



**Virtual Ability, Inc.® presents the 6th Annual
International Disability Rights Affirmation Conference
December 1 and 2, 2017
in Second Life at
<http://maps.secondlife.com/secondlife/Virtual%20Ability/54/170/23>**

Title: "Are We Empowered Yet? Definitions, Interventions, and Outcomes"
Speaker: Dr. Margaret Nosek, Baylor College of Medicine

[2017/12/01 12:27] Carolyn Carillon: Hello everyone.
Today's presentation is being transcribed so those without audio or who require text only can participate in real time.

A little explanation about this service.

Voice-to-text transcriptionists provide a translation of the key ideas discussed, NOT a word for word transcription.

Voice-to-text services provide an in-the-moment snapshot of ideas and concepts, so that those who are unable to hear or to understand the audio program are able to participate in real-time.

You will see the transcription in local chat.

Transcription is provided by Virtual Ability, Inc.

The transcriptionists are:

Elektra Panthar

Carolyn Carillon

LoriVonne Lustre

The following initials in the transcription record will identify the speakers,
MN: Dr. Margaret Nosek (Dhira Giha)

[2017/12/01 12:30] Carolyn Carillon: <<transcription begins>>

[2017/12/01 12:30] Mackenzie Drascol: Happy Friday everyone!

I am Mackenzie Drascol from the Pacific Northwest area of the United States.

I am a new member of Virtual Ability and feel very fortunate to have discovered the community.

I have been in Second Life for over a decade

and enjoy dancing, live music, decorating, meeting new people

and I spend some time "working" for a wedding venue as an event coordinator

which is my dream job in "real life", made a possibility here in Second Life.

Today I am honored to introduce Dr. Margaret Nosek.

She holds many distinguished positions,

including but not limited to being a professor at two universities in Texas.

Dr. Nosek is interested in research focused on improving the health of women with physical disabilities.

She has conducted some of this research here within Second Life.

She has authored many publications and is the recipient of several awards as well.

Today she is here to speak with us about the word "empowerment" and how it is used in advocacy, health care,

and social services, often without definition or a way to measure it.

This will be an interactive presentation and Dr. Nosek will invite you to participate.

Audience, please refrain from typing in Local Chat during Dr. Nosek's presentation, until she asks for input.

Additions to the chat stream may make it difficult for those of us who can only follow along in text to understand what is being presented.

Thank you.

[2017/12/01 12:32] Carolyn Carillon: MN: thank you

I'm anxious to hear back from you as I talk

This is a project I'm doing with the National Women With Disabilities Empowerment Forum

We started this locally but hope to create programs that help create empowerment nationally & globally

I want to look at the word empowerment
It has so many different meanings depending on where you sit & who you are
It could be relative to what you're experiencing now or in the past
or what you hope for the future
I'd like to present some of the things I've discovered
Then I'd like to hear from you
First, the disclosures ...
And here's the roadmap for what I'd like to talk about today ...
We'll define empowerment, prioritize the components, brainstorm strategies &
create an action agenda
Empowerment is something everyone has
Depends on the definition
But if we just go from our intuition, everyone has empowerment at some level
But what is it & how do you know?
What do you choose to do with it?

What do you think of the picture?
Write in the chat or use voice
What are your thoughts of the picture?
It's a picture from the MD telethon
It's a picture of a young boy sitting in a wheelchair
He's surrounded by "chicks"
Sparsely dressed cheerleaders
They're surrounding him
The kid in the middle looks like he's saying "oh my god!"
I have a strong reaction when I see this picture
And I'd love to know your thoughts
[2017/12/01 12:37] Alterglobalization: It's f***** sexist
Female objectification
Bleah
Female objects
Awful
[2017/12/01 12:37] JJ Drinkwater: Crazy sexist
[2017/12/01 12:38] ShylatheSuperGecko: "Hey guys, please donate because he is
disabled and we are sexy!"
[2017/12/01 12:38] YasminEliora: It's as disturbing as the breast cancer campaign if
not more so
[2017/12/01 12:38] Princess Claire (clairedear): hehehe
[2017/12/01 12:38] Gloriejoy (joycie.string): offensive
[2017/12/01 12:38] JJ Drinkwater: Is he being exploited, too? The women certainly
are
[2017/12/01 12:38] Mook Wheeler: here is my reaction: I have Aspergers and I
actually have trouble reading any of the facial expressions on any of these people in
the picture
I can only guess at what these people are thinking
[2017/12/01 12:39] JJ Drinkwater: Thank you, Mook!

