



## Welcome Back: Season 2

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### **Commercial: Kim Meyer:**

This is Kim Meyer from Choose to Rise. Thanks for listening to the following broadcast on Public House media.

[upbeat intro music]

[Nicole and Sarah excited squeal]

### **Sarah:**

Welcome back!

### **Nicole:**

Season 2!

### **Sarah:**

Woot Woot!

### **Nicole:**

Hello! We made it. We are back friends. Thank you for being patient with us as we took a little bit of a Hiatus there, too make a couple big steps in life in addition to make a couple really cool connections to some really cool guests. We have been very excited to get it back on the airwaves with you and this is Nicole Kelly

### **Sarah:**

And this is Sarah Tuberty

### **Nicole:**

and you're listening to

**Nicole and Sarah:**

[Said out of sync]  
Disssarminggg Disability!

**Nicole:**

Maybe season 5 will get it right?

**Sarah:**

Maybe it's kind of fun. I don't know maybe that's sort of part of the process.

**Nicole:**

We're just riding along in the car with you or were at work with you sitting at your computer not working. You know, like that's what we're here doing today. That's exactly why we're here with you. And for whatever reason however, you have stumbled upon us. We just want to really welcome you into our space and yeah, just we're excited to have you here with us again. This this journey for Sarah and I is just really a passion project and we love bringing experts to you and having excuses to talk to each other. So thank you so much for joining us.

**Sarah:**

Yeah, well in their topics that we really believe in and and it's been really beautiful since beginning this podcast. I think if even if it didn't go anywhere, it just is like this in content is important that I think should just exist in the world and then within the past year the level of like connection and opportunity that has happened and the level that people are really connected with it has been so um, humbling, and I've been very blown away by all of those things that just keeps reconfirming that this is important work that needs to be done and I just am so thankful that I'm able to be in a space to be able to do the work and that's really exciting.

**Nicole:**

it is and you know, yes, I just like agree with everything you just said and and if you're maybe somebody who's listening and for whatever reason kind of hopping in on season 2 episode 1 Sarah and I are 2 twenty something year old's who were born with limb differences. So I my name is Nicole. I was born without my left hand. So my left arm goes just below my elbow and then stops and then Sarah, will you share about yourself?

**Sarah:**

Sure. Sure. So my hand grows to about my knuckles and it stops at that point. And then I had a couple of different surgeries when I was a child through Shriner's Hospital and the first was a toe transplant surgery. So I have small toes results of it and they took, my surgeons took bones for my toes and put them into my fingers as part of a research and potentially that would help me grow a little bit so I could get a little bit of growth at the end of my knuckles that maybe would be functional. It ended up being, you know, sort of there's lots of sort of mixed results on that particular surgery. And then the second one I had was a web deepening, so I wasn't born with the ability to oppose my thumb. So again, my surgeons at Shriners Hospital were able to create a thumb.

For me, which is really exciting and even just follow up. My surgeon is Dr. James and and then her Father. Dr. James senior both did the first surgery, and she's going to be a guest later on in the show. So I'm really excited for that which will be a really beautiful sort of Full Circle.

**Nicole:**

Yeah. Yeah will tell you, will deep dive kind of into what this season how it breaks down but certainly bringing in people and experts who have literally been a part of our journey and affected our life just makes it that much more cool. That's that's what we're doing or hopefully that's what we're trying.

**Sarah:**

Yes! Yes. Yes, it'll come and I think quickly to go back to the note that you said to that like, yes, we are both to sort of late 20s white women and we both know and like we recognize and we own that space and and we're not going to try to pretend that we're not those things and we're not going to try to pretend like we know all the experiences everybody we can speak from our own space and we know the lives that we've had and the variety of things that come with the lives that we've had. And then we try to be really intentional to connect with experts and to really connect with you know, what other individuals and voices are saying within the community. So I just want to say that like, we acknowledge the space that we come from and really own that and and own that space.

**Nicole:**

But also I think part of what we've acknowledged that maybe is not so pretty that we're trying to fix is the fact that the current culture is teaching the younger generation still what we were taught still this idea that that kids who look like us aren't going to be aren't going to live in an ableist world, right and that's simply not true. So I feel like

that's part of kind of the facts that were facing and this is a way to kind of try to write that and to try to kind of infuse our way into the culture and be the reminder that this disability world isn't scary and everything that you think and feel about your beautiful child is true and is still true when you embrace that disability Pride, right? There's just a lot of answers on the other side of this bridge that you cross that you don't have until you're willing to cross that bridge. So come on! Journey with us. A whole year has past, so many things have happened!

