what I was reading, I had experienced my entire life but didn't understand the model that it was explaining. I didn't understand the words, um, to, to verbalize what happening. I like, it was so enlightening and such a real way. And it, part of it makes me mad that I'm 28- years- old and nobody's given me this information before.

Speaker 2: RIGHT? And this was written in the 1960s! The information exists. It's been researched and it's been studied and proven. Like there are theoretical models and theories.

Speaker 1: So we just want to help be the filter of that information and make it easily accessible to you and connect you to people who, who really have done amazing foundational work in the disability community.

Speaker 2: That's what we're here for and that's what we hope. And that sort of like the big goal of this podcast is really to help deconstruct the social stigma around disability and whether you have a disability yourself, if you identify in that community or you have someone that you love, if it's a part of this community or maybe you work with people that are in this community or maybe you don't know anybody as intimately, that's a part of this community. Like this really is for you and for all of us. And it's also not limited to people with a specific disability. I know Nikki and I sort of talk about from this, our perspectives will sort of come from our life experiences that we've had with our limb differences, but that doesn't mean that it's only about people with limb differences.

Speaker 2: Like we really want to be mindful and inclusive of anyone who identifies with disability, whether it's physical or whether it's mental or if it's cognitive, any of those different types of things that like you are here and you were seeing in your included, and you belong. I think this is a community here for you. I think it's also important to just help really see who people are, the dynamic being of who those people are and that they are more than their disability. Even if it is something that they're really proud of and that's, it's a large part of their identity. They are still like mothers and fathers, fathers and brothers and sisters and lovers and civil areola. Yup. It is to help bring to light that too and help broaden the perspective of what it means to be someone with a disability.

Speaker 1: Yeah. So if you like what you're hearing, please stick with us. We plan to run our season by picking specific what we're calling chapters. So we'll have a couple of episodes specifically coming up for you on just breaking down generally, "what is disability?" What does the history look like and just an of overview basics for you.

Speaker 2: And with each episode, we also have a coloring page feature just to help positively show images of people with disabilities doing everyday activities. Um, just cause we need more of those images and we know we need our kids to see these images. So they grew up with this being our norm and also who doesn't love color, but I, yeah, whenever you're doing, if you're like washing the dishes or you're commuting to work or going to school or whatever, like if you have a moment and you find this relaxing them, sure you have a coloring page so you can call her along with us.

Speaker 1: And we also will be providing a follow-up packet for every episode. Just thoughtful questions. If you are somebody who likes to write things out or needs to write things out in order to process, it will be up there. And it's kind of just simply guiding prompts for you to be more thoughtful if you want to. If that is a way to join the conversation that you enjoy. Um, so you can find those on disarmingdisability.com we will be coming at you next week.

Speaker 2: So, welcome! Have a fabulous day. Thank you for being here with us and we'll see you in seven days. Yeah, we'll take on the world. We got it. We got this guys, they're going to disarm the crap out of this. Yeah, I had to be a curse word. We are. We're going to start in the crap out of this. I don't know. You're just on the crowd out of this. We got it.

Speaker 4: We wait. Give special things to our network. Public House media for our intro beats, Jason Barnes at cybernetics, for our logo art Patrice: You can find them at [normal person's dot com](http://normalperson'sdotcom) and Matt Meldrum and Ryan Luwe: Our "two handed technical team."

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