[2017/12/01 12:38] iSkye Silverweb: It's not about what he can DO or WHO he is, it's about ...all the wrong things

[2017/12/01 12:39] Princess Claire (clairedear) agrees with iSkye

[2017/12/01 12:39] Alterglobalization: I agree with you JJ Drinkwater

[2017/12/01 12:39] Carolyn Carillon: MN: thank you for your comments
Excellent!

The person who talked about breast cancer campaigns, can you elaborate?

It was Yasmin

[2017/12/01 12:40] LV (lorivonne.lustre): [12:38] YasminEliora: It's as disturbing as the breast cancer campaign if not more so

[2017/12/01 12:40] YasminEliora: The sexualization of the female body to attract support for a cause

There is a lot in the pink ribbon advertisement

[2017/12/01 12:40] Princess Claire (clairedear) wants to hear what the expressions are as well out of just wanting to know more about the picture.

[2017/12/01 12:40] JJ Drinkwater: I think that the young man is smiling sincerely, but a little overwhelmed. I think the women are smiling professionally, for the camera

[2017/12/01 12:41] Carolyn Carillon: MN: I think it's exploiting the women and the boy

None of the women are looking at him

They're looking at the audience

[2017/12/01 12:41] iSkye Silverweb: Photographer: "Now, everybody...SMILE!"

[2017/12/01 12:41] Carolyn Carillon: MN: Where does power lie in here?

Who has power in this image?

[2017/12/01 12:41] JJ Drinkwater: Power lies with the photographer

[2017/12/01 12:41] Marloo Redd (marloored): no one

[2017/12/01 12:41] ShylatheSuperGecko: I'm guessing the director

[2017/12/01 12:41] Princess Claire (clairedear): Can you define that clearer?

[2017/12/01 12:41] iSkye Silverweb: The kid has zero power, the cheerleaders are just window dressing

[2017/12/01 12:42] Pecos Kidd: The MDA. Their logo is all over the background.

[2017/12/01 12:42] Carolyn Carillon: MN: if we're talking about empowerment, who's empowered in this image?

Do the women have power?

The boy?

[2017/12/01 12:42] Alterglobalization: I would say that the boy has power

Because a boy surrounded by sexy women

is considered as successful

[2017/12/01 12:42] Princess Claire (clairedear): It's a poster child picture

[2017/12/01 12:42] YasminEliora: I agree no one but it is to be perceived as the male in the chair has power being the center of the females.. and many are misled to see sexuality as empowerment

[2017/12/01 12:43] Carolyn Carillon: MN: Yasmin, I agree

[2017/12/01 12:42] iSkye Silverweb: You notice the logo LAST

Objectifies the people in that photo

[2017/12/01 12:43] ShylatheSuperGecko: it's an ableist picture, appealing to ableist ideas that the boy is sexy and desirable by these ladies

[2017/12/01 12:44] Princess Claire (clairedeair): Ableist is the word I choose as well.

[2017/12/01 12:44] Vulcan Viper: I can understand why the boy would be overwhelmed. I would be.

[2017/12/01 12:44] Carolyn Carillon: MN: Excellent comments
My opinion?

The real power lies in the MDA

They've manipulated the circumstances so that it portrays a kid who can't get sex any other way

than being artificially surrounded by cheerleaders

They've manipulated these cheerleaders to be portrayed as sex objects

The audience taps into all their ableist, sexist ideas to make them feel pity for this kid

The audience is having the hearts wrenched so they'll donate money

[2017/12/01 12:44] Gloriejoy (joycie.string): It is a thoughtless and disrespectful pic
To women AND men

Children and all

[2017/12/01 12:45] YasminEliora: And perverted

[2017/12/01 12:45] rooro7793: I think this picture does not reflect the suffering of the child

It does not support consolidation

[2017/12/01 12:45] JJ Drinkwater: I'd like to say that they are more than cheerleaders.

[2017/12/01 12:51] Mook Wheeler: The thing about 'reading a text', meaning a production that contains potential meaning, is that we all bring our habitus and education to the reading. Regarding the child in the wheelchair with the women, first reaction from the audience is mostly negative. I'm wondering if there's another level. For example, I once had a woman in a full-veil hijab tell me this: "The hijab, instead of enslaving me, actually FREES me within the very specific society I live in. Instead of being subject to the male gaze, and harassment, and more, I am actually freer and left alone to do what I do."