**Sarah:**

Ahh!!

**Nicole:**

Sarah! Sarah, you have graduated from school. We are going to actually highlight Sarah and a Sarah because she has all of the credentials that she now has which I'll make her list in a second to join us as an expert.

**Sarah:**

[Excited squeals]

**Nicole:**

Okay, in a couple of episodes down the road. She will be our expert and she's really going to talk to us about the focused work that she did and what she learned and kind of what that looks like going forward but yeah, Sarah tell us about graduating and and what we call you now like?? How many letters do you have right?

**Sarah:**

Right? Um, so yes in September, I officially graduated as a Doctor of Occupational Therapy. So I have a doctorate degree. So now I am Sarah Tuberty, comma OTD, which is the Occupational Therapy Doctorate and then comma OTR which means that I am Registered Occupational Therapist. I took my board exams and I passed them. They were very intense and kind of scary but I made it which is really fun. And then I'm right now applying, I'm in the end of the application process for being licensed, I will be licensed to practice for the state of Pennsylvania. I've moved back to Philadelphia and I've picked up my job as a flight attendant while I'm waiting for board studying and Licensing and all those things and then really sort of moving forward in this alternative Occupational Therapy world, which is really exciting. So it feels great.

**Nicole:**

I am so proud of you! And I am speaking for the world right now. We are so proud of you.

**Sarah:**

But yeah, so it's just really lovely to be on the other side of that and to really come out and be graduated and I wrote my doctorate dissertation and I presented on that and then I got the email from the library that was like "Dear Dr. Tuberty, Congratulations your paper has been accepted" and I'm like, oh my God whaaaat?

**Nicole:**

We started adding that like if you're like, I guess you've sent me a lot of emails so in I feel like I would have noticed. Does it say Dr. Sarah yet?

**Sarah:**

It says "Sarah Tuberty comma OTD"

**Nicole:**

Okay. All right. All right.

**Sarah:**

That's that's not a medical doctor, but I do have my doctorate so it's sort of like a funky funky space. But yes, so it's been it's been really good. I'm really proud and it was a hard program it took three years to finish and but I'm really proud of all the work that I've done and truthfully that like reflecting on the person that I was when I started the program. I felt that I was pretty like awoken to things and I felt like I was pretty confident myself and I wanted to go in because I knew that I wanted you know, I knew that my whole life was was a lot of like adapting and I felt that I wanted to help others be able to create access and adapt but really like I know we talked about in season one, but like all of my disability Studies classes really like shook my life in a way that I was not anticipating and so much of the like theory that we were learning in school and the different like types of intervention and the different theoretical models for understanding people and place and context and time and who they are and what is it they want to do and what are their barriers that are facing and how can we help work with them to to create access in the things they want in their lives in? And then realizing that like, oh wait, you're you're talking about me. Like these are all the things that I've had to do on my own my whole life and and just completely freed myself from myself, which I think is has been the most beautiful thing throughout this whole process and just I feel that I'm such a better human and that I'm able to give some anymore just

better things the world and then there was a lot of really like looking at myself in the mirror and and needing to address a lot of these very deep-rooted insecurities that I wasn't addressing and it's been really exciting and I am so happy for the person I am today and just knowing that I have changed significantly and I've grown so much in the past three years.

**Nicole:**

Yeah, girl. Yes, I am so much of what you just said. Like I want to ask you more questions of but like that is full teaser of things that we will be digging into when it's like Sarah's episode hits. So much of that, I mean the fact that disability studies rocked your world like I'm going to have 12 questions about that for you. So be prepared. yeah, like just what what an accomplishment, you know. It's just again. I'm just so thankful that you are somebody in the space who is stepping up and stepping up in the sense that you understand that there are gaps to fill and you're willing to do the work to fill those gaps and it's not just because you're looking for attention. You wouldn't have gone away to school for three freaking years. You know what you're after.

**Sarah:**

Right right

**Nicole:**

like like you are you're here for the long game you're here for the endgame you're here with my community and I just think that that's just so so so incredible and so important so I'm just so thankful for you doing all of the sleepless nights and for continuing to hang out with me. Okay, thanks.

