Disability Visibility Podcast

Episode 56: Parenting

Guests: Eliza Hull and Heather Watkins

Host: Alice Wong

Transcript by Cheryl Green

For more information: https://disabilityvisibilityproject.com/podcast/

Introduction

[radio static, voices singing with hip-hop beat]

LATEEF MCLEOD: This is the *Disability Visibility Podcast* with your host, Alice Wong.

ALICE WONG: Hello, all you lovely humans. Welcome to the *Disability Visibility Podcast*, conversations on disability politics, culture, and media. I'm your host Alice Wong.

Today's episode is on parenting with Eliza Hull and Heather Watkins. Eliza is a composer, writer, and producer based in Castlemaine, Victoria, Australia. Most recently, Eliza was the Regional Storyteller Scholarship Recipient with the ABC—the Australian Broadcasting Corporation—which enabled her to produce an eight-part audio series *We've Got This* on Parenting with a disability for the ABC. Heather is a Disability Advocate, author, blogger, and proud mother based in the Boston area. Her blog Slow Walkers See More includes reflections and insight from her life with a disability. Eliza and Heather share their experiences as disabled parents, misconceptions and assumptions about disabled parents, what they love about being parents, and missing narratives about disabled parents in media. Are you ready? [electronic beeping] Away we go!!!

ELECTRONIC VOICE: 5, 4, 3, 2, 1.

Introduction to Eliza's interview

ALICE: OK! So, Eliza, thank you so much for being on my podcast today.

ELIZA HULL: Thank you so much for having me.

ALICE: Eliza, would you like to just introduce yourself and just share a little bit about your background and anything you wanna say about yourself?

ELIZA: OK. Well, my name's Eliza Hull, and I live in Castlemaine with my partner and my 3 ½ year-old daughter. And I'm a singer and also a producer and just recently made the series *We've Got This*, which is about parenting with a disability. And I have a condition that's called Charcot-Marie-Tooth, which is a nerve condition.

ALICE: And this episode is on parenting, and I'd love to talk to you about your own experiences as a disabled parent. Could you tell me, I guess, when you were young, did you always want to be a parent?

ELIZA: Yeah, I think I did. I think I did. I think I actually, you know, when I worked through it, held my own kind of ableist attitudes in regards to being a parent, I think in many ways that it wasn't going to be possible because I'd been told that many times: that it wasn't going to be possible, and it would be too hard for me. So, for a very long time, I held that belief as well that potentially, I shouldn't be a parent. But deep down, I definitely always wanted to be a parent. So, yeah. When we fell pregnant with my daughter, it was very exciting.

ALICE: Mmhmm. And during the process of right before you had your child, did you hear a lot of conflicting advice, and did you experience any sort of discrimination or just barriers?

ELIZA: Yeah. I think some family members were worried about me being a parent. They were worried about how I was going to be pregnant, how I was going to physically handle it. And I have a chance of passing on my disability to my children. There's a 50% chance because my condition is genetic. And so, there is a lot of belief that that's the wrong thing to do, and whenever I saw a neurologist or geneticist, they would always say, "Well, why don't we test to see exactly what type you have so that we can make sure that your daughter doesn't have that disability." And then they also would often you know, not outright give their opinion, but offer advice as to potentially why I shouldn't be a parent.

ALICE: Yeah. I have a neuromuscular disability, and there's always the chance of passing it on. And I think it's always fascinating that there's this assumption that life with a disability is unbearable or just sub-optimal because there's always a lot of conversations around pregnancy as like, "Oh, as long as the baby is healthy." And oftentimes, there's a lot of conflation between healthy and being non-disabled.

ELIZA: Yeah, exactly. I totally agree. But I truly believe that the parent with the disability would have a far greater understanding of what it means to be disabled, and therefore be able to make the decision. I think that we get told all these different things by people, from people that are not disabled, and I just don't feel like they're the people that you should listen to. Because yeah, we live it, and I'm actually very, very comfortable with the idea of my daughter having my disability.

[peaceful music break]

Regional Storyteller Scholarship for *We've Got This: Parenting with a Disability*

ALICE: And you are the recipient of the ABC 2018 Regional Storyteller Scholarship. And for those who aren't familiar with it, can you tell me about this program and what prompted you to apply for it?

