



## **ADA Live!**

### **Episode 78: Living with a Disability: Four People Share their Stories**

**Broadcast Date:** March 4, 2020

**Speakers:** Karen Hamilton, Coordinator of the NC ADA Network (an initiative of the North Carolina Council on Developmental Disabilities); Jonathan Ellis; Jean Andersen; Lisa Byrd; Lorraine Woodward

**Host:** Barry Whaley, Director of the Southeast ADA Center

**Karen Hamilton:** Hi, I'm Karen Hamilton.

**Jonathan Ellis:** Hi, I'm Jonathan Ellis.

**Jean Andersen:** I'm Jean Anderson.

**Lisa Byrd:** Hi, I'm Lisa Byrd.

**Lorraine Woodward:** I'm Lorraine Woodward.

**All:** And you are listening to ADA Live.

**4 Wheel City:** (rapping)

**Barry Whaley:** Hi everybody. Good afternoon. On behalf of the Southeast ADA center, the Burton Blatt Institute at Syracuse University, and the ADA National Network, I want to welcome you to episode 78 of ADA Live.

Hi everybody. I'm Barry Whaley. I'm the director of the Southeast ADA center, and before we move on listening audience, I want to remind you that you can submit your questions about the ADA at [anytime@adalive.org](mailto:anytime@adalive.org).

We have a guest host today. Her name is Karen Hamilton. Karen is the coordinator of the North Carolina ADA network. The North Carolina ADA network is an initiative in the North Carolina Council on Developmental Disabilities. And Karen is joined today by four people who have disabilities, Jonathan Ellis, Jean Anderson, Lisa Byrd, and Lorraine Woodward.

July 26th of this year is the 30th anniversary of the Americans with Disabilities Act, or the ADA, and as part of our celebration, ADA Live is celebrating the March theme, or topic for the month, which is disability awareness. So, in today's episode we're going to learn about living life with a disability with our guests. We will discuss how cerebral palsy, traumatic brain injury, intellectual disability and muscular dystrophy affect their lives, and the changes they'd like to see in their communities. So Karen, welcome. I'm glad you're here and we'll turn it over to you.

**Karen Hamilton:** We're just so happy to be here today. We have North Carolina representing. Oh, let's begin our discussion about cerebral palsy, and sometimes you'll hear that called CP. Jonathan, who is a person with cerebral palsy, is here with us today. Jonathan, what do you want our audience to know about cerebral palsy or CP?

**Jonathan Ellis:** Most of the time cerebral palsy is a condition that you have as a result of a birth injury. CP causes you to have spasticity. It affects your motor functions, and sometimes your speech. CP is not progressive, and you have a normal life expectancy.

**Karen Hamilton:** And Jonathan, what are some common barriers for people with disabilities or people with cerebral palsy when you're out in the community? What are some barriers for you?

**Jonathan Ellis:** I have difficulty accessing businesses. For example, lack of ramps causes me not to be able to go in stores with my wheelchair. As a person in a rural community, most people with CP do not have access to accessible transportation.

**Karen Hamilton:** Oh, thanks Jonathan. While we're talking about barriers, what are some barriers to employment for someone with cerebral palsy?

**Jonathan Ellis:** Employers do not realize that people with disabilities want and can work. There is lots of stereotypes about people with disabilities. It is hard to even get an interview. I started a small business so employers and community members and the like could know what people with disabilities can do. As a matter of fact, I am a ADA trainer, and I received my ADA core data certification back in January.

**Karen Hamilton:** Oh, that's fantastic Jonathan. That's took a lot of work, and I also know that you've been doing training at your community college once a month. Do you meet with faculty and others to talk about a different ADA topic every month? Is that correct?

**Jonathan Ellis:** That is correct.

**Karen Hamilton:** Jonathan, how can businesses and employers, and your town be more accessible and inclusive to people with cerebral palsy? What are a few tips that you want to share?

**Jonathan Ellis:** I hope to, as a matter of fact, accessibility improvements typically costs less than \$500, and will bring your business, more people with disabilities. Improving your business [inaudible] is important because we are able to spend more money in your business, and it's a good investment. Employers also need to know that people with disabilities are more likely to stay on the job if hired.