[2017/12/01 12:53] Angel Windsong-Furlough (angelicawindsong): good point Mook

[2017/12/01 12:53] Suellen Heartsong (suln.mahogany): wow Mook

[2017/12/01 12:53] YasminEliora: there is truth in that

[2017/12/01 12:53] Carolyn Carillon: MN: that's something profound to think about

[2017/12/01 12:45] Carolyn Carillon: How about this picture?

We have an image from Hurricane Katrina

An individual with a disability on an air mattress floating down a street

His wheelchair is on the mattress

He's being pulled by an able-bodied man

Both are African American

They're literally floating down the street to the Superdome

Who has power in this photo?

Type into the chat

[2017/12/01 12:46] Princess Claire (clairedear): Using an air mattress was smart.

[2017/12/01 12:47] Suellen Heartsong (suln.mahogany): No one has power, the water holds the power over them

[2017/12/01 12:47] Alterglobalization: There is no power in this picture

[2017/12/01 12:47] Angel Windsong-Furlough (angelicawindsong): Mother Earth

[2017/12/01 12:47] Princess Claire (clairedear): Act of God holds power.

[2017/12/01 12:48] YasminEliora: amen

[2017/12/01 12:48] ShylatheSuperGecko: It implies a mistruth, so I don't think either do - many people had their wheelchairs taken away once they reached the Superdome due to "space limitations"

[2017/12/01 12:48] rooro7793: Government default

[2017/12/01 12:49] John Howard Cassio (sticaatsi): The system, not the government

[2017/12/01 12:48] Carolyn Carillon: MN: Any other comments?

That's true

That was before the emergency planning efforts

We have to thank Katrina for bringing those circumstances to people's attention

[2017/12/01 12:49] iSkye Silverweb: the response is improving but still nowhere good enough, there is still so much ignorance about the rescue needs of PWDs

[2017/12/01 12:49] ShylatheSuperGecko nods at iSkye

[2017/12/01 12:49] Carolyn Carillon: MN: My feeling is that in this context you have disability

You have a crisis

You don't see any other helpers

Other than the man pulling the air mattress

It seems like a hopeless situation

But if you just talk about the people, these two gentlemen have power because they're surviving!

They're transcending the hurricane

This is what's left of their lives

But they still carry on

[2017/12/01 12:50] rooro7793: There must be a prior planning

[2017/12/01 12:50] ShylatheSuperGecko: ...they're not inside the dome yet...

[2017/12/01 12:51] Suellen Heartsong (suln.mahogany): Planning is essential, being able to plan for all situations, not possible, but using resources as they did, great helping each other

[2017/12/01 12:51] rooro7793: Those who see the picture are expected to be in a poor third world country that does not have the potential

[2017/12/01 12:50] Carolyn Carillon: MN: The man is saying I can't walk in this water

But I have this air mattress

And I have my friend who's going to pull the air mattress over the water to get help

That's power!

[2017/12/01 12:51] Gloriejoy (joycie.string): glad they put the man in middle of mattress and not the edge.. nice to see common sense

[2017/12/01 12:51] Eme Capalini: He's lucky he was able to bring his wheelchair. I bet many weren't able to.

[2017/12/01 12:53] ShylatheSuperGecko: I feel, knowing something of what happened to many with disabilities, and that there is still 'no' planning in many areas that includes us, I just can't find this empowering.

[2017/12/01 12:54] Carolyn Carillon: MN: Maybe Shyla, you're looking from the system's point of view

My comment about the gentlemen? I'm looking about that from the men's point of view

A friend says that when society is in crisis, people with disabilities are the first to go
We have to survive on our own

[2017/12/01 12:55] Carolyn Carillon: MN: the term empowerment originated in community psychology

But also in other fields

We see this trend in business to empower the workers

That's behind a lot of unions

As we go along in this discussion, it gets tough in some cases

The fascists claimed they were empowering people

I went to the medical literature first

I got discouraged

It actually got me involved in founding our organization

If we look at dictionary definitions

We see authority or power given to someone to do something

It's a legal concept

You empower your lawyer to manage your estate

As you look into the psychological or sociological literature

It's about claiming one's rights

It's about taking control

of one's circumstances

and achieving one's goals

Let me open the chat

Does anyone think these definitions are lacking something?

Is there another way to word it?

[2017/12/01 12:58] iSkye Silverweb: Self-determination?