**Sarah:**

Oh my God. Oh my God, of course. Thank you. So fun things Miss Nikki. You have some really cool developments happening in your life. MmmHm, can you share with us some of those?

**Nicole:**

Guess I was about some of those since we last saw each other I got engaged!! Yeah, I got engaged Nate is now my fiancé which by the way I've decided is the stupidest word on Earth saying it in casual conversation is impossible, impossible! I've now been engaged for over a month. So in theory, I'm had plenty of time to like practice the word

fiancé but it just sounds my "my fiancé" like there's no way to like say casually right like I feel like I have with my fiaaaanceee Nate fina- fiancée, I feel like I have to say it and like like twirl a bottle of like wine.

**Sarah:**

With Champaign and like eat a piece of chocolate afterwards. Oh my fiancée is taking me to Italy.

**Nicole:**

So My My upgraded boyfriend Nate.

**Sarah:**

[laughs hysterically]

**Nicole:**

So we are planning a wedding and its so exciting. Mmm. But yeah, I know he he actually really managed to surprise me, he was so excited. We went out with his whole family on a whale-watching tour and at Sunset he was like, let's go get a picture and like his dad had brought on vacation the nice professional camera, but and so as his dad, I don't even remember taking a picture, but we did indeed take a picture. And then he proposed with this beautiful like background out on the water. It was lovely. It was so sweet and it felt really really like I thought I would be somebody who would be really embarrassed if it happened in front of people, but I wasn't and it felt so special to have his whole family like there and watching it because then they were all part of it. So that was really good. And yeah, and it was like, hey, I was totally speechless. He totally surprised me. So now we're in the middle of planning a wedding, which is insanely stressful, but also very exciting and I'm actually would like to ask you you a question now. sure. Okay Sarah.

**Sarah:**

Yes?

**Nicole:**

Sarah we are planning our wedding and planning all the people who are special to us who we want to be there. Will you come be a bridesmaid in my life?

**Sarah:**

Did you just ask me to be a bridesmaid on this podcast?? Oh my God!! Nikki, I'm crying!!

**Nicole:**

Well, we were, as we were talking about our people and like who we wanted to be with us that day all everyone we came back to your like who are the people who are like family who are the family like who knows our family and who knows us like who has been a part of us and obviously you are continually a name. So, will you please come join us?

**Sarah:**

[crying]

**Nicole:**

Its going to be so fun! Its going to be a party!

**Sarah:**

I'm so excited. And I am so honored. Ah like, Ah it makes my heart so happy and I am so excited for you guys. Because I know you, and I know Nate, and I know your relationship with Nate and like and the way you support each other and work through things that come up. the things you talk about and it just is so beautiful to be like "wait people can be like this" like I can stop dating these your whatever people I don't know.

**Nicole:**

Hey girl, a partner is to allow you to like be you in a relationship that exists that's real and they're like great to hang out with and eat tacos with to and such a bonus.

**Sarah:**

That was so, Nikki!. That was so beautiful, we've been talking for an hour and you didn't even allude to anything!

**Nicole:**

Oh my God.I had to work so hard on my secrets!

**Sarah:**

AHH! And then you were all here with us for that, so you are all apart of this too! And then I cried.

**Nicole:**

Also in this time too I transitioned jobs and Nate transitioned jobs. I work for this new company Really love that's really fulfilling and they got his dream job working for the Chicago Cubs. So that also has been really great to so it's been a big year of just like a lot of big changes, but in really really positive ways and I feel like in ways where, um before we started recording you're talking about kind of like cultivating and shaping and like choosing and kind of patching together the way you want your life to look like and you may have to like do things or or take paths that are side pads, but you know, eventually that these pads are going to kind of like leave together and I feel like the past year has been at least a little bit of weaving that you've been trying to work towards have actually started to happen not you know, not all on big picture things but kind of on like a personal home life things things have really started to weave together. So it feels it feels nice. Should we talk about what season 2 looks like for people?

**Sarah:**

Absolutely! Okay. So we have a lot of really fun things are happening in season 2 I think so we're continuing on with the chapter system like we had done in season one. We felt that was pretty effective. We got good feedback as a result of that also. Thank you for those who like all of the messages and and for those of you that filled out the form all that stuff was really helpful and we really appreciate it. And we absolutely heard it. So there's some things that were actively changing in season 2 some things that we knew that we wanted to change going into it before receiving feedback and then integrating that feedback. We're like, yes, we really want to take some of these things on. So for the next season, we have our three chapters and the first is going to be the medical model. So I think really exploring and speaking with like healthcare Professionals in what does that look like as far as medicine in the world today? How is that supporting individuals that are encountering or navigating the healthcare system? So we have three different speakers from there should be reall exciting. That's a space where I'll be sharing what my thesis project was and just really cool to see and to really like explore the medical Model A little bit more which would be really cool.

