
Practical Access Transcripts

9-16-2022

S8 E11: Season Wrap Up

Rebecca Hines

University of Central Florida, rebecca.hines@ucf.edu

Lisa Dieker

University of Central Florida, lisa.dieker@ucf.edu

Find similar works at: <https://stars.library.ucf.edu/practicalaccess-transcripts>

University of Central Florida Libraries <http://library.ucf.edu>

This Transcript is brought to you for free and open access by STARS. It has been accepted for inclusion in Practical Access Transcripts by an authorized administrator of STARS. For more information, please contact STARS@ucf.edu.

STARS Citation

Hines, Rebecca and Dieker, Lisa, "S8 E11: Season Wrap Up" (2022). *Practical Access Transcripts*. 131.

<https://stars.library.ucf.edu/practicalaccess-transcripts/131>

Transcript

Lisa Dieker

Welcome to Practical Access. I'm Lisa Dieker.

Rebecca Hines

And I'm Rebecca Hines. And today we're just going to wrap up the season. Lisa, I think we had some real highlights and I'm curious to hear what your own personal highlights were this summer.

Lisa Dieker

Well, you know, my first highlight is,

"What? Summer is over?". No, okay fun hasn't ended right? We can have fun. We live in Florida. We can have fun every day, but that's true everywhere. I think that was my kind of highlight from this season is that fun took shape in so many ways. I don't mind dancing, but we found there's a lot in the world of dance. I love cruising. I really loved everybody we heard from.

But what I really liked the most was that it was so much about people with disabilities doing what everybody else does, and it was all about them, not about here's a program for them, to them or with them. It was about what that person wants, and that's what I thought every one of our guests said so well is what does that person want to do right? An elevator, do ballet, do hip-hop, just stand and watch. Be a part of the play, you know, make the scenes. It was so beautiful to hear that person centered focus of all our guests. That's what I thought was fun, how about you?

Rebecca Hines

Yeah, you know that idea of fun being accessible to everyone. It's just finding the right fit and the right supports. So, you know, I think one of the things that resonated with me in my mind as I was listening to our guests was just kind of sorting out the cost of a lot of this.

To be honest, when you don't have a ton of money to pay for the kind of support you need, it is tricky and so do some of the things, for example, you know I love therapeutic writing. You know, I love the idea of that. I've done that with my nephew, gosh, going on a cruise, I was listening, thinking "Wow, I really want to be able to do that with my nephew.". But there's a cost involved, so I think one thing I'm always mindful of is, how do we reach out in our communities to find support to help us fund these kinds of things?

Because, you know, not everybody has the money to pay for the support they need and it's a bigger problem I think than the average person understands. It's like wow, that sounds great. It's like sure I don't have a pocket full of cash and I have to private pay, you know, to get the support sometimes. So, I do think if I as a family member, and as a community member, you know, continuing to think about, "Wow? How do we team up with people who would sponsor some of these things for families?". "Where could I reach out in my community to find support for me if I'm a family that wants to do some of these things, but I can't." I would really recommend that people go back and listen to some of our guests who had things that were free or sponsored. Courtney Bent gave us great ideas about

photography, which doesn't cost money. You know, start a photography club yourself. There's a blueprint, at least for some of those kinds of concepts.

Lisa Dieker

Yeah, and you know I think to the theme park. I love the idea of going to a theme park that's free and deciding if nothing else I get to go watch people ride, because maybe I don't want to ride. Maybe that's too much for me and I think I still remember when my brother was recovering from his illness, we had to go back every year for pretty strong amount of appointments, I had great parents, but we didn't have money. We definitely didn't have money and we had a lot of love, you know again, there's a tradeoff and I appreciate that. And yet there was always a way to have fun, and I don't know how many times I went to the Saint Louis Zoo, but it was free.

So again, I think another thing I would do if I were families is you know what my parents did as well, is they would Google what's free. The reading club at the library was free. If you've got a kid who likes to read books and you know story time at the library is free, I think we often forget that there aren't always things that cost money. That are better than some of the things that are free, and I would tell you the Saint Louis Zoo was fabulous and I'm, you know, I lived in a little community where I knew what a horse and a cow was. But I would have never known what a zebra and a giraffe looked like, but I think about that growing up and that was a privilege, but I think it's resources so again, I grew up pre-Internet era, but I think that would be my first comment, which would be Google the word free in your community.