[2017/12/01 12:59] ShylatheSuperGecko: Sovereignty over one's self

Though the definition's help me understand the photos better

Yes, right to choose

Not have choices made for me

[2017/12/01 12:59] Angel Windsong-Furlough (angelicawindsong): I was just thinking, True Empowerment comes from within?

[2017/12/01 13:00] Gentle Heron: But you can't ignore others and the external!

[2017/12/01 13:00] YasminEliora: my strength comes from God

[2017/12/01 13:00] Gloriejoy (joycie.string): Gaining respect from others to help and carry out the needs and to give people choices...offer solutions, give them choices.

[2017/12/01 13:00] Carolyn Carillon: MN: I think we could expand that so that your choices aren't limited

The amount of spiritual force that stands behind each of us is something we need to talk about more

Let's have a dialog around spirituality

We're not islands

We're influenced by our relationships and our environment

[2017/12/01 13:01] YasminEliora: it is good for people to be able to openly communicate with love and respect for each other

[2017/12/01 13:01] Mook Wheeler: COMMENT: I have an anecdote that relates to the importance of 'definition', whether of empowerment or anything else. When I was very young, I once said loftily to someone, "Just because he's got money and everything, he thinks he's happy. But he's not happy, he just *thinks* he's happy." The other person said to me: "But if he *thinks* he's happy, then he's happy."

[2017/12/01 13:02] Carolyn Carillon: MN: Mook, I think you're right

It comes down to perception

[2017/12/01 13:02] Mook Wheeler: Perception creates the object.....

[2017/12/01 13:03] iSkye Silverweb: and the perception can change over time

[2017/12/01 13:03] Mook Wheeler: Correct. Perception is dynamic, as always....

[2017/12/01 13:03] Carolyn Carillon: MN: If we didn't have the object, would we have the perception?

We're getting very existential!

[2017/12/01 13:03] iSkye Silverweb: Lots of money..."I'm happy"...but no friends..."I'm not so happy"

[2017/12/01 13:03] Frida Muircastle: A strength-based vs deficits-based perception

[2017/12/01 13:03] Carolyn Carillon: MN: Thank you Frida

It's a way of looking at things

If you look at strengths, you have more power

That fits within positive psychology

Exactly iSkye

Empowerment is value-laden

[2017/12/01 13:05] Carolyn Carillon: MN: In this value system, if you look at this picture of a Ku Klux Klanner

He looks like he's part of a parade of people carrying confederate flags

The prevailing emotion seems to be anger

When you look at these folks you can think they have the perception of power

They've gotten together

Feeding off each other's hatred

And they're putting their power into a visible public protest

The power they have, they're channeling into a direction most of us would say is dysfunctional

Because they're creating division

But who's to judge?

If you talk to a skinhead or a racist or an ultra conservative

They believe they're in the right & they'll argue with you

They can give you reasons for their position

Many of us may see that as dysfunctional

Out others would disagree

We need to be aware of that

[2017/12/01 13:06] Robert Jung: There is a difference between attempting to have power over others, and "self empowerment" that does not take power away from others

[2017/12/01 13:07] Carolyn Carillon: MN: As I went on in my research, I looked at outcomes

That's one of the things that kinda ticks me off

If I show up, am I empowered?

But that's how it's measured

You measure participation

Or engagement

If you do what you want with my body

I'm engaged but not empowered

It's like "Just do what I tell you to do & shut up"

Maybe I'm being negative

But when you really have shared decision-making

When the action taken results from listening

That's really reaching your goal

Does the feeling feel like the program is being imposed on them?

Does the person feel like they're taking control of their life?

We feel disease needs to be controlled

That's the medical point of view

Or they talk about finding hope and new meaning

So your attitude changes

Or self-efficacy which is the power to control your circumstances

I already talked about disease management behaviours

They're measured as outcomes

If I get you to stop smoking, you've met the goals of the program

But then they don't go further

What do you gain by smoking?

People have their reasons for smoking

Another outcome is social support

Disease knowledge

That is, if you understand your condition

That helps you feel more empowered

Lately I've been noticing literature about eHealth literacy

Or how often you use the computer to get information

We look at strategies

Some focus on physical activities or recreational activities with other people

Some programs look at just having a case coordinator

Most programs offer classes, social networking, capacity building ...

