



Disarming Disability
Season 1 Episode 3
Adam Ballard: What is Disability History?

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Lindsay:

Hi, this is Lindsay one of the co-hosts of beauties and headcanons. Thanks for listening to the following broadcast on Public House media.

Jenna:

This is Jenna Bert host of the Confessions of a military spouse podcast here on Public House media. Thanks for listening to the following broadcast on Public House media. Once you're done with this episode. I hope you'll come check out my show Confessions of a military spouse where we dig deep and talk about the unspoken hard truths of what it's really like to be a military spouse a new show comes out bi-weekly. Don't forget to subscribe on iTunes. So you never miss an episode of Confessions of a military spouse. Thanks again for checking out the following broadcast on Public House media.

[Up beat intro music]

Sarah:

Hello! welcome. I'm Sarah Tuberty

Nicole:

and I am Nicole Kelly and welcome to

Nicole and Sarah:

Disarming Disability!

Nicole:

That was great. That was really it was happy that you're here.

Sarah:

This is a podcast that is deconstructing social stigma against disability.

Nicole:

Yeah, that's what we're here to do. That's what we're all about.

Sarah:

So for today's episode we do have an expert that is going to be talking a little bit more about the history of disability, but we'll get into that in a little bit first off. How was your week Nikki tell me what is your current? Favorite TV show Just For Fun sake

Nicole:

oh man. What is my favorite TV show?

Sarah:

Of the, Oh of the week.

Nicole:

Well, I'm a little bit behind on the bandwagon. But on Netflix, have you heard of the tidying up with Marie Kondo show?

Sarah:

Oh, yes! Yeah. I have heard of that.

Nicole:

So the whole internet has been talking about this show now for I don't know weeks now and I finally sat down and I finally press play and I finally watched it and this I watch it like many people have been inspired by the show to it helps you organize and kind of clean out the stuff in your life and really there for addressing issues of that you need to work through kind of. You can tell that she is the most intentional human being on the planet, every conversation that she's having she's really acknowledging the other person and what their experiences and she lives her life very intentionally and therefore comes into, well ,comes onto the TV show with a lot of peace and you can like feel her peace through the TV screen and it's very it's intoxicating in it's own way actually because everybody wants to be peaceful. Yes. So I've been inspired we're repainting my room. We are just like kind of redoing things. So yes, it's becoming a whole new place. My space is becoming a new space a new function way good.

Sarah:

and you're starting peace either starting to integrate peace in your life.

Nicole:

I am yeah, over the past couple of years. I feel like I've entered into that stage of adulthood where you kind of a figured out the people who you want around and the things that make you, you know, let a more a better balance than then your early 20s and maybe your midlife crisis that actually happens at 25 that nobody told you was gonna have

Sarah:

Yeah, it's your quarter like your quarter life crisis. It's real.

Nicole:

Yes! it's real. I have come out of my quarter life crisis is maybe what I'm saying? Yeah. I'm in a stage of my life where yeah, things are pretty peaceful and I kind of know the people I'm surrounding myself with and yeah, this is just a little bit of a good change happening around here. So what about you your life is all kinds of excitement.

Sarah:

Yeah, I started to take a pole dancing class. It's been so powerful and I absolutely love it and it's sort of building on some of my aerial skills that I've worked on before and I am learning it but I'm still like really awkward in my movements because I'm just embracing that ability to like be like pretty with my body, I guess because I think just sort of growing up I experienced a lot of stigma and felt a lot of shame with my body for a long time. So then doing this one very much like making all of these very like large and like movements with my body and I like using my body as an instrument sort of interacting than with this pole and then doing movements that are like a lot more fluid than what I'm used to is been very clunky, but also incredibly powerful the same time and I love it

Nicole:

cool. Well shall we jump into our expert of the week?

Sarah:

Absolutely Nicky you have and actually like really wonderful connection with our expert for today. Why don't you tell us a little bit more about him?

Nicole:

So I am just so elated and so thankful to introduce you. Well, I'm elated to introduce you to this person and I'm thankful for his presence in my life. When I was in I was in grad school two years ago and I was there for journalism here in Northwestern and I knew going into school that I wanted my focus to be specifically telling stories about people with disabilities, but my limitation was I was new to the city and I wasn't sure what the resources were or who to connect with so I just did a simple Google research to try to figure out what were the places here in the city that really serviced people with disabilities. Happened to find the website for Access living which is the huge Flagship. organization here in the city

Sarah:

I think even broadly like its massive Nationwide?