**Nicole:**

I'm so sorry to interrupt you, but I selling so adding to it. I feel like the medical Model A version of it gets a bad rap because it really is you know us the people with disabilities feeling like we are nothing more than like a diagnosis or something that needs to be fixed. And so I feel like the people that we have found to bring in as our experts are just like quality caregivers who very much understand that and who have integrated into their lifestyle and into their work really good ways to see the patient as a person, right? and to not beat medical model. So I just wanted to tack that on there about that and

**Sarah:**

Then the next chapter that we are going to talk about we are talking about disability and sexuality and and we know oftentimes that people who identify within the disabled communities or the disability communities are often seen as asexual that like, they're not, you know engaging in any type of like intimate relationships or any type of like actual like sexually related practice, you know, because it's like and I know the internalized ableism that I felt is kid. It's like well, why didn't anybody be with me because I'm broken. So just feeling like I'm this less than human and not sort of like worthy of relationships or worthy of intimacy or sort of like how does that relationship between like somebody who is both a partner and a caregiver and sort of really exploring what that looks like and then sort of like what gender identity looks like in conjunction with somebody that is identifies with having a disability. So again that sort of like intersectionality of those different types of things and sort of like, how can we be seen as somebody worthy of or like be seen as somebody who's worthy of like love belonging and who is like able to love and belong to other people and not just like intimate partnerships but also Intimacy in a sense of like having close friends and feeling like really connected because sometimes medical complexities really, you know, create significant barriers for like going to a coffee shop and hang out with a girlfriend is something that is very large barrier for some individuals to be able to just go out and do so that has a negative toll on what our relationships look like so really excited for that section. We have three speakers and then our final section doing a show with that as Nikki?

**Nicole:**

Yeah. So in our last section so so much of the fun and good feedback. I feel like we got from the first season was just people really wanting to be active. How do we get involved? What can we do? Where do we go who are the resources which obviously we feel like every expert we bring to you hopefully is kind of a new spout of oh, that's a person, that's a connection but in our third chapter this year, we really want to focus on organizations and people who are actively actively doing disability changed disability movement kind of activism part of being in this community and what it looks like to be an activist in this space because again, once you kind of wake up to your disability pride the other thing that you wake up to is this idea, idea of Oppression and this idea that we still have a lot of rights that were fighting for and if that gives you pause as you hear me say that I just encourage you to look at civil rights movements, you know, the women's movement flows into and you can go back and listen to our history episode to kind of be reminded of this but the woman's rights flow into race

rights flow into disability rights it all they all learn from each other they go they all kind of flow one to the other. They really kind of not hold hands, but they have a lot of parallels that are common themes. And those common themes are the fact that there are still writes that these groups are actively having to fight for it's not an even playing field and what are ways that we can actively make it an even playing field or ask that our country acknowledge and make changes for it to be more of an even playing field. Where Is equity, is the word right? Where's the equity conversation? Anyway, so with all of that being said, we have three amazing people to bring to you who are activists in the best sense of the word and who are actively making incredible changes and also will be able to share with you where they really cool ways to get politically active if that is something you're looking to do.

**Sarah:**

Yeah, and I really like that that space to hopefully having like really tangible tools so not

Like ideas of like okay, this is maybe a space I get to get into but really building in. What is that language? How can I walk into a space and feel really armed with the the tools to be able to have an appropriate conversation that will be able to lead to change or try to find those new action steps versus like okay, 'These are really cool ideas,' But that's I think sort of the goal is like really having like things that hopefully you can take with you and and be able to use.

**Nicole:**

Yes. I feel like all the guests that we have pulled have figured out the incredible tool box of not just I'm here making noise in in my own space, but here are ways to actually become a community and here are ways to collect the right data in order to bring forward correct statistics to people in order to sway conversation. You know what I mean? Like they have really really good tools in their toolbelt to share with us and much more about to share with us. So super excited for our entire season and I think we have amazing like we guys we have amazing experts this season, I cannot wait to jump into conversations with them and I cannot wait for you to be involved in the learning of as we go through this what we learn and what we're sharing. Yeah and to get engaged with this information.

