



NAVIGATING ADULTHOOD AND IDD

[00:00:00] **Bonnie:** Hello. I just wanted to take a couple of minutes to talk about our sponsor, Anchor, uh, hopefully add a louder volume this week. Uh, first of all, it's free, and it has creation tools that allow you to record and edit your podcast right from your phone or computer. I've found it really easy to move the segments around in the editing process.

[00:00:42] And you can put the ads in wherever you want too-, which is really helpful and Anchor will distribute your podcasts for you. So it can be heard on Spotify, Apple Podcasts, and many more. This has been super helpful with the success of my first episode. Um, having it on all of these [00:01:00] platforms for you guys to listen to and.

[00:01:04] Um, Anchor does that for you, which makes it super easy. And you can make money from the podcast with no minimum listenership, which is perfect for people like me, who are just starting a brand new podcast. So it's everything you need to make a podcast in one place. If you've been thinking about a podcast you want to start, this is me encouraging you to do it.

[00:01:22] All you gotta do is download the free anchor app or go to anchor.fm. That's A N C H O R dot F M to get started.

[00:01:33] Hello, and welcome back to another episode of Navigating Adulthood and IDD. Today is a solo episode, I believe from my first solo episode of Navigating Adulthood and IDD. So kind of trying a different format today that I hope that you all will enjoy, and today's theme will be kind of a movie review of Crip Camp, which is a documentary [00:02:00] on Netflix that I got to watch recently earlier this year that I really enjoyed and would love to kind of share with all of you. So Crip Camp is essentially a documentary about a bunch of kids who went to a summer camp, a summer camp for disabled children, and it was kind of a camp where they could be themselves.

[00:02:22] And get to do activities they wouldn't normally get to do at home like baseball. And they all kind of worked together as a community to reduce any kind of barriers of participation in the community. And they kind of took care of each other, helping each other shower and eat if needed too, and it was really just this amazing fun kind of summer camp to watch with the clips that they have from camp and the documentary.



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[00:02:48] And then what's really interesting is not only this camp- . I mean, you can kind of see the community that can happen when people really come together to meet everybody's needs and create [00:03:00] that accessibility for each other. And then they took it into the "real world," you know, "real world" in quotes. So they took it back to their lives at their, in their homes.

[00:03:08] And many of them became very vocal advocates for disability rights and the disability movement, which I just thought was so interesting and moving. And I think important to watch too, to realize like one, a lot of these, a lot of the laws that have passed are actually fairly recent things like ADA, the Americans with Disabilities Act were really laws that a lot of these advocates in the movie, like Judy Heumann, really advocated for, and it's so interesting to watch. And there's a sit in, but ended up being the longest like government sit-in um, which is just wild. It's wild to think like you don't learn this in school and the disability movement, isn't- it doesn't get as shared as much as other social [00:04:00] justice issues.

[00:04:00] And, you know, not to make competitions out of social justice issues. They're all important for their own reasons, but it's kind of like where, where is this disconnect and the dialogue for disability rights and the disability community and, and all the work that they've done. And I just thought that Crip Camp is such a great documentary that really captures the spirit of the disability movement. And it's so cool to watch and to feel like, okay, how can, how can we celebrate all the amazing accomplishments made legally, but also keep working for these rights? Because there's still a lot of holes in ADA. A lot of times it's not enforced. So businesses have to have certain accessibility for employees, but, yet at the end of the day, the individual, the disabled individual is the one and that would have to sue. And then a lot of times that money's just not [00:05:00] there. So while it's against the law to not provide these accessible accommodations in jobs as discussed in episode nine of the podcast with Anastasia Canfield, but you know, it's not just illegal, but then like some businesses can actually get around it.

[00:05:20] And, and as we discussed in episode nine, actually, you can go out and still see a lot of places where things aren't accessible, where maybe there needs to be a ramp or an automatic door and, or an elevator access. And it's just not there in these buildings even though that's against the law. And so what can we do to keep voting in favor of disability rights, to keep advocating for disability rights, to maybe point out when we see these ADA violations, you know, and keep providing accessible communities within our own communities and our own-



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[00:05:57] if -you know, I'm a business owner I'm working for myself [00:06:00] right now, but you know, if I ever were to hire in the future, like how can I make sure things are accessible for my team or just even my business, how is it accessible when I'm out in the community? Are the places that I am providing music as- are they accessible?

[00:06:14] Are they following ADA compliance as a person in the world? Like how can we keep making things more accessible? I've talked before about online accessibility, which I'd love to dig in even deeper in an episode one day, but some very, you know, some starting points for online, accessibility is camel case hashtagging, and that's when you go hashtag and each word in your hashtag is capitalized.