Nicole:

It's a seed of of there's lots of like Independent Living centers. It's technically an independent living all over the country. Yes. So yeah and happened to just I don't I probably emailed like info at access living.com right like the most generic email and it ended up being Adam who like bit back and ended up emailing me and inviting me into chat with him and have a conversation and he completely welcomed me as a graduate student. He introduced me to absolutely everyone. I was always able to walk into access living and use any one there as a resource for the stories that I was doing for school and he has just been the most incredible mentor and friend and expert and just kind of I don't know just just an amazing. Yeah, just an amazing Mentor in my life. So I'm so thankful for him and I am so excited for you to hear a conversation with him.

Nicole:

Adam Ballard is the housing and transportation policy Analyst at access living in Chicago in this role. He develops policy priorities and messaging and housing transportation and related planning issues, please welcome, Adam Ballard.

Nicole:

All right. And here we are with Adam Ballard Adam. Hello. Thank you and Welcome to our show. Thank you for joining us. So Sarah and I really are looking to you as our expert today to kind of give us a broad Strokes of kind of specifically in America. What what the disability movement and policy has looked like and kind of where that started and and almost who I guess our founding fathers were I don't know Sarah what you say. But yeah, we're where does that start in our history?

Adam:

Yeah. Well we can talk about some founding mothers and fathers from scouting has figures people. Who are I want to do that a little bit. Topic of what was disability like before movement started but that's a whole different discussion. So let's start with Berkeley, CA in the 60s. If I could say life people just believe largely not good in that great big prehistory time, but there's a lot of fascinating stories there too. Starting in Berkeley in the 60s some students at University of California, primarily Ed Roberts father for lack of a better word, of our movement and he was very key figure. He was a student of hers at that time. He had a friend in Don Galloway who was the black blind man was one of his best friends and they work together with some other disabled students at Berkeley at the time to organize for the right to live basically an integrated life on campus that time and Ed other disabled students were house. They're dorm basically was a wing of the hospital on campus so you can imagine that, you know going to classes in college stuff, you know, trying do things you do in college, you know,

Nicole:

But then you go home to a hospital?

Adam:

There's no dignity right?

Sarah:

You're around like nursing staff and doctors and there is no privacy. There's also not a lot of Independence in that aspect as well. So if your then go to this hospital and you're sort of looks "like recipient of all of this care" you know, and you know, if you're trying to have relationships with anybody or if you're trying to just be by yourself, you're now dependent on nursing schedules.

Nicole:

Yeah, try to get laid right??

Sarah:

But if you're on like nursing schedules and medication schedule, yeah.

Nicole:

Yeah. So we all agree. That's a horrible set up.

Sarah:

Oh my gosh. Yeah, that's not good.

Adam:

Great, we are all on the same page. I figured you would be a bad deal, Ed and Don and the rest of their friends with disabilities, some of them were blind like Don like I said or have other disabilities, but they decided to call their group The Rolling quads and they decided to basically go to battle with the university for their right to live in a regular dorm. Like anyone else. They won that battle Ed to kind of use that as a launching point and do a long and storied career. He was the first person with a disability ever to lead the California Department of Rehabilitation. He was their Vocational Rehabilitation director for a long time. That was a big thing. He's founded the first ever Center for Independent Living which is in turn will come back to you probably a few more times during this conversation, but it's for Independent Living are agencies that are staffed and governed by a majority of people with disabilities and do peer support advocacy services. But by and for Whom the disability Community the key term that is "nothing about us without us" which became a huge founding motto.

Sarah:

I think that "Nothing about us without us" became a huge tagline for entire movement. I think that's so important that if people are writing policies then the people in which the policies are going to be impacting should be at the table writing them, right? that would make sense

Nicole:

Before we got on the phone with you Adam were just talking about literal seats at the table. If you don't have a seat at the table than what can you do about it?

Adam:

One thing I like to say is that if you're not "if you're not at the table then you are on the menu"

Sarah:

Ohh I like that "if you're not at the table you're on the menu"

Adam:

And that's true for any group. Not just disability.