ELIZA: Yeah. So, it's a scholarship that's offered to anybody that's regionally located, so if you don't live in a city, and you live in a country or rural town, you can apply. And you also have to have a disability. And you go to the ABC, which is our biggest broadcasting corporation here in Australia, and you present an idea that you have. For me, I saw the offer there that they were offering the scholarship, and it was just absolutely perfect timing because I was already starting to develop an idea about disabled parents. And so, yeah, I already had the idea. I'd actually already done the first interview. And I presented the idea, and yeah, I was lucky enough to be the recipient.

ALICE: It's really great because you are the producer and host of the series called *We've Got This: Parenting with a Disability*, and it's part of the radio show *Life Matters*. And what was the goal of the stories that you wanted to share about parenting?

ELIZA: I really just wanted to represent parents with disabilities. I wanted people to hear their stories. For me, being a mother with a disability, I just felt like I wasn't represented. I feel like you get so many books and read this, read that, watch this, and there's absolutely nothing that was representing anybody like me or anybody with a disability. So, the first goal was to represent parents with disabilities. And then the second goal was to reduce the stigmas and misconceptions that many people have about what it means to be a parent with a disability. I think a lot of people still hold onto beliefs that parents with disabilities shouldn't be parents or that they can't be parents, and I really wanted just to show that these parents are doing it so well. And yes, they've had to make some changes and adapt their lives, but they are successfully parenting. And so, that was really the second goal. And also just to hear voices, more voices of people with disabilities.

One of the people that I interviewed was somebody that was sterilized as a child without her consent. And I felt it was important to show that a lot of people with disabilities have the right to parent taken from them. So, I also wanted to make sure that I included Chanelle McKenna's story, who is a lady that lives in Brisbane. And I had a lot of people that didn't realize that children are still being—and adults—are still being sterilized without their consent in Australia and in other countries in the world.

[doorbell chimes]

Chanelle McKenna on *We've Got This*

ALICE: Here's a clip from the *We've Got This* audio series featuring an interview by Eliza with Chanelle McKenna. Here, you'll hear Chanelle's story narrated by a voice actor as well as a speech synthesizer that she now uses in her own voice.

[mellow ambient music under this segment]

[transcript segment modified from the ABC-provided transcript]

CHANELLE MCKENNA [Actor's voice]: From the day I was diagnosed with cerebral palsy, my whole life was mapped out as someone who would never be able to achieve anything in life. And from there it snowballed. I made myself a promise when I was young: I would show everyone how wrong they were about judging me. I will never be a stereotype.

[Chanelle's device's synthesized voice at first, then shifts into actor's voice]

Although I went to kindergarten at age three, it was more to give my mother a break than to educate me. At age seven I still couldn't speak and I could only make sounds. I began to work with a speech therapist, but it would take me years to be able to speak in a way that people could understand.

[actor's voice and synthesized voice take turns]

When I was 11, my physiotherapist started to complain that I gave off an unpleasant smell. These complaints started a snowball of events that would ultimately change my life forever. The school put pressure on my mother to agree to a full-forced hysterectomy, the surgical removal of my uterus, although there were other alternatives available.

She decided to go ahead with it because it was convenient for her not to have to deal with my periods and unwanted grandchildren she believed I wouldn't be able to care for. My mother took me to the doctor and he also agreed it was in my best interest to have a full hysterectomy.

I had no idea what that meant. No one bothered explaining it to me.

[Natural voice] What I remember, I was only told that I would go to the hospital, and I will have a really huge operation…

[Actor’s voice] It was a significant operation. While I was lying on the operating table I had an out-of-body experience. I remember looking at my body and feeling extremely sad.

[Natural voice] Even my mother told me why did I have to go for this operation.

ELIZA: So your mother never told you why? Never?

CHANELLE: [Natural voice] No.

ELIZA: OK.

[Actor’s voice] When I woke up I was in excruciating pain, and I didn't understand what was going on with my body.

It would take weeks before I could properly sit in my wheelchair again.

[Synthesized voice] The doctor was supposed to put dissolvable stitches in me, however, he didn't.

[Actor’s voice] When the nurse removed the stitches after two weeks, I felt like I was in a river full of piranhas biting at my skin, just for the fun of it.

[Natural voice] I couldn't understand what was going on and why did I have to have…

[Actor's voice] Why did I have to have this operation?

[Natural voice]: Operation.

ELIZA: Do you remember being in pain?