Interactive knowledge

You don't just give knowledge but offer the ability to use it

Some programs are just dedicated to employment

As if that's enough

Some programs look at removing barriers
So you can engage with other people
Another hot topic is improving the ways you communicate with your doctor
There's even a program around empowerment evaluation
So you have a program, how do you know it's empowering?
The principles that underlie empowerment include improvement, inclusion,
programs that are devoted to social justice ...
Some look at a combination of all these factors
I want to turn back to you
What do you think about this?

We have this amazing new technology
We have a (virtual) whiteboard!
Here's the question I want to pose to you
Think of a time when you felt empowered
Each of us has our own definition
Our way of making this concept real in our lives
So think of a time when you felt empowered
And ask yourself, what exactly made you feel empowered?
What was in the soil that nurtured you that gave you the feeling of empowerment?

[2017/12/01 13:16] Gloriejoy (joycie.string): My exciting experience in work was that I taught a client how to use Create Space on Amazon to publish our booklet that we created together! This was her goal and the empowerment here is that the goal was reached and she sold many!

She was receptive, and open and it was her decision

[2017/12/01 13:17] Carolyn Carillon: MN: iSkye, if you could write some of these essential words, that'd be great

[2017/12/01 13:17] iSkye Silverweb: ok

[2017/12/01 13:18] Carolyn Carillon: MN: Can we call that awareness of new things? Openness?

Receptivity?

[2017/12/01 13:18] Gloriejoy (joycie.string): she was so happy and it was the world to her!--yes!!

And it made ME happy

[2017/12/01 13:19] LV (lorivonne.lustre): happiness spreads

[2017/12/01 13:19] Gloriejoy (joycie.string): Yes!! happiness spreads

[2017/12/01 13:18] Eme Capalini: accomplishment

[2017/12/01 13:19] Alterglobalization: I felt free

I felt myself

[2017/12/01 13:19] Carolyn Carillon: MN: what did you do with her?

[2017/12/01 13:19] Gloriejoy (joycie.string): She wanted to publish a book and wanted the experience of actually publishing.. yes and boom - her poem book and my cartooning with it

[2017/12/01 13:19] Carolyn Carillon: MN: You gave her information

Information about online tools

I see something else

You gave her encouragement
Tell me if I'm going beyond what you said
You contributed your art skills!
What's a word for that?

[2017/12/01 13:20] Eme Capalini: teamwork!

[2017/12/01 13:20] Gloriejoy (joycie.string): yes!!

[2017/12/01 13:21] Mook Wheeler: How does one 'judge' whether you've been empowered or feel empowered? Is one factor the reduction of stress, or is that deceptive? Is an old disabled person who feels high stress at having to look after themselves, and having to make decisions for themselves, disempowered? A team of carers descend on this person, basically takes over all decision-making, and takes the care of this person in hand. Result: ALL stress is removed from the old disabled person, and great relief takes its place, and the person is happy. Is this considered (self)empowerment?

[2017/12/01 13:22] Carolyn Carillon: MN: Mook, I'm thinking of folks in nursing homes

Is that what you're referring to?

[2017/12/01 13:22] Mook Wheeler: Yes and no. This was an actual real-life example

[2017/12/01 13:22] Princess Claire (clairedear): I think you need a better word than empowerment

[2017/12/01 13:22] Mook Wheeler: And yes, some do and some do not feel this way. Everyone is different.

[2017/12/01 13:22] Carolyn Carillon: MN: Mook are you saying that this person was empowered?

[2017/12/01 13:23] Mook Wheeler: This person was stress-free, relieved, and happy that they didn't have to think and make hard decisions anymore. She was much happier. I don't know if she was 'empowered' the way we are defining it here

[2017/12/01 13:23] Carolyn Carillon: MN: let's come up with a better word

[2017/12/01 13:23] YasminEliora: Encouraged

Perseverance

[2017/12/01 13:24] VAIPresenter2: flourishing?

I think we've had some good discussion

Can we apply that word to Mook's situation?

Is that person flourishing?

[2017/12/01 13:24] Mook Wheeler: Yes she is!

Yes, the person is actually flourishing

No more stress

[2017/12/01 13:24] Princess Claire (clairedear): I would just leave it at stress free.

[2017/12/01 13:24] Suellen Heartsong (suln.mahogany): My Mom signed herself into a nursing facility for her last 6 months of her life, took the weight of decisions off of her and me as well, didn't make me feel empowered

Made me feel poorly

Added stress to me

[2017/12/01 13:25] Carolyn Carillon: MN: She gave up the decision-making power and gave it all to you & the nursing facility!