Now as work in founding the first center another figure that before mentioned briefly in passing from this time the first use that is rampant living then afterwards they were also in California one of the early better turn it moving was actually a woman named Johnnie Lacy. She also ran one of the early better interdependent living and she was the first black woman ever to have such a you know, a high position in the disability movement. So again figures that don't always get talked about the same as others will talk about as well. But it's important remember folks like Don Galloway and probably see where they're at the beginning and will visit some other folks as we go on. So, yeah, the movement was born in California the 60s and 70s the seventies were really interesting time at that point. Another key leader came on board, but from the East Coast so Judy

Heumann is another giant the early movement, she came from to New York her story. Is that had a disability her whole life like Ed Roberts, but she went to college and she actually got through college and got her, you know certification to be a school teacher in New York City. It could not find an accessible school to teach in and the York City Schools refused to work with her to help her find a placement that would work for her that was kind of her wake-up call and that's what how she got into the movement, her and Ed kind of joined forces in the 70s. They started taking disability work international while also fueling the movement in the U.S. One of the big things that they did together in the seventies was help make sure that a piece of one of the earliest pieces of wood it major legislation for the disability Community got passed for 1973. The Rehabilitation Act was passed. It's still kind of a bigger law on the horizon that we'll get to in a few minutes even now, I'm certain Provisions rehab act are some of the most important pieces of civil rights legislation that we have in the disability Community Section 504 especially says that the federal funding is involved in any program service reactivity, you're getting Federal money to do anything with your nonprofit or a corporate vendor. You cannot discriminate against people with disabilities in the provision of any programs services and activities funded by that money. And that still is a huge piece of the law day. We can't leave 504 yet historically either because Section 504 was also the impetus for a big part of the story of the 70s and I want to tell so it's Section 504 and Rehab act as a whole with tax in 1973. However, in 1977 for years later, there's still been no regulations. So, how are you know legislation works is you know, a lot of paths that goes into statute but then to actually Implement that long you have to write regulations that explain some of those details on how that law is going to work, right? So four years after the passage of Section 504, there's still been no regulations find actually implementing Section 504.

Sarah:

In making it an actual law do each of the different states write different regulations? Is that correct? Or is this because it's a federal law that then this becomes Federal Regulations at what point does this state interpret that?

Adam:

It depends on the law. Section 504 especially was the holdup because it was so Broad and so sweeping it basically impacted every metric major federal agency and they all had to come up with what their 504 regulations were going to be but primarily at the time and you know, there's been some real organizations with federal government spent but in the 70s the big the big department that was most impacted was the department of Health Education and Welfare and they were just dragging their feet or reviewing refusing to get their 504 regs in order. There's the leaders a lot of them Berkeley. This is actually where the first find out across the country though, but virtually again was the epicenter leaders and virtually including Ed Roberts Judy Heumann was living there at the time or at least traveling there a lot. I'm not sure the details but was there a lot but Ed, Judy, some new characters coming in at this point is a guy named Brad Lomax who was actually a member of the Black Panther Party, but also a

wheelchair user who's lived in the Bay Area he became involved with this time, but he helped plan. What I'm about to talk about these leaders came together and planned a series of citizens across the country on the same day. You wouldn't abilities occupied want to say at least about 20 Federal buildings.

Nicole:

Disability history! Yes!!

Adam:

Most of the occupations ended within a day or two. The flying back and forth you can print disability see try and negotiate to end the occupation. It happened after after about again nearly a month, I don't remember the exact number of days. It happened in San Francisco, Secretary Califano who is the head of the department of health education and Welfare at the time finally agreed to sign the way you can get them done.

Sarah:

It also amazes me that this happened in 77, with that was that it took this long for these things to happen!

Adam:

The world was still very inaccessible back then, and we held a federal building for almost a month. I would recommend for people listening to see some footage look up the Tower of 504. It was made in the 80s, but still the best document.

Nicole:

We will go ahead and link that to this episode, if you go to [Disarming Disability.com](http://DisarmingDisability.com) and go to this episode the Adam Ballard episode. You will find that right there within the episode. We'll link it there.

Adam:

Okay. So before I move on any other questions from you guys,

Nicole:

I'm ready. Yeah, we did it then also what happens next? I'm waiting. I'm on the edge of my seat Adam. I'm on the edge of my seat. What happens next?

Adam:

Was the class under the fair housing act so now discrimination in housing which the composition we could be a whole topic on its own but discrimination in housing and people with disabilities at least on paper illegal and we've made a little bit able to make a lot of advances and making how they accessible based on having the Fair Housing Act amendments. So that's important that happened in 1988. It kind of gets lost in the shuffle because what happens is two years later, but it's important to realize that their new cast of characters emerging it this time Judy Heumann still an important leader and movement during the 80s, but Ed health kind of worse than we can take that back and most of the 80s and he passes away actually, unfortunately in the early 90s in the 80s as a new task of leaders kinds of come to the fore one of these is a man named Justin Dart.