[00:06:40] So that a screen reader, it's not reading it all together, but if you capitalize each word. So if we had Navigating Adulthood and IDD, it'd be hashtag Navigating Adulthood with a capital A, and with a capital A, and then IDD would all be capitalized. And so just that simple change in our [00:07:00] social media posts can make things more accessible, having an image description, which is simply a short description.

[00:07:05] I do mine bracket [image, description: colon, and then like a short, you know, description of what's in the image. What am I trying to stare again? So that if somebody wants to have access to what I'm sharing, but has a visual impairment, they aren't left out from getting the information. And so just putting that image description in your description on Instagram or in the comments or on your Facebook description can be huge way, huge ways to make things more accessible.

[00:07:33] Using captions, Instagram has worked on making this more accessible recently. I've found that if you do a live and try to post at the moment, it won't give you the caption option so you kind of have to upload it later as an IGTV, and you can do that captions option, but captions in videos, they made it really easy in Instagram to make captions in your stories, which I think is super awesome so that you can make a story and then have that [00:08:00] caption. A lot of times, I don't like to listen with the sound. Maybe I'm in public or around, you know, just sitting around with family, and I don't want to put on the headphones. And so when somebody has captions, I can actually watch it anytime.

[00:08:11] And then of course, for somebody with hearing impairment, this is a huge way to suddenly make our content a lot more accessible so that they can enjoy the awesome things that you're putting out there. And then alt text is



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another way. This is a little more important. I think you can always correct me if I'm wrong, but if you own your own, or if you have your own website, you can go in and add alt texts, which a screen reader would read. Sometimes I use my image description in the alt text texts. As far as I am educated, and maybe I could be more educated on this always, but I believe alt texts can be a little shorter than an image description, but a lot of times I'll just put the same description in both, if it, if it is appropriate so that if screen readers are reading alt texts, they also have that option.

[00:08:59] Instagram [00:09:00] does have an alt text option in the advanced settings, and a lot of times I'll put my image description in there just to make things a little more accessible. And so those are just a few tips on how you can make your online content more accessible for more people online. Especially I think in the pandemic, we definitely reflected and learned that technology is a part of our society, and it's important, and it can be this amazing thing that created connection and accessibility during the pandemic, but there were also barriers and there there's just not as much accessibility as I would like out on the internet as options. Sometimes you got to find it, or sometimes they're adding things.

[00:09:44] But the more and more we can find these things being added within- with our social media posts just for an exam(ple), the more we can make things more accessible, or even just the simple things of hashtags and image descriptions. And maybe it takes you a minute, a minute to write something really quick and not- and less to [00:10:00] the fix the hashtags.

[00:10:01] And then your content is so much more accessible, just starting from there. So those are just some quick tips of what I've learned to make things online, more accessible, and I'm still learning. So definitely if you have any tips to make things online or accessible or just things more accessible, please send me a message or email me at bonnie@rhythmicrootsmusictherapy.org, or message me on Instagram at Navigating Adulthood and IDD.

[00:10:25] I would love to share your knowledge and things that help you online and make things more accessible as we continue to learn and make our content more accessible for others. And I think, I know I started with Crip Camp but- not online accessibility, but I think it lines up a lot because before ADA, they didn't have even things like sidewalk ramps. And thinking about trying to get around a city or into any store without like a wheelchair ramp. And that's what people did, you know, they had to figure it out, and it wasn't accessible. So maybe- [00:11:00] they were left out a lot of the times. Yeah. The curb ramps. And if you think about it, I've heard, I've heard this a lot from



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people where it's like a curb ramp was, makes it accessible to everyone, everyone benefits from that.

[00:11:12] You don't have to step over to the step. And so it just kind of makes society more accessible. And then thing, you know, if you think of even an image description, like that could be accessible for so many people, I was talking about how captions, I like captions, even though I do not have a visual impairment, I still really enjoy the benefit of captions.

[00:11:34] And that's, I think it's like a secondary benefit because I don't necessarily like the argument where it's like, it benefits everybody. We should do it. I think it's like a perk. And I think it was kind of like as a music therapist, it's kind of like when they're like music helps all the, the subjects you can get better at math, with music where it's like, well, you know, yes, music can help with those skills that can overlap with math and help [00:12:00] all the subjects.