[2017/12/01 13:25] Suellen Heartsong (suln.mahogany): yes to a point

[2017/12/01 13:26] Carolyn Carillon: MN: she may not be empowered, but she's stress-free

[2017/12/01 13:24] rooro7793: God is the one who gave us health and disability

I believe that God will ease the pain

Faith gives hope and strength

I believe that faith in God is what gives me strength

[2017/12/01 13:26] Carolyn Carillon: MN: these concepts need to go up on the board

Let's go on to the next question

What or who made you feel strong?

If you think of the woman checked into a nursing facility, what changed her perceptions were having the facility available to her & a daughter who could take control over the decisions

[2017/12/01 13:27] iSkye Silverweb: I know someone who has chronic health issues but when someone asks, 'are you healthy?' she says I am very healthy.

[2017/12/01 13:28] Pianoman (p1an0man): I do that all the time iSkye

[2017/12/01 13:29] Carolyn Carillon: MN: I think we all do because people don't understand what it means to be disabled

[2017/12/01 13:29] Princess Claire (clairedear): Knowing that you are putting the task out there for someone else to do could also cause some smaller levels of stress maybe.

[2017/12/01 13:29] Gloriejoy (joycie.string): yes!

[2017/12/01 13:29] Alterglobalization: naturism made me strong

[2017/12/01 13:29] Carolyn Carillon: MN: We've talked about spirituality

I'd like to talk more about what naturism means maybe

[2017/12/01 13:29] Pianoman (p1an0man): I think when someone loses whatever capacity of independence they have it can cause emotional stress.

[2017/12/01 13:30] Mook Wheeler: but not always for everyone..... some like not having to think or decide

[2017/12/01 13:30] Pianoman (p1an0man): True Mook

[2017/12/01 13:30] Carolyn Carillon: MN: my last question

To what end do you put your power?

Where did you channel your power?

Maybe our discussion is about having choice

Just being forced to make decisions about yourself

We've heard that several times

What do you do with your power?

We've heard about the decision to give up your decision-making power

You exert power over your environment

One thing is having the choice

[2017/12/01 13:31] Mook Wheeler: being allowed the choice

[2017/12/01 13:32] Zip Zlatkis: allowed and understanding where to find the choice

[2017/12/01 13:32] Carolyn Carillon: MN: Another is having the chance to use the choice

We used to talk about independent living

The ability to choose among acceptable options

[2017/12/01 13:34] Mook Wheeler: I agree that choice is key to the idea of a sense of empowerment

[2017/12/01 13:34] Zip Zlatkis: Yea Mook

[2017/12/01 13:32] YasminEliora: It may seem redundant since some of us here refer to God as our source, and everything for such persons returns to God and there is no end or beginning to possibility in faith...and no area of our lives where He is not a central part... and I can say in all things on every mountain peak and in every valley deep, I am blessed.

[2017/12/01 13:33] rooro7793: Is power permanent? How to use your power?

[2017/12/01 13:33] Zip Zlatkis: Power is not permanent. It has to be worked

[2017/12/01 13:33] Carolyn Carillon: MN: I can definitely say from my experience it's not!

I can literally be empowered one moment to be active & participate & have control
And the next moment all that power is taken away if my wheelchair stops working
That's one of the disempowering experiences because I'm so dependent on technology

[2017/12/01 13:34] Zip Zlatkis: I am talking about beyond mechanical
Personal empowerment

[2017/12/01 13:35] Carolyn Carillon: MN: it doesn't have to be mechanical
If someone comes to you & starts yelling

That can be disempowering

And it causes me to draw all my negative responses

Not to be a victim but to control my responses

It's like when you respond in a quiet voice

[2017/12/01 13:35] Zip Zlatkis: Or just knowing how to find your personal empowerment

[2017/12/01 13:36] Mook Wheeler: there is a book that described a society where crime revolved around the idea of the removal of choice. Therefore, 'rape' was not seen as rape per se, but as an act which removed choice from the 'victim' -- the choice to not be violated, the choice to do this or that, the choice to choose a different path, etc

[2017/12/01 13:35] rooro7793: I believe that any subject of commenting on faith is ignored here

[2017/12/01 13:35] YasminEliora: I would admit though beyond and including faith some things in our situations can encourage and discourage us... living with disabilities and circumstances beyond our own abilities and impacting our personal choices.