He is a Texan every picture you see of doesn't artists him sitting in his wheelchair with little granny glasses and huge cowboy hat. Yeah. Businessman, it comes from like some kind of Rich family. I can't remember what it is. Exactly but he's done well, but just the kind of guy who wanted to use his position in his the resources to help others and create and more importantly create lasting change Justin and his wife the Yoshiko is still alive Justin passed away in the early 2000s, but Yoshiko is still with us. I've met Yoshiko. I definitely pass a long time before I became part of the movement but reading you should, its like meeting Mother Teresa in the disability Community is not the best metaphor.

Nicole:

What I wanted you to say was Dolly Parton, but what you said is a much lovelier version

Adam:

I have actually met her, People who have meet her my age and younger who have met her at any point, even if you just meet her for about 5-10 minutes, she remembers you. She didn't touch, and some time will get postcards every once in a while that just say, you know, keep doing what you're doing "lead on and lead on". It was like Justin's Battle Cry.

Nicole:

That gave me goose bumps for real

Adam:

actually she's an amazing person. She is a good one to look up as well. And while we're fighting to have this ability added to the fair housing act. We know there's still more to be done to create access and public spaces, especially Transportation businesses than just other public accommodation. A lot of folks work hard together people in the community like Justin and Martha are working on this as leaders in the community.

I have a lot of allies who joins but this time someone who both Nikki and I have a lot of esteem for Senator Tom Harkin

Nicole:

my favorite person in the entire planet.

Adam:

Yes tennis champion for the Ada as it came together another person. I want to shout out another major Ally that doesn't always get as much attention as they should was Major Owens was a congressman from New York who was basically the foreign leader on the house side. So Tom Harkin ran points in the Senate can major Owens who was the black Congressman Gene York City was the main reason they got passed in the house Congressman Owens and Senator Harkins work. The ADA gets hammered out. It gets to the point where it's ready to go and things stop. It never gets called for a final vote. And this is the point where another iconic action in the history of this the disability movement happens. We just moving added a couple minutes ago, but at this point because the build not moving in the house.

Maybe yeah, I'm going to get some details wrong, but it's just all is not being called for final to know even though we know we have to do Captain the disability Community holds the march in DC, you know leaders like Marca and Justin Dart and yoshiko dart at the front of the parade Bob Kafka who was a key leader and adapted for my talk about really briefly towards the end at the front and this procession hundreds of people strong many of them in wheelchairs or on crutches or with guide dogs, or you know taking interpretation from an ASL interpreter this Army of disabled people marches down, Pennsylvania Avenue and hits in the capital at that point. No was a hundred percent sure really still at this point exactly how it started a few people have taken.

Credit for the idea but someone comes up with the idea for the parade gets there that you know, well, we usually get some people climbing the stairs of the castle at the time. The capital was barely accessible. It's not like an apple building itself was completely inaccessible but it was barely acceptable. There was one elevator one really tiny elevator that went up into the Rotunda from The Visitors Center beneath which was acceptable. But yeah, the only way you're going to get there was to take a really rickety old narrow height elevator to get up there that's not real access. That's about what the promise of the Ada is about. So to dramatize the fact that we're not being listened to a bunch of people think I've seen at least a couple dozen side. It is the estimate a couple dozen people get out of their Wheelchairs and start calling up the steps of the Capitol One of the first ones up the stairs is a nine-year-old girl remember her name right now, but it's nine-year-old girl from Denver. I believe she's interviewed by the Evening News, you know CBS NBC ABC are all they're picking microphones interface while she's climbing the steps. Yeah, and it's an amazing. There's footage you can find that it's amazing footage of the interview occur, but it's a really iconic photos of other people just struggling up the steps. But yeah, it was all over the evening news that night and at that point, you know Congress have been sufficiently shamed the bill came up for a vote within days. It can pass overwhelmingly later that summer

Nicole:

I apologize for interrupting. Can you just very quickly give the explanation of what the ADA is for those who maybe are joining and that is they don't know.

