



Episode 11: Medical Model: Dr. Sarah Tuberty

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

1. What are the resources that you wish you and your parents had when you were growing up?
2. What are your coping mechanisms? Are they engagement or disengagement mechanisms? Are they supportive for you?
3. How can we better address disability with our children?
4. What coping behaviors do we see from our children? Are they engaging or disengaging?
5. What are effective ways for you to explore your barriers, (journaling, mind maps, song writing, art, dance, building something etc) are these methods helpful for our children?
6. What are the "sad tree" stops on your journey? How do you best make this a stop vs building a home here?