**Karen Hamilton:** Well. That's great. Those are really good tips. As this is the 30th anniversary of the Americans with Disabilities Act, what impact has the ADA had on your life and in your community?

**Jonathan Ellis:** There has been improvement in accessibility in my rural community. I can now visit my downtown area of Murfreesboro, North Carolina, in my wheelchair. There are more curb cuts, accessible parking, and businesses are becoming more accessible.

**Karen Hamilton:** Well, thank you Jonathan. I have just one final question, and where could our listening audience learn more about cerebral palsy and the supports that are available to you?

**Jonathan Ellis:** I would visit Easterseals or you could also visit the United Cerebral Palsy Association.

**Karen Hamilton:** And the United Cerebral Palsy Association is a national organization, so someone from any state could contact them. Is that correct?

**Jonathan Ellis:** That is correct.

**Karen Hamilton:** Fantastic. Thank you, Jonathan.

**Jonathan Ellis:** Thank you.

**Karen Hamilton:** Next, let's discuss traumatic brain injury, or TBI for short. Jean Anderson, whose son has a traumatic brain injury, is here with us today. Jean, tell us about your son, Sam, and how traumatic brain injury impacts him.

**Jean Andersen:** Sure, Karen. Traumatic brain injury can affect anyone, at any age, at any time. It can range from a very mild injury, most folks refer to that as concussion, though they are finding that concussions can have long lasting effects, to a catastrophic brain injury which can leave someone in a locked in syndrome, where they can't move or speak. That's the condition that Sam has, something that we deal with here in our home, 24 hours a day.

Brain injury can affect you both physically, emotionally, and intellectually. Most people do find that all three of those areas do have lasting effects. Sam lives here at home with us. He's my youngest son. I have seven children, and he's 33 at this point. It's important to us that Sam lives here with us as part of our family, that he is viewed here as a person, not a patient. When we look at Sam, we see Sam the brother, Sam the son, Sam the college student, Sam the fisherman, Sam the guy who likes to drive the tractor. We see Sam, the uncle, and his disability, though present, for most of our family who now is our

grandchildren, that's who he is. I think it's important to recognize people for who they are, not what their disability.

Just like other families, we have family gatherings, we participate in activities, we like to go out to movies. We go out to eat, get out into the community. We like nature, so something that's very important to us is the accessibility to those activities. Our desire is for others in the community to recognize Sam and other people with disabilities as just members of their community. I'm very much about community inclusion. I think everyone is made better.

**Karen Hamilton:** And you're right, we all benefit from everyone. Being included. We all learn from each other. Jean, you've already mentioned some of these, so what are some common barriers or issues for people with traumatic brain injury and their families?

**Jean Andersen:** It used to be that many people with a severe injury didn't survive the accident or didn't survive a hospital stay. Now we have more and more people who are moving out of facilities, and surviving their accidents and are living within the community. It's important that they have access to enough health care.

In years past, a rehabilitation stay might have been three to four months. Currently, most people experience a rehabilitation stay of two to three weeks, and then they're sent on to either home or a nursing home. It's very difficult to return to rehab. Just when people are getting that point of recovery, it takes time. And so, unfortunately for many people just when they're beginning to recover, their insurance or whatever healthcare they have, and they have to leave rehab, and that's just a shame.

There's a lack of respite care for families. It's not really due to the lack of provision. It's due to the lack of staffing ability. There's not enough qualified people to fill the positions that are open, and especially for home care.

Aging parents is another issue that many folks are facing. I know that's becoming an issue in my home. They may have been caring for a family member for 15, 20, 25 years at home, and as they age, they need more and more assistance, and they don't know where their child is going to end up. There are not sufficient community programs in-state,

and I know neuro behavioral and neuro medical residential programs are very, very difficult to find. In fact, many of the people that I speak to on a daily basis are completely unable to find appropriate assistance for their family members.

**Karen Hamilton:** Jean, what are some common barriers in your community for people with traumatic brain injury and their families?