Adam:

Yeah. Yeah. This is like we were saying earlier using might break down even more another time, but just a little overview. Yeah, they're gonna do this is this please Act is huge. It has five titles. I won't go through all five titles because some of them are really technical but the idea is that we key piece of civil rights legislation for people with disabilities, you know, I didn't really mention this earlier talking about Berkeley but the movement when really born out of it inspired by struggle for civil rights, right, you know, especially the movement for black civil rights all for the women's movement. We are Liberation was starting out in it can see at that time and the community really, you know, just really Community said well all these other communities can use civil rights as their rallying cry why can't we and and we did and it's worked for the most part right of the Ada is a civil rights law that provides civil rights protection people disabilities to be

able to access public accommodations is biggest thing it done two things that I could say about the Ada just kind of philosophically real quick. Is that it both like promise and both frustratingly sometimes unrealised, especially in employment, you know, the Ada really does on paper have some strong Provisions that should make it easier for people to abilities to find and keep jobs. But the reality is is that our employment that it has changed significantly at all, even since the Ada Ada was passed, you know, and not for reasons of the Ada itself. It's old world we live

Lightly, but yeah, the 80s and unskilled frustratingly. Like it has hadn't reached its full potential at the same time. When I'm working in community work, especially in working with Community Partners who may be disability isn't there thing which is always gets me a little bit because my okay. Listen, if you're the food pantries, you're certain people disabilities. So this really should be one of your things. But anyway, yeah, it should be part of your frame them. If you're if you're a non-profit or any kind of do-gooder work, I don't care who you're focusing on if your frame doesn't at least include disability is part of it you're not serving everyone you could, we are everywhere we intersect we intersect with every other community, right? So anyway that pet peeve of mine when I'm talking with the Community Partners about how you know, they can do better at being welcoming and including people with disabilities. I often caution them like, you know, the Ada is out there and it's a good it's a good sign post, but it's really just the beginning.

Don't frame the question as what do I need to do become ADA Compliant because you can get the ADA compliance on paper and still leave out a lot of people with disabilities

Sarah:

And truthfully to in part of my in part of my schooling. We one of the projects that we did is that we had like the ADA compliance guidelines for bathrooms. And so we went into a public building and that was like ADA Compliant. So we had to like measure like how far away is the toilet paper from the toilet. How high is the toilet from the ground? Where are the grab bars? And like technically it was ADA Compliant, but if you were to actually use that bathroom, like it wasn't helpful, you know, like or and we also evaluated accessible parking spaces and so like yes technically like there has to be XML and however many times but like this is the accessible parking space and then the door opens up to like a fence that's around a tree. So like how can someone be able because you know, if we're trying to transfer someone in and out of a car like there isn't the space to do that so like not yes. Okay fine. This fits the guidelines but it's not practical. You're right. I feel it's not practical. Yeah, so like translating those things to be like, how can we actually really make sure that these things are accessible right?

Adam:

I advise people. Yeah. Yeah do ADA compliance but don't think you've done it. Once you're done with the compliance. Then you have to keep talking to the people you're serving and find out what they need still, you know, because because the other thing we talked about is the idea of creating access and a space for a wide variety of people because you know different people with different disabilities with different things and sometimes those needs can come into conflict or overlap with each other and that's

something that you have to negotiate sometimes like for instance will have meaning sometimes but actually living person big group meeting and in order for some people to participate in that meeting they need to make sure that every time someone speaks to have a microphone or you know, because of whatever reason they need Have Amplified voice in order to be able to fully participate at the same time. It might be people with different sensory needs related to you know to autism or other kinds of disabilities were being in that kind of environment where there's a lot of amplify those voices. It's not good for them. So it's like well, how do we split that distance where we're creating access for as many people as possible, right? And there's not a hard and fast answer to that. The answer is you're always in conversation with people you're always negotiating access is always a negotiation. So get your any Canadian compliance rate would keep talking to the people that are coming and find out what their actual access needs are don't assume right people have all kinds of invisible disabilities to even people with visible disabilities have other invisible disabilities. So don't assume, you know, and

Sarah:

I think it's really important to highlight that word access right? Because I think it can often be seen as like, oh this person has a need and I have to provide this and I you know, and I feel There's this sense of like burden on someone else like do these things whatever but I think that it's that like you're all were doing is creating access, which means that someone is trying to get through this barrier that they're not creating that is being created by this establishment of this group or whatever and all we're doing is opening up that door so that person can be able to access that and I think that that's a really powerful aspect where it's not like we're trying to undo all of this stuff or whatever because I think some people can kind of see like, oh, well, I don't have to change all this things about my building. It's just about like, how can we make sure that people are accessing all this information. So I think that's just an important words highlight