What's free, what's happening, and whether it's watching or participating cause sometimes watching an event can be fun. I know that in Milwaukee there was, you know, jousting you could watch at different events. And so maybe I can't ride a horse, but maybe I can watch a horse and think about that. I think you know I agree with you Becky that a lot of these things did cost, but I think also the other thing I would say is decide what that sacrifice is, you know, don't sacrifice Kid A for Kid B was always something I think my parents did well. But I think if you consider you know, gosh, maybe this becomes a family vacation, like when we did dolphin therapy that was all we did. We gave up everything else, but it was something we chose to do because it was something that we thought was helpful. And then the next summer as a family, we made a decision to do that again, and I know that's a privilege, but the discussion was if we do that, we do nothing else. And is that what we want to do? So, I think it's two things: look first for free and then decide what is collectively good for everybody in the family, not just person A or B.

Rebecca Hines

I think my kind of closing season thoughts really revolve around that word respite. You know, I love that there's opportunities for our kids and loved ones with disabilities and we heard some great ones. But there's a real need also for the parents, the caregivers, the teachers who invest so much energy all year long in supporting kids who need us that it is important that we take time to enjoy things for ourselves and so even something as simple as going to the zoo.

If I'm taking my nephew in his wheelchair and it's Florida and it's 100 degrees and I'm having to get him in and out of that chair and having to change him. It's a lot, you know, so I need help, I need support with those kind of things and luckily of course, I have friends like you who will go with me to the zoo, but for those families who don't necessarily have a lot of extra help, whether to provide formal respite or to

assist me if I want to take my child out to something; keep reaching out in the community. You know, where are the people who want to form a support group because every community, I've met I've mentioned before in my nephew's case, the YMCA was so gracious to open their minds to thinking about. You know how they can support someone with a disability? There are student groups, there are religions, you know organizations. There are people who have the heart to help us, so don't be afraid to ask for help so that you can make the things happen that you really want for your children.

Lisa Dieker

And then I'm going to go a little bit rural. So, I grew up in a very rural community and right now with the cost of gas and getting something a car and riding along ways. You know I mentioned Saint Louis, that was a two-and-a-half-hour car ride, sounds really good until you get in the car and go and that could be stressful for everybody. But think about like maybe again what's in your in your community. Is there a farm? Is there a vegetable garden? Is there, you know, a bell tower that you can go and look at? Is there, you know, a crazy idea?

Rebecca Hines

You really were rural. I'm from Florida, man, I don't look at that bell, Lisa.

Lisa Dieker

I'm driving through cemeteries I mean you name it, gravel roads, cows, but again, I think we often think oh it's always got to be big, but fun is fun. And honestly, fun comes from memories and one other thing is motivation. You know, I think those kinds of opportunities, whatever they are, whether it's you know, I really like tall buildings, I really like buildings with angles, I really like grassy fields, I really like flowers, like where can you go and how can you use that? And so, some of the research that I've been reading over the summer because, to me, reading is fun is about this ability for the brain, like if you can get me started motivated by something I'll do a harder task, so that's what I think fun is for is to say, yeah, it was really fun to look at that flower now. Maybe we could read about that flower. Wow, it was really cool to see that cow or to see that bell tower or whatever it is in like that beach, whatever it is you might get to see. Now, how do you read about that? And I think we often forget the power of experience and the relationship to learning, and that's what I hope that you'll take from the summer. That's why I think we have to recharge ourselves. And you said so well to relax, get some respite and not to be afraid to ask for help.

Rebecca Hines

Well, I'm looking forward to our upcoming season and I think we're going to be kind of broadening our lens a little bit. What's coming up Lisa?

Lisa Dieker

Well, I think we're going to be thinking about other professions. What does it look like to work with folks such as physicians and learning scientists? And you know all those other disciplines that you and I get a chance to hang out with and learn from. But honestly, I could learn from that population forever. What do you think?

Rebecca Hines

No, I think that's right. Let's think outside our field a little bit. I'm looking forward to featuring some guests who can give us information. You know, every time I present, I talk about things like marketing and how people in marketing know how to display information in a way that is easily consumed. You know, and that there's some relevance in every profession, some tips we can bring into ours to make us better teachers and caregivers and I'm looking forward to hearing from some people who have new things to say.

Lisa Dieker

I'm just going to end with that. Sounds like fun. Alright? Well, we thank you for joining us. If you have any questions, please send us a tweet @AccessPractical or send us a question on our Facebook @Practical Access.