[00:12:01] That's not the only argument is that music for music sake is important. And I also think accessibility for accessibility's sake. And helping make spaces more accessible for disabled individuals is the, should be the focus in my opinion, but there's that secondary benefit where like music can help other subjects and, oh, Hey, that curb ramp could be important if you're pushing a grocery cart, you know?

[00:12:26] And so there's so many things that can, can overlap and just make a more accessible society and make us more aware. I think a lot of times with accessibility issues, it's interesting because it's always like, oh, I just never thought of that. That's been my experience a lot with like hashtags for the camel case hashtags, for example.

[00:12:47] And then once, you know, you know, and you can make that fix to make things more accessible. So I think it's listening to disabled voices and disabled perspectives when they're saying like society has made it this way and I'm left [00:13:00] out and it's like, oh, what, what could we fix to make that? And really think about everybody and including everybody in those different parts of society that have excluded disabled individuals in the past and now, and, you know, because of ableism, you know, because of ableist views of disabled people not being as valuable as non-disabled people or able bodied people, which just isn't true. Every person is valuable and kind of tying back to the documentary, I think they captured that spirit so much. They're like that, you know, they're like, I'm a person and you know, it's just, it's a powerful documentary.



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[00:13:52] Thinking about it they at one point they're like, people want us dead because they like, don't see people as a full human.[00:14:00]

[00:14:03] And that's frustrating to me, you know, that's frustrating to me and that's devastating for people with disabilities. And that idea is prevalent in our society. Most people don't consciously go, "Disabled people aren't valuable." They're not going to vocalize that, but it's subconscious. It's implicit. That's what we mean when we talk about implicit biases, right? Biases is our belief systems that maybe we wouldn't identify necessarily, but they're, there they're prevalent. If you, you know, see someone in a wheelchair and have a thought where you're like, oh, they can't do this. That could be an ableist thought. And it's something worth reflecting on like, well, why do I think they can't do, you know, that job or come to this event or, you know, XYZ.

[00:14:57] And that's where that reflection, self-awareness [00:15:00] piece comes in, where we can be like, why do we think that, why do we have this belief? Why, you know, where does that come from in society? And then how can we fight against those beliefs and that system and provide more accessibility and see people as valuable.

[00:15:17] And, you know, if you have the explicit belief that everyone is valuable, I think that it can, that can be kind of your connection to your reflection of like also acknowledging we all have implicit biases again, that was discussed in episode nine. This is the good epilogue, the episode nine with Anastasia, but you know, we all have implicit biases and how can we work on them?

[00:15:42] Self reflect? Improve as people? Can be lifelong learners? And, you know, there's no one right answer, but I do recommend Crip Camp. I think it's an amazing documentary. One of the producers was somebody who was a camper in his youth [00:16:00] and, you know, it's just, I think it's just a good starting point on hearing from disabled voices and learning about the history of accessibility and kind of, I think that's a good starting point to kind of hear from their perspectives and their voices.

[00:16:17] So like we can continue to check on our own implicit biases and how we can make things more accessible. And I feel like I'm kind of repeating myself, but I think there's an important emphasis in there. And, you know, Crip Camp was nominated for an Oscar for documentary, which is awesome. And I think this is, this blew my mind, but maybe it shouldn't, maybe shouldn't be surprising.



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[00:16:42] The Oscars had a ramp, and apparently it was the first time ever they had a ramp up to their stage.

[00:16:52] What!? Like, uh, that just, it's one of those things where it's like, it's a win that they were nominated, but then you're like, [00:17:00] whoa, why is there never been a ramp? It's because they've never been. It's never been an option to even being a part of the picture of, you know, the Oscars or whatever. But, you know, and again, with that overlap of that secondary things could be accessible for all.

[00:17:14] What if an actor broke their leg? Huh? You know, why not put a ramp? Why not? It's uh, it makes it accessible for everyone. You never know what somebody's going through. There's so many invisible disabilities as well, chronic pain and, and it's just mind blowing to me. They never had a ramp. But maybe it shouldn't be, maybe it shouldn't be a surprise.

[00:17:35] It's an example of how there's still so much to do in the, in the disability movement. So many things that, you know, people can talk and be like, oh yeah, you know, we've had, we've had a disabled person in our movie or, you know, for the Oscar example, but you don't have a ramp. And how are people watching over times post to think they can win an Oscar when they're like, oh, I [00:18:00] could never even go on the stage. And that would all happen like subconsciously or maybe consciously, but it's just those little things where nobody even thought of it. And now they, now they do, I'm interested to see if they keep the ramp next year. You sure hope so. Right? Keep that accessibility now that they know. Kind of like, you know, of me and the camel case hashtags or just my social media in general, I realized that it was inaccessible, and I have clientele with disabilities. And I was like, I need to get on this and try to make my content more accessible. Because then who's my real audience, if I'm not letting more, more people have access to it? And I guess saying with the Oscars, and you can kind of have that comparison of, you know, who do they really want winning an Oscar, if they're not thinking about those kinds of considerations?