**Sarah:**

Yeah, and just the the speakers that we have like are truly change makers like they are leaders in their fields and then just so humble that they're willing to take time out of their lives have this conversation which just like helps we confirm that this is so

necessary and important and that we were able to pull all these things together to help to help you to help your family to help, you know people that you're working with or whatever that looks like and that they see value in these conversations and are willing to take it out. It's not just like "oh sure, I'll do Sarah favor", you know people have reached out to us. We've had like really incredible people reach out to us and say "Hey, you know, if you need the speaker were willing" or you know, we would love to be a part of this conversation and like really prominent individuals, which is really really really exciting and just it's gonna be amazing. And then we have a really exciting project to that. We've been building and that's like a really fun way to grow and expand the podcast further than being sort of us reporting in I'm in a hotel room right now, and I know that you're at home, but can you share what our project with University of Northern Iowa?

**Nicole:**

So yes Sarah we are so excited, too. Into going into University space and we actually are going to teach an entire day long Workshop forward to calling it The Disarming Disability Leadership Workshop and for a whole day we get to work with college students and we're going to talk them through, you know, a little bit of what disability history looks like a little bit of how Sarah and I got active in the space and what are stories maybe but really the idea is to empower the next, empower the Next Generation.

And where do you feel like your voice is? What gaps do you see? How do you see yourself getting active in those spaces? And we are just so so so excited to be welcomed into that space and to have an university just like not only welcomed us with open arms, but really to just like embrace us fully and to allow us to just like come in and do our thing and learn and grow together with them, is really special. So we're just so excited to go into that space and to expand out from our podcast and make make our connections real life. You know, this is a real-life connection to the Next Generation that we're making and we feel like that is so incredibly important

**Sarah:**

and just and just so find that it's like like really connecting the work from generation to generation that it's not like every generation has to restart everything or it's like Man, like this is something that we need. It's like oh, yeah, you know, you know people working on at like 15 years ago and but really helping to facilitate that that connection and facilitate that education so that people really are taking the next steps. And so that if we can kind of cut down some of that that middle room there or just feeling like yes, you can do this and that you can take on and make change here as a college student and

and maybe that shapes people's careers. Maybe that shapes what sort of interest in which would be really lovely, I have no idea, but just giving them that space that like, hey, these are options, these are things we need to talk about and really, how can we as the generation that is moving into leadership roles, you know sooner in the you know, social political and economic climates, how can we really make sure that we're setting them up for success when they become those leaders to and making positive impacts for them. So I'm really just! Ah!

**Nicole:**

I'm so excited good stuff. It's good stuff. So we're so excited to continue on. Please stay with us this season. If you again for whatever reason are joining us at Season 2 Episode 1 we encourage you to hop back and dabble in season one, if nothing more listen to that first episode, so you get a little bit about a little bit better context about who Sarah and I are and why we're here and kind of what our backgrounds look like because we have a fire in our belly for a reason and these are lived experiences that we've had and we just see this gap that were passionately trying to fill and and we're so thankful that you're choosing to listen in and be a part of that Journey with us because we think it's important and we want you to be along for the ride.

**Sarah:**

Yes. We appreciate that. You can check out our website at [disarmingdisability.com](http://disarmingdisability.com) on the website. There is an episode page and within each episode page. There is a transcript of the episode so that you're able to access that there is also discussion questions just to sort of help digest and reflect what was sort of talked about in each of the different sections and then you can reach out to us through a [disarmingdisability@gmail.com](mailto:disarmingdisability@gmail.com). If you want any questions or if you want any types of connections, or if you're interested in being an advocate profile, you can send us an email there. You can also check out our Instagram which is @disarmingdisability. You can send us a message there we check that out. If you're interested being an advocate profile. We absolutely love that and advocate profiles are people who just want to help the disability Community whether they identify as having a disability or not. It doesn't matter it just sort of any type of work that people are doing that. They want to share to help be a disability Advocate is what that space is.

We want to give thanks to our Network Public House media for intro beats. Jason Barnes with cybernetics for our logo art. We want to remember Patrice you can find his work at [normalpersons.com](http://normalpersons.com).

**Nicole:**

So join us here next week same time same place. We will drop this the next episode and Season 2. Hell yeah, Season 2!

Okay season 2. We got it. We got it. We got it. See you next week!