[2017/12/01 13:36] Carolyn Carillon: MN: Do you really feel we're ignoring faith?

[2017/12/01 13:36] YasminEliora: I think she has fairly addressed the different views :-)

[2017/12/01 13:36] Pianoman (p1an0man): Kind of like how AA and such groups use a higher power, whatever that may be for each individual.

[2017/12/01 13:37] rooro7793: Yeah Because faith is the foundation that gives us hope and strength

[2017/12/01 13:37] Princess Claire (clairedear): What is AA?

[2017/12/01 13:37] iSkye Silverweb: AA = Alcoholics Anonymous

[2017/12/01 13:38] YasminEliora: It starts by admitting you are powerless
The 12 step programs

[2017/12/01 13:38] Carolyn Carillon: MN: It's also the 12 step programs that are used for a lot of addictive behaviours

You offer yourself as an instrument of the power of God

[2017/12/01 13:39] Carolyn Carillon: MN: Let's wind this up

I want to talk about the single most important thing to help those with disabilities to become more empowered or feel more empowered

[2017/12/01 13:39] Gloriejoy (joycie.string): Love

Love them love yourself

[2017/12/01 13:39] Suellen Heartsong (suln.mahogany): Educate

[2017/12/01 13:39] Zip Zlatkis: and family members

[2017/12/01 13:39] Carolyn Carillon: MN: I've broken down the comments

A lot of what you've said fits into these categories

[2017/12/01 13:40] James Heartsong (peacefuljames): hmm... When possible, lead by example. ;)

[2017/12/01 13:40] Carolyn Carillon: MN: I see empowerment as a function of information, skills you have, motivation, getting the right kind of support -- both personal and technical -- opportunities to use it ...

[2017/12/01 13:40] Gloriejoy (joycie.string): Love is the first ingredient to make the whole casserole of caring work! :)

[2017/12/01 13:40] YasminEliora: yes

[2017/12/01 13:42] Carolyn Carillon: MN: So if we had to prioritize anything that's been said today

And we were going to create a program

That we invited people with disabilities

That should we teach them first?

[2017/12/01 13:42] Zip Zlatkis: love yourself

[2017/12/01 13:42] Carolyn Carillon: MN: About choice?

Making good choices?

How their choices affect others?

Taking a spiritual choice

Using your spiritual power to change your environment

[2017/12/01 13:42] YasminEliora: That they are not alone

Sometimes knowing you are not alone can make the greatest difference

[2017/12/01 13:43] Zip Zlatkis: yes Yasmin

[2017/12/01 13:43] Carolyn Carillon: MN: the virtual world has given us the power to be together

I'm grateful for that

This tool has empowered me to go way beyond my social circle
To widen it
To get the benefit of the spiritual and emotional strength
The information I've gotten from everyone here
I wouldn't have known Frida!
She's another of my research colleagues
All of us, Frida, Thomas and I have looked at programs together
This has given us so much direction
I appreciate that
LV says the notes are on the stage ... thanks LV!
Thanks you've given us direction
To promote empowerment
Even though we can't define it! (laughs)

[2017/12/01 13:46] Gentle Heron: Thank you Peg. You certainly engaged our audience on this topic! What a great opportunity for us to interact with a nationally recognized researcher.

I do want to remind our audience that we begin tomorrow morning at 6:30am SLT, when we will learn about the effects of governmental funding cuts on persons with disabilities in the UK. We all need to understand what's going on in other parts of the world.

[2017/12/01 13:46] Carolyn Carillon: MN: And my point is always vote no matter what!

Thanks very much

[2017/12/01 13:46] Sonitus Randt applauds

[2017/12/01 13:46] YasminEliora: thank you Dhira

[2017/12/01 13:46] Suellen Heartsong (suln.mahogany) claps

[2017/12/01 13:46] Zip Zlatkis: This has been wonderful

[2017/12/01 13:46] Elle Thorkveld: thank you Dhira

[2017/12/01 13:47] Lyr Lobo: wonderful session!

[2017/12/01 13:47] YasminEliora: great session :-)

[2017/12/01 13:47] rooro7793: thank you Dhira

[2017/12/01 13:47] Frida Muircastle: Thank you!

[2017/12/01 13:47] Eme Capalini: Great job Peg!

[2017/12/01 13:47] millay Freschi: Thank you so much for these thoughts on empowerment!

[2017/12/01 13:47] iSkye Silverweb: Folks touch the big box in front of Elektra for notes on the comments that were