[00:18:52] But, yeah, I guess that's my point. But yes, check out Crip Camp. It has a hundred percent on Rotten Tomato. I agree. A hundred [00:19:00] percent. It's such a good documentary. The sit-in is so cool and something I wish I learned in school, and I think it can just keep opening the doors of discussion on the disability rights movement on accessibility.



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[00:19:13] And we can keep striving to make our world, our society or communities more accessible to all so that they can be like, Hey, I can win an Oscar if they want to, or Hey, I can live if I want to.

[00:19:32] Yeah. Highly recommend, highly recommend the movie. To shift gears a little bit, and we're going to move into our June music therapy session plan outline. Alright, our June music therapy session plan for adults with IDD starts with hello and the Good Old Summertime by Shields and Evans, drumming Wipe Out by The Surfaris, a summer lyric scramble game, where patrons have access to some visuals [00:20:00] where I put a bunch of summer songs in a similar key and then have the lyrics broken up so that you can scramble them and then play them kind of combined in a song. And you can always choose how many songs you want to do, like just scrambling two together, or do you know, scrambling five and different genres as well, kind of mixed in, and then beach yoga for relaxation and goodbye. Happy Trails by Roy Rogers and Dale Evans. So if that plan sounds interesting to you, the breakdown of it both in text and in a video, along with visuals or lead sheets for every single intervention is available on my Patreon at patreon.com/navigatingadulthoodandIDD. For \$5 a month, patrons, or as I like to call them, navigators, for \$5 a month, they get access to a breakdown of the music therapy session plan for adults with IDD, along with visuals and lead sheets. Access to our Facebook [00:21:00] community, where they can ask more questions and connect and access to our community call, which is once a month on zoom, where they can receive peer supervision. And we go through the breakdown, and they also get episodes one week early ad-free. And this is all for \$5 a month. And you also have access to all the previous plans as well.

[00:21:25] And we have been going for over a year. So there's over 12 plans and growing, I just finished the July plan, which is in Patreon right now with the written breakdown. And I will go over it in the next community call with the breakdown which will be accessible for all patrons. So please consider joining if a community sounds like something you're looking for in your professional development, we would love to have you, and to help you with peer supervision and to hear your awesome ideas too. Other ways to support the podcast include sharing it with somebody you think would like it, rating us on iTunes, and continuing to [00:22:00] listen and download to the podcast as it comes out.

[00:22:02] Thank you all so much for your support. We just ended the launch of the Music Therapy Podcast Collective pod- courses. And I had a course on sale called Neurodiversity and Disability Culture in our Music Therapy Practice for Adults with IDD, which featured episode six, episode nine, which was touched a lot in this little episode and episode.



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[00:22:26] Oh, it was with Alyssa Stone 12, maybe 14. I can't remember. I think it's 14 now that I say it. It's not on sale anymore, but it's available for purchase on [*mtpodcastcollective.com](http://mtpodcastcollective.com). You can get five CMTE credits, and they are approved. They are an approved provider with CBMT. And so if those topics interest you, if this mini episode interests you, I think that's a lot of the heart of this course with neurodiversity and disability culture with [00:23:00] Anastasia's episode. Crip Camp is actually one of the resources that I list as part of the self-study portion of the course. So if at any point you're interested in, in this course, it's, it's on their website, and you can get those five CMTE credits and thank you to everyone who has purchased it already.

[00:23:19] So much work went into that pod-course, and I really appreciate that support and it helps support this podcast continuing too. So just really appreciative and grateful for this podcast and for continuing to share advocacy for disability culture and for neurodiversity and listening to disabled voices. If you or someone, you know, would like to be on the podcast, you can email me at bonnie@rhythmicrootsmusictherapy.org.

[00:23:46] I'm always interested in new guests, especially disabled voices. And I'd love to have, have you on, have you chat. Super casual, I promise. Yeah. So hopefully you got something out of today's episode. Go check out Crip [00:24:00] Camp if you haven't. And I will catch you in the next episode. Thanks for listening. This podcast is by Rhythmic Roots Music Services, LLC with content and music by Bonnie Houpt. Transcriptions are made by my favorite little sister, Emma Houpt. Thanks for listening.