Adam:

that gets us through the history of the Ada another area that the Ada well, okay, so we have added a day address employment that hasn't had much success the area of the aviators. We didn't directly address was the fact that a lot of people disabilities are still on institutionalized and different kind of institution because it could be nursing home. It could be in a mental institution to could be a lot of different places but a lot of people disabilities. If they had the proper services and supports to live independently aren't getting like Services until the end up in institutions. The Ada didn't directly tackle that but nine years after the Ada passed. There was a Supreme Court decision in 1999 called the Olmstead decision that actually use the Ada as its base using the Ada as their their justification. The justices on the Supreme Court said that you can't institutionalized someone's a disability if they're able to live successfully in the community. This is a violation of their civil rights to do so based on what the Ada says. So, you know 1999 then now what 19 years even consult said, we've made some progress and Olmstead provides a legal basis for for people to now file a class action lawsuit against tanks or other entities that are responsible for institutionalizing people. So we've seen some games there but there's still a lot of people trapped in the still kind of get them out.

Hopefully, the next big piece of the puzzle is a piece of legislation called the Disability Integration act. National Adapt is about to launch this bill again. Keep an eye out. You probably include links information on the DIA Because by the time we were here that it will have been released. Again. The DIA disability integration act basically gets rid of what's called an Institutional bias and Medicaid so since so many people with disabilities are on Lower fixed income a lot of us qualify for Medicaid as our primary form of health insurance and Medicaid unfortunately has a bias where it would rather pay for institutional cares in home-based care, even though institutional care costs so much more. So not only is it like a violation of Human Rights is also makes no Financial sense. But in the DIA would stick better basically in the Medicaid's institutional bias and do some other things like some of the technical fixes so that it splits and system. All right. Now you have to seek exemptions from institutional care in order to be placed in the community. They would switch things around where Community Care would be what you're entitled to and if you needed institutional care for something else. Do you have to get that right, but the eyes are really important. It also includes housing resources because one of the big barriers to people not getting out of Institutions besides not having care is not having adequate housing. So DIA also has been having resources that will hopefully help get people out as well. So that's been a big Focus for a lot of the disability Community since the Ada. We're also focusing like I said on going on employment we even still have not really figured out how to crack that nut that we keep trying. My current role is focused on housing and transportation. As I said, I'm transportation is is again kind of a Brave New World when the Ada was written we got access to all forms of public transportation at the time but the public transportation world has changed a lot. Even the last year few years write about things like Rideshare. Yeah bike shares scooters their micro Transit all these private options that are coming into what was just a public transportation world and really complicating things but a lot of these Services don't

I feel like the Ada is subject to them because of how the Ada has written because it is written not anticipating the night. So we're in a lot of Courts analysis, but Unity across the country has multiple cases filed trying to get the courts to make it clear that you mean new service has to instill to by the Ada. But again is another area where ADA compliance is just beginning because the transportation world to look a whole lot different five years and it does now and so we're trying to really be at the front end to what happened with the old Legacy transportation system is the Ada came along later and it forced Transportation Systems to retrofit accessibility in right you had to go back and had to add list and ramps the buttons you had to find ways to get elevators and train stations where you could is all about forcing accessibility into an existing system night Our Hope here is not make that mistake again and build accessibility into as many of these systems up front so don't have to go back and through legislation and litigation. Fix it later. That's another big Avenue for disability world going forward.

Nicole:

Absolutely. Hmm, Adam, thank you. So so very much for your time and for your expertise and for allowing us to just berate you a question.

Adam:

No problem.

Nicole:

I think it's really important to Sarah and I so much of the lien and the importance of this is yes, we want to get right now. We're focused on Basics, but just looking at the community as a whole and and part of it is I mean we talked about access early making what's going on in the community accessible to those of us who are looking to know what's going on, but maybe aren't necessarily experts. So to helping to be a direct pipeline to people like you who are the experts and yeah providing information to get everybody up to speed and to know what's going on. So, thank you so so so much for your time again, I will happily bother you and buy you a beer or whatever you would like. Sounds good.

Adam: All right. That sounds good. We'll figure it out.

Nicole: Thank you. So so so much and yeah will bother you later. Yes.

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 Louis are two handed technical team. Bye. 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.