CHANELLE: [Natural voice] Yes. Oh yeah. I mean I was in a lot of pain. I had to lay on the bed for two weeks. And it was very confusing for me.

[Actor's voice] At the time I didn't grasp the seriousness of what a hysterectomy meant. I was just 11, I was still too young. I felt like I was being punished for a crime I hadn't committed. The offense: being disabled.

Having a show about disability produced by a disabled person

ALICE: And what do you think is, I think to me personally, it made a total difference of having a series about disabled parents produced by professionals, but also the fact that the actual producer and host is a disabled person, I feel like that’s, you still don’t see that many kind of things about disability that’s often created, produced, or written, hosted by disabled people.

ELIZA: Yeah, I totally agree. I think for me, being the producer and also having a disability really helped this process because I guess I was able to go into that person’s house and, first of all, share my experience. And I think that that common ground helped each parent feel comfortable and supported in their storytelling. So, I opened myself up, I told them my vulnerable stories, and I felt like that, yeah, as I said, enabled them to feel safe and like I was going to portray them in the right way. Because a lot of these parents had not been portrayed in the right way. They often told me stories that they'd spoken to media before, or they'd spoken to people that they thought they trusted, and then their story was changed, or it was told in an ableist way.

I also, there were times when language was wanting to be changed by people— I guess, yeah, at the ABC at the beginning, some of the language was wanting to be ableist and exaggerated, but tin saying that, they were also very open to me offering advice on how we tell these stories. So, I think by me also having experienced my own discrimination and times where people have been ableist in their approach to my story, I felt like I was then able to use that as experience to guide the storytelling to make sure that we represented these parents in the most accurate way we could without sensationalizing these stories. Because often, we see stories in the media where it's, you know, it's just always exaggerated and sensationalized. And I really wanted, that was very much a goal to make sure that I tried to represent these parents in the way that they, I felt, would want to be represented, and that they were then proud of their stories.

ALICE: Yeah. I think that people in media, whether they're editors or producers realize how much power they have in terms of how disability or any subject is framed. And I think one episode in particular with Amanda White and Susan Arthur, I'm so glad that people with intellectual and developmental disabilities were part of this series because their stories are often not told well. And I'm just so glad that yeah, that these two different experiences from disabled women who, with the right supports, they were parents.

[doorbell]

Margaret Spenser and Amanda White on *We've Got This*

Here's another clip from the *We've Got This* audio series with Amanda White's story. She's the mother of twin girls, Beth and Lily, and this part features Amanda's godmother, Margaret Spenser.

[transcript segment modified from the ABC-provided transcript]

MARGARET SPENSER: [O]ften they used to come in, and they would immediately go to a child protection mode, didn't they? They'd immediately want to sort of go, “Oh, are the children at risk?” And it was always this thing, oh, well Amanda's managing now, but will she manage in a year? Will she manage in two years? And my thing was parenting is developmental. You learn how to do it along the way. But people, because they had that assumption that being a parent with an intellectual disability, that she wouldn't be able to do it, they looked for problems, instead of going, well, how do we actually support this?

[mellow ambient music break]

She was under the watch of the Child Protection Services. There weren't any issues, but she had an open file. And the caseworker from Child Protection rang Amanda, and Amanda had the two little babies on the double bed. Do you remember that? [laughs] And anyhow, so she's talking to the worker, and one of them rolled off the bed. And Amanda's on the phone, and she goes, “Look, I've got to go. Bethie's just fallen off the bed.” Right?

AMANDA WHITE: [chuckles]

MARGARET: And the caseworker rings me, and this is what she said. She said, “I've spoken to my manager. You've got 12 hours to have the child seen by a doctor, and we need a medical certificate to say she's okay, otherwise we're coming in to remove the children.”

So we're waiting in this 24-hour medical center to get a doctor to see them, and the child was perfectly okay, like it was nothing wrong with the child. So we go in to the doctor, and he looked at her. And he goes, “Oh, a child this age you could throw from the first floor of a building, and they wouldn't break anything.” So we got our medical certificate, and we left. That weekend I've got the kids, and I'm on parenting duties, and I've got them on the bed. And this time Lily rolls off the bed, and I wasn't on the phone to Child Protection. I pick her up, look at her, give her a cuddle, okay, you're okay, and nothing happens. And it's sorta like it was just the double standard.

AMANDA: [inaudible; cross-talk]

DAUGHTER: She did it on her own. She didn't even ask me for help.

[peaceful music]

ELIZA: Beth and Lily are now happy 14-year-old girls.

Do you think your children know that you have a disability?

ABC’s reaction to the show and future plans

ALICE: And what was the reaction in terms of, from your ABC colleagues? Because do they feel like— You know, I feel like there’s been a great kind of positive response, but do they have any interest in maybe continuing this series? Or what did you hear back from your ABC colleagues?

ELIZA: Yeah. I was really supported, and yeah, I got a lot of support to create the project. And when it started to resonate with people, it’s, yeah, they were just, I think they were just very excited. And they hadn’t—especially the people at *Life Matters*, the producers—they hadn’t seen a reaction like that for a series, so they were, yeah, I guess very proud to be part of it. And I had a lot of different people within the ABC that I hadn’t even met contact me and say that they, it was really resonating with them. So, yeah, all around, it was really, I felt very supported.

ALICE: And I hope that this is a message that reaches folks at ABC and just other similar organizations is that there’s a huge hunger and need for media by disabled people, about disabled people.

And what’s in the future for you? Are you gonna do your own podcast?

ELIZA: Yeah. I’ve got a couple of things going. I am gonna make some more episodes for Radio National *Life Matters*. I’m gonna make it about relationships. So, instead of parents, I just I wanna tell, yeah, I guess I just wanna tell some love stories about people with disabilities. And again, I think that there are still misconceptions about our desire for love and sex, and yeah, I wanna tell these stories, again, in the most accurate way that I can. And I’ve got some really incredible, exciting people that I’m going to interview. And I also really just wanna keep this series going, and hopefully, I’d like to turn it into a book. Because, as I said, when I was a mother—or when I was pregnant with my daughter, actually—I looked for a book out there that I could read and know, I guess know what it was gonna be like to be a parent with a disability and feel represented. And I couldn’t find a book, so I would really love to interview more parents with disabilities and turn it into a book so that it’s a resource for disabled parents when they’re about to have a child.

ALICE: Well, I’m excited to hear and read anything you do in the future. Thank you so much! I really enjoyed our conversation today.

ELIZA: Thank you so much for having me.

[chill music break]

Introduction to Heather’s interview

ALICE: Heather, thank you so much for being on my podcast today!

HEATHER WATKINS: Thank you for having me.

ALICE: And today’s podcast is about disabled parents and parenting, and I was wondering if you could just share a little bit about yourself first.

HEATHER: Sure. Sure. My name is Heather Watkins. I like to self-identify as a disabled Black woman. I grew up in the city of Boston, Massachusetts, born, raised, educated here, still live here in a section of Boston called Roslindale. And it’s also where I raised my daughter who is now 25. I also am a caregiver for my dad who now lives with us due to disability, and I serve on a handful of disability-related Boards. I write, I blog, so just a little basic snapshot of my experience.

Becoming a parent

ALICE: Perfect. Thank you! So, I guess my first question is, when you were young, did you always want to be a parent?

HEATHER: I did. I always thought that I would have maybe three children. I’m the oldest of three kids. And back then, I didn’t use any mobility aids, so I kind of blended in. Only time you would notice that I was having some difficulty is when I was going up stairs or trying to run, or I wasn’t able to carry heavy things. And then by the time I got into my late teens, early 20s and then became pregnant with my daughter, I kinda changed up those plans after she was born because it impacted my body so much, you know, carrying the weight and then the recovery afterwards. And I always hoped that I would have more children, but I ended up just having one.

ALICE: And do you mind if you talk about, I guess, the experience of the pregnancy and how your body reacted to it and also, in terms of delivery and just recovery afterwards?

HEATHER: Oh, sure. For the most part, the delivery—I mean the pregnancy itself—was fine. I remember taking off that semester of college ‘cause this was like in my, this was in ’93, the fall of ’93. So, yeah. So, I took off that semester just to concentrate on my pre-natal visits and care, and that went pretty well. I really had no trouble until just about the time I was gonna deliver, and my blood pressure was being raised. It was like a whopping 165/110, so I never went home, and I had to be induced at 39 weeks. So, after that, I was in labor for the next 26 hours, and she was delivered by forceps. And she was seven pounds, I’m sorry, 6 pounds, 15 ounces, and the recovery afterwards was a little, it was a little tough. I feel like I stayed in bed a lot longer, but I had help. Her dad was so helpful, and my mother would come by and help out with this little newborn.