**Jean Andersen:** I know in my family, we live in a rural community. We are fortunate in that we have our own transportation. But for folks who don't, accessible transportation that's timely and convenient is non-existent. The ability to participate as a family in all of our activities is something that we really strive for. And if we're going somewhere completely unfamiliar, I will either call or sometimes we'll go visit like a church, and just see what the lay of the land is, so that we have some idea what to do when we get there, where to sit, and what accessibility issues we may be facing.

Another barrier that we face is the lack of adult changing facilities. We have carried a folding massage table in the back of our van, should an emergency arise and we need a clothing change. The only other choice tends to be the bathroom floor. So, we're very proactive as far as trying to influence different venues that have a large number of visitors to provide these facilities.

**Karen Hamilton:** You know, Jean, thanks for sharing about the need for adult changing facilities. We know the Americans with Disabilities Act really covers the minimum requirements for accessibility. But more and more we're hearing about the need for adult changing facilities. And in fact, here in North Carolina, one of our airport has adult changing facilities, and the North Carolina Museum of Natural Science has installed an adult changing table or bench in their family restrooms. So, people becoming more and more aware of that issue. So, thanks for sharing about that.

The purpose of the Americans with Disabilities Act is to make sure that people with disabilities have the same opportunities as everyone else to participate in the mainstream of American life. In your community, what's one accessibility feature that's most helpful for Sam and your family that you enjoy using?

**Jean Andersen:** One of the things that we have seen a change in over the last 14 years has been in movie theaters. It used to be that the person with a wheelchair would sit completely separately from family. And we've noticed a change that now we have inclusive seating, so that we can have family sitting on either side of Sam, and he's just part of our group watching a movie like everybody else. That's something that we really enjoy. That's one of our favorite activities and it really makes a big difference in his life and in ours.

**Karen Hamilton:** Well, that's something that I've enjoyed with some of my friends. So, I'm glad to see that's happening in theaters everywhere. One last question, Jean. Can you share with us at least one national resource that people could go to, to learn more about traumatic brain injury?

**Jean Andersen:** Nationally, The Brain Injury Association of America can give you information on your local state branches, and they're a very good informational clearing house.

**Karen Hamilton:** Thank you so much for sharing all that information. There's so much to share. We could just have each person do an entire episode by themselves. I know there's so much that we want to get in. So, thank you for sharing some highlights today. We appreciate it.

**Jean Andersen:** Thank you Karen.

**Barry Whaley:** So, ADA Live listening audience, if you have questions about this month's topic for any other ADA Live topic, you can call +1 404-541-9001, or you can submit your questions to our website. That's [adalive.org](http://adalive.org). We're going to stop now and pause for a word from our featured organization, the ADA National Network.

**Voice-Over Announcement:** The ADA National Network provides information, guidance and training on how to implement the Americans with Disabilities Act, otherwise known as ADA, in order to support the mission of the ADA to share equality of opportunity, full participation, independent living, and economic self-sufficiency for individuals with disabilities. Funded by the National Institute on Disability, Independent Living and

Rehabilitation Research, NIDILRR, the Network consists of 10 regional ADA centers located throughout the United States, and an ADA knowledge translation center.

Each regional ADA center focuses on its region's unique needs. This regional focus is critical to ensuring the ADA National Network services meet the needs of a diversity of populations and stakeholders throughout the country.

To find out more about the ADA National Network, and/or to determine your particular regional ADA center, please visit [adata.org](http://adata.org).

**Barry Whaley:** Great. Thank you. And as a reminder, the Southeast ADA Center is one of those 10 centers that make up the ADA National Network.

Welcome back everybody. We're speaking with Karen Hamilton, Jonathan Ellis, Jean Anderson, Lisa Byrd, and Lorraine Woodward about living life with a disability. Karen, I'll send it back over to you.

**Karen Hamilton:** Thanks Barry.

**Karen Hamilton:** Well, next we have Lisa Byrd, and she is a self-advocate, and she's going to talk to us about people with intellectual and other developmental disabilities.

**Lisa Byrd:** Hey.

**Karen Hamilton:** Hey, Lisa, how are you doing this morning?

**Lisa Byrd:** Good. How are you doing, Karen?

**Karen Hamilton:** Great. Let's start with what is a self-advocate?

**Lisa Byrd:** Self-advocacy means you have rights in the world, and you have rights to stand up and believe what you believe in, and don't want anybody to imitate you, and you have rights where you want to live, you have rights to get married, and have rights to have a relationship.

**Karen Hamilton:** Lisa, I know that you live in Durham, North Carolina, and out in the community, what are some things you enjoy doing where you live?

**Lisa Byrd:** Sometimes I enjoy volunteering. My apartment complex helps with the fruit bank, being the fire captain on my cohort, help pass out the flyers, help my neighbors.

**Karen Hamilton:** What do you like doing for fun? What kind of places do you like to go to do fun things?

**Lisa Byrd:** I like to go to the mall. I like to go shopping, and I like the Bay.

**Karen Hamilton:** Lisa, how can businesses out in the community where you live, for example, a coffee shop, or a grocery store, what do they do that makes them really accessible to self-advocates?

**Lisa Byrd:** What makes accessible for self-advocacy because they walk on the main , they say hello, accessible for wheelchairs and walkers.

**Karen Hamilton:** Okay, so they have physical accessibility too?

**Lisa Byrd:** Yeah.

**Karen Hamilton:** What are some things that sometimes are barriers for people with disabilities or self-advocates when they visit a business out in their community?

**Lisa Byrd:** What barriers is like sometimes they're not friendly, they're not this, they're not, then they go back and call the manager, and the manager should make it very friendly for them to be in that place, so they can keep going back and back and back, if they're like that.

**Karen Hamilton:** So, attitude is a big barrier, isn't it?

**Lisa Byrd:** Mm-hmm (affirmative).

**Karen Hamilton:** I think that's a barrier for everybody, isn't it?

**Lisa Byrd:** Yeah.

**Karen Hamilton:** We all want people to be nice to us.

**Lisa Byrd:** Mm-hmm (affirmative).

**Karen Hamilton:** Let's talk a little bit about working and money. Why is it important to earn your own money?

**Lisa Byrd:** It's important to own your morning because you have self-confidence in yourself. When you get a job you feel really, really happy and really good about yourself, and you're confident. You're jus like, "Yeah, yeah, I made money today, I can go spend that money for a CD."

**Karen Hamilton:** So, you could contribute to the local economy.

**Lisa Byrd:** Yeah.

**Karen Hamilton:** When we were talking earlier, you also said that when you earn money you also do what else?

**Lisa Byrd:** You get paid. You can buy clothes, makeup, jewelry.

**Karen Hamilton:** And I remember earlier you said you could pay your taxes.

**Lisa Byrd:** Yeah, pay your taxes.

**Karen Hamilton:** That's right. What keeps self-advocates from getting jobs?

**Lisa Byrd:** What keeps self-advocacy getting jobs there's not enough jobs out there for us with disabilities out in the world. When people don't want to hire us because they think we're liable, and they think we're liable on their insurance. They're afraid we might get hurt on their job site. They don't want anything to do with disability, and that's wrong. We could show them what we're made out of.

**Karen Hamilton:** So sometimes people see you as a liability for their insurance, for example?

**Lisa Byrd:** Mm-hmm (affirmative).

**Karen Hamilton:** And that's not necessarily true. Is it?

**Lisa Byrd:** Mm-mm (negative).

**Karen Hamilton:** Why are self-advocates good employees?

**Lisa Byrd:** Why self-advocates they're good in employing because you can show the boss what you're made out of. You can show the boss you can do it. We can do that. You cannot tell him, no you cannot do. Let's spoke. We hear and make the voices heard. Make them understand what we can do, what we're reliable, what we're capable of doing.

**Karen Hamilton:** Wait, we've talked about work. We've talked about doing things out in the community. What about friendships and relationships? Why is that important to you?

**Lisa Byrd:** Friendship is very important to me out on a community because I have lots of friends out in the community, and it's very, very important. I had online relationship, and I advocate for myself to have my boyfriend to live with me, and it's great to have relationship as a disability. Nobody can take any rights away from you. They try to take your rights away from you, you keep on fighting for your rights.

**Karen Hamilton:** The bottom line is we all want to live, work, and love.

**Lisa Byrd:** Yeah.

**Karen Hamilton:** And where we live is the [inaudible].

**Karen Hamilton:** This is the 30th anniversary of the Americans with Disabilities Act. What does the Americans with Disabilities Act, how has it affected your life?

**Lisa Byrd:** Effected a lot in my life, that helps me, guide me out in a community. It makes me more stronger than I've been. It makes me very strong today as a woman standing up for what I believe in.

**Karen Hamilton:** So, what kind of things has the Americans with Disabilities Act, what kind of things in the community... What are different? What's different because of the Americans with Disabilities Act?

**Lisa Byrd:** What difference is you go to different places, you find them and they're accessible, and American ADA help to guide you on that, accessible.

**Karen Hamilton:** So, it makes the community more accessible?

**Lisa Byrd:** Mm-hmm (affirmative).

**Karen Hamilton:** What's some examples of accessibility?

**Lisa Byrd:** The more example of accessibility is like hotel accessibility, restaurant, concert, plays, they're all accessible.

**Karen Hamilton:** What would make a restaurant accessible? What's an example of an accessible feature?

**Lisa Byrd:** What makes accessible for restaurant, because they have a ramp for a walker, and wheelchair, and that makes it very accessible. And the waiters and the waitress are very helpful and very accessible.

**Karen Hamilton:** Finally, what do you want our audience to know about self-advocates?

**Lisa Byrd:** I want our audience to know today about self-advocacy, they can learn on the website, or they can look .com, American ADA Act on the website, or they can say, "Oh wow, I heard such and such a great conference. Maybe I should go to that conference. Learn to be more advocate, and more successful out in the world."

**Karen Hamilton:** I know that you have participated in many Americans with Disabilities Act, or ADA trainings through the North Carolina ADA Network, and also through the Southeast ADA Center, and you mentioned their website, and we looked that up earlier, so we'd make sure we remember it. It's [adasoutheast.org](http://adasoutheast.org), and you also can call them if you have a question, and that's important for self-advocates who might not be able to use a computer.

**Lisa Byrd:** Mm-hmm (affirmative).

**Karen Hamilton:** I know that you were council member for the North Carolina Council on Developmental Disabilities.

**Lisa Byrd:** Yes, I was.

**Karen Hamilton:** Is that a place that people could find out more information about self-advocates?

**Lisa Byrd:** Yes, they can.

**Karen Hamilton:** Are there councils on developmental disabilities in other States?

**Lisa Byrd:** Yes, it's across 50 states, this council on development, across 50 states.

**Karen Hamilton:** Okay, so there's a Council on Developmental Disabilities in every state, and people can get more information about people with intellectual and other developmental disabilities there.

**Lisa Byrd:** Or they can go to some of the self-advocacy meanings across the United States America, like the same Butler has the self-advocacy group they can pop in and look what the meanings are all about and get more training.

**Karen Hamilton:** Self-advocacy groups are all over the country, and there are other lots of different... If you call your Council on Developmental Disabilities they probably can connect you with self-advocacy groups near you.

**Lisa Byrd:** Yeah.

**Karen Hamilton:** Well is there anything else you want to share with us today?

**Lisa Byrd:** Nope, that's it.

**Karen Hamilton:** All right. Thank you, Lisa.

Finally we have Lorraine Woodward, and she's here with us today. Lorraine is a person who lives with muscular dystrophy. Welcome, Lorraine. Lorraine, tell us a little bit about what muscular dystrophy is.

**Lorraine Woodward:** Muscular dystrophy is the deterioration of muscles in your body. I think people will be surprised that muscular dystrophy is not one disease. It's a category of diseases. There are over 40 different types of muscular dystrophy. I have limb-girdle muscular dystrophy, and it's the weakness in my arms and my legs. The other thing that with muscular dystrophy is the onset. Sometimes it's an early onset. I was diagnosed at two, and I'm now 58. So, I've had MD for 56 years, and so it's a way of life.

There's been a lot of awareness on ALS, and that dystrophy is a later onset in your 50s. So, it does happen at different points in time. What's amazing is the research and the changes that have happened over the last 50-60 years with muscular dystrophy. I remember early on when I was diagnosed, my early years were spent going to the hospital looking for treatments. There is no cure. It's a deteriorating disease, but the quality of life has changed.

I'm a mom, a wife, I work, I'm 58 and I have MD. I think that's actually pretty cool.

**Karen Hamilton:** Thanks for sharing that, and just like you said, people experience all kinds of muscular dystrophy. So, what are some common barriers to accessibility in the community for people with muscular dystrophy, or just tell us about some barriers for you as a person who lives with muscular dystrophy?

**Lorraine Woodward:** Well, Jonathan stole my thunder because he mentioned all so many great barriers, particularly those that are related to mobility. So, if it's muscular dystrophy, or somebody who is in a wheelchair, uses crutches, or a walker, we experience a lot of the issues pertaining to mobility. If it's a curb cut, getting on a bus, things like that.

For me, a lot of it has to deal with attitudinal barriers, of really looking at me as an individual. A great example is, I'm in a grocery store and I'm waiting in line to get a cut of meat, and I'm sitting in my wheelchair, and the person behind the counter will ask everybody around me what they would like, and I'm like, "I've been here. I'm here," and they can't see me. So, it's important for me to communicate and use my voice to say, "Yes, I would like two pounds of..." so, I can be heard.

Lisa did a great job of experiencing, use your voice. I think a lot of times when you're in a wheelchair, like I am, my voice is very important. With my voice it is really educating people, as that person behind the counter may not know because you can't see me that I'm there. So, a lot of times for me to make a difference in changes, so that we can eliminate the barriers, is to share what I'm experiencing, so that maybe the next time the person behind the counter will maybe look down and see if there's anybody else, or if I've returned.

**Karen Hamilton:** To follow up on that, Lorraine, I know that you live in Carolina Beach, North Carolina, and you worked with the city to help that tourist community be more accessible. What are some things that Carolina Beach has done to be more accessible to people with disabilities and people with muscular dystrophy?

**Lorraine Woodward:** It's great. Carolina Beach and a lot of beach communities you'd think... And I have two boys with muscular dystrophy, and when we built our house here, they were like, "Mom, why are you building a house at the beach? We can't get on the beach." And for me and like, "You're right, we can't get on the beach." So, now we have beach mats, so I can go on the beach and hang out with my family and my friends. And when my seven year old friend comes to visit and she wants to build a sand castle, I can be right next to her and go, "Ella, that's so cool. Now let's do this." Or if I just want to watch the birds and listen to the ocean, I can do that. And again, that was by sharing and talking with the folks to say, what can we do to make this more inclusive? What are the grades at the ramps to get onto the pier? And the town has really been open to change.

It's like getting to my favorite ice cream place. There was a curb that got between me and my ice cream. So, I went on to Facebook. I went to the town manager. I went to the mayor, and you know what? I can now get to my favorite ice cream place without any trouble because they went and put a curb cut in, and it did not cost as much as they thought. A lot of times changes aren't made because they don't know that, "Gosh, we can't afford that. We don't have the equipment to do that." And sometimes it may be cost prohibited, and a lot of times it may not be. And again, it's creating that awareness, and

that ice cream was very important for me emotionally. So, I'm a very happy person here at Carolina Beach.

**Karen Hamilton:** And I know that one of the keys is that people working together, and just listening to each other, and figuring out solutions together makes a huge difference. What about employment? I know that you've had all kinds of jobs in the state, the national level. What are some specific barriers for employment for someone who lives with muscular dystrophy?

**Lorraine Woodward:** Sure. I am a graphic designer. I am a communication strategist. I actually paint canes. I do a whole lot of different things, and I think for people with disabilities and looking at employment, it's important to look at what do you want as a person? What are you able to do? What are your skills and your talents? And then, what are those barriers that might get in the way for you to achieve your goals? For me, I remember early on in my career I was interviewing for a job, and I looked at the office. I couldn't get my wheelchair at the desk, and it just required some lifts to the desk so that I could wheel under.

So, I know going into the interview we talked about barriers, and the barriers in place for me were a zero cost, but I knew that because I researched, I knew what I needed, and I think that that is really important, to first look at that as a person. I also realize as a person with a disability that sometimes I share my ideas with the audience that I'm around. And there are a lot of times people with disabilities. I once had a project with a company, IBM, on small business solutions, and I noticed that the audience that they were targeting was an audience that commonly starts maybe needing to use glasses. Their mobility isn't as strong as it used to be, and that these changes were really related to me as a person with a disability. So, I went into IBM thinking, "well they know this," and I started doing disability education, and they had never been educated on these things, and they thought I was brilliant. I happened to agree.

Sharing this information, which was an aha moment for them, but a way of life for me. So again, you just never know what kind of change you can make in employment and in life when you share your story.

**Karen Hamilton:** Well, Lorraine, thank you so much for sharing all this great information with us today. Lorraine, we were young professionals when the Americans with Disabilities Act was passed. What difference have you seen in the past 30 years in accessibility and inclusion of people with disabilities in the community since the ADA was passed?

**Lorraine Woodward:** A big change for me is way of life. Having two children with muscular dystrophy, they get annoyed if a parking space isn't right at the door. And I remember when there was no designated parking spaces. They get annoyed if there's not a button on a door that allows them to push so that they can open the door, and I remember having to ask people to open a door.

So, the biggest change is what ADA has done for us over the years, and that we have curb cuts, we have awareness and standards for employment. For my boys, it's a way of life. So, what they look at is so different than what I look at, and I do look at it as a gratitude. I'm so thankful for ADA and the changes that we've made. And I'm also thankful for the ADA Network and knowing that they will help move us forward to see more changes.

**Karen Hamilton:** And one final question, where could our listening audience go to find out more about muscular dystrophy and supports that are available?

**Lorraine Woodward:** It's easy, [mda.org](http://mda.org).

**Karen Hamilton:** Okay, perfect. The Muscular Dystrophy Association. Fantastic. Well thank you so much Lorraine, and thank all our speakers this morning. You served such valuable information. We could talk all day but we'll have to end it here. We'll turn it back over to Barry.

**Barry Whaley:** Great. Thank you Karen. And Karen, I just want to say thank you so much for hosting today, and for putting together such an interesting and accomplished group of people who bring their own unique perspective to disability. So, thank you to Jonathan, to Jean, to Lisa to Lorraine. I will never stand in the way of you getting to your ice cream, I

promise. Listening audience, you can submit questions or comments on this episode of ADA Live to [adalive.org](http://adalive.org), and they'll be forwarded on to our guests for their response.

This episode of ADA Live featured Karen Hamilton, coordinator of the North Carolina ADA Network, an initiative of the North Carolina Council on Developmental Disabilities. She's also the Southeast ADA affiliate from North Carolina, so we really appreciate her work. She was joined by Jonathan Ellis, Jean Anderson, Lisa Byrd, and Lorraine Woodward. As always, we thank you for listening in.

All ADA Live episodes are available in various formats, including streamed audio, accessible transcripts, and on our website at [adalive.org](http://adalive.org). You can also listen to ADA Live on the SoundCloud channel. You can download ADA Live using the podcast icon on your mobile device. Just Search for ADA Live. Remember to check out the ADA anniversary toolkit from the Southeast ADA Center and the ADA National Network for our year-round celebration of the ADA's 30th anniversary coming up on July 26. The toolkit features monthly themes, logos, social media, and other resources to keep the celebration going at [adaanniversary.org](http://adaanniversary.org).

If you have questions about the ADA, you can submit your questions anytime online at [adalive.org](http://adalive.org), or you can contact your regional ADA Center at +1 800-949-4232.

Remember, all calls are free, and they're confidential. ADA Live is a program of the Southeast ADA Center. Our producer is Celestia Ohrazda with Beth Harrison, Mary Morder, Emily Ruber, Marsha Schwanke, and me, Barry Whaley.

Our music is from 4 Wheel City, The Movement 4 Improvement. We'll see you next time.

**4 Wheel City:** (rapping)

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