[relaxing music break]

Reactions from others and challenges to parenting with a disability

ALICE: I’m also wondering when you did become pregnant, what was the reaction from your friends and family? And also, did you have any challenges with finding a good obstetrician?

Because I do hear about a lot of stories from disabled people having a really hard time finding the right obstetrician.

HEATHER: Oh yeah. Yeah. I mean I remember being followed through what they call high risk, and I had to go through genetic counseling, genetic testing to see if my baby would have muscular dystrophy. And so, it was those sorts of things. For the most part, we didn't have too much trouble at that time. Would I have liked for someone to really be able to balance knowing more about muscular dystrophy and how that would affect me? Since I was so young, I think it affected me a lot less. But it became a struggle, especially towards the end when I was bigger and had trouble balancing. I was able to still ambulate OK, but it definitely impacted my abdominal area.

ALICE: Yeah. And I guess did you know of other people with muscular dystrophy who went through pregnancy?

HEATHER: I didn't. That's the thing. That's one of the things I talk about a lot, that looking back, I kinda wish so much that I had other girlfriends or people who shared that kind of, that same experience, who had muscular dystrophy or had physical disability and were going through pregnancy. So, the support system I had was great, but it didn't have anyone in it who had a disability whom I could share that experience with, frustrations, you know, swap tips, best practices, all of that stuff. You need that just to even feel like OK, I feel regular. I feel OK. I feel validated. I feel heard. Instead of feeling like, am I complaining too much? Am I being too needy, you know?

ALICE: Yeah. And as a young parent of a daughter, what were some of the challenges that you faced, and how did you kind of adapt and figure things out?

HEATHER: It was a struggle. It really was because it was hard to hold her. And say if she fell on the floor or something, and to pick her up from the floor, I would have to sit down. And I have to figure out all these workarounds: sit down, pick her up, and then we can go from there. And then I would put her in something and then pick her up. So, it was constantly thinking about how to keep her safe, how to keep myself safe so that I can keep her safe. And I just remember us staying indoors a lot during the first two years so that she wouldn't run away from me when we were outdoors. I would always really pick, be real strategic about where we're going, who we're going with, and things like that.

The good thing is that kids, what I discovered is that babies are very adaptable, and they kinda feed off the energy of their parents. So, I would notice the response and the way she reacted with me was different from her dad. And what I mean by that is like she would put up her hands to be picked up for her dad, but with me, she's watching me. She knows that I can't pick her up from the floor. There's different ways of interacting with me. So, it's just very interesting. It's very eye opening. If I wanted to play with her, we'd get on the bed, and that would be our "floor time." So, it's not so much different from a parent who is non-disabled; however, when you're a disabled parent, you're sort of hyper-vigilant about safety, making sure you're doing the right thing all the time. Because I know for me, I always felt like if anything were to happen to my child, I would be so guilt-ridden. And that's not different from a non-disabled parent, but it's that extra sense of, what did I do, or what could I have done better? You always feel like that society's judging you, but you're also judging yourself, you know? And those were things I had to contend with. When I look back, and I see me being a young parent, I can see how judgmental I was towards myself, and that's what hurt a lot.

ALICE: And I'm guessing every parent has their own anxieties about being the perfect parent, which is, there's no such thing. But also, I think the other added layer, as you mentioned, for disabled parents is that there is the very real possibility of being reported, having your right to parent taken away by the state.

HEATHER: I don't think I thought about it as much in m yearly 20s. I think my fear was I was gonna do something wrong and then be blamed because I had a disability. So, yes and no sort of, if that makes sense. It was in my mind for being judged or feeling like I'm being judged. And then, because of that, maybe if something major happened that they would think I wasn't the proper parent to do that. Yeah, I remember thinking if we ever—her father and I—broke up, would he be a better parent? I had a lot of sort of anxiety, and I remember feeling depressed during that time as well. And some of it, I think, was post-partem, and some of it was the challenge of going to school and parenting full-time. And I don't think I ever stopped and said, "You're doing OK, girl. [laughs] You're OK! You're fine." I was going along. You know that saying: going along to get along.

ALICE: Yeah. And I guess at that time, it would've been awesome to have other disabled parents giving you that feedback, like, "Relax" or just, "Take a step. Take a minute. You're doing great." You know that everybody needs that kind of encouragement.

HEATHER: Yes. Yes. I think that would've been so vitally important for my, even my own emotional and mental health at the time.

Skills from being a disabled person that helped with parenting

ALICE: And what are some of the skills that you have inherently as a disabled person that you felt really made you a better parent? Do you think there were any?

HEATHER: Oh, I think that it definitely made me more sensitive. So, because I had the extra time when I had a change in work status, I really thought about how I could connect better with my daughter. So, I would have a lot of conversation with her and key into how she was feeling, and I really wanted to gauge where she was in terms of how she related to the world. And I think prior to that, we don't mean to be, but we're kind of just doing everything in such a routine way, you miss little things. And I wanted to make sure that I was present and present-minded for all of what was taking place: getting up in the morning, getting ready for school, getting on the school bus, greeting her when she came home, helping her with her homework, feeding her at night. And just all of that, I wanted to be in tune with, and I credit disability because it really made me be more present-minded and really think about what type of parent I wanted to be. What kind of legacy did I wanna leave her, you know? How did I want her to see me respond to something that could've been seemingly catastrophic for our household? How did I respond to that? And I wanted to help build that blueprint because I just wanted to give her an example of how to be in the world, not to be a clone of me but to feel empowered, seeing an example, you know? And then she could go off and find her way in the world, giving herself permission to be who she was that is self-defined. And that's what disability gave to me.

[mellow music break]

ALICE: And what do you love about being a parent?

HEATHER: Aw, so many things. I love…I love the fact too that you have this power and this little mind that are watching you, that are absorbing everything that happens around them and soaks it in, and they reinterpret it. You know, I would tell her, "Question things. Think and then act on it." But then it first gets played out against you, and you have to think, oh yeah. I did tell her to question authority now, didn’t I? [chuckles] So, it’s so funny. I really love our relationship because we talk about so many different things. I just, I love that. I love our connection that way. And I think that I worried about that, those years when the tween and the teen years, I always thought well, maybe she will be a little reluctant to have a disabled mom. But I watched for those signs, and we would talk about that. And she never had that feeling of oh, mom, just leave me alone and the feeling of embarrassment like so many kids do, you know?

ALICE: And that’s probably a lot of it is due to your own kinda openness and the way you’ve consistently talked to your daughter about everything, which I think probably gave her this sense of security.

HEATHER: And right now, I regard her as one of my mentors ‘cause she teaches me a lot. Just you know, at 46 and 25, we’re thinking about different things in different ways. It always, to me, goes back right to disability. It’s been such, you know how it permeates so many areas of your life, and this is definitely an area where I feel like I don’t know what kinda parent I would be if disability hadn’t been present in my life, you know?

ALICE: Yeah. People tend to obsess about the safety aspect or all the things that you won’t be able to do with your kid. But you know, that’s the reality for all parents. It’s like, not every parent can do every single thing with their kid, and that should be no different for a disabled parent.

HEATHER: Oh yeah. And I just think it’s exaggerated with disabled parents because that’s the first thing you see because of viewing everything through the prism of limitations lens only. So, if you see a disabled parent, the first thing you’re thinking is, oh, well, they can’t do that. Or they’re not thinking about all the things that they can do or the workarounds or the out of the box thinking that many of us do to parent in a comprehensive way.

ALICE: Yeah. I think there’s so much that’s unknown about disabled parenting culture because all of you who are disabled parents are creating a parenting culture that’s very different and very innovative. And I wish more parents knew about that.

Well, Heather, thank you so much for sharing your story with me. I feel like you have a lot to say about being a parent, and I’m just so appreciative of you.

[mellow music plays]

HEATHER: I thank you so much for having me. This is always a pleasure interacting with you and working with you, collaborating. So, thank you so much.

Wrap-up

[hip hop plays]

♪ Knees up, toes down
Let’s dance
Get as low as you would
If you were my sweat pants
How far will they go?
Oh, yeah yeah…. ♪

ALICE: This podcast is a production of the *Disability Visibility Project*, an online community dedicated to creating, sharing, and amplifying disability media and culture. All episodes, including text transcripts, are available at DisabilityVisibilityProject.com/Podcast.

You can also find out more about Eliza and Heather’s work on our website.

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Thanks for listening, and see you on the Internets! Byeee!!

♪ Rock it to the blast off
Stop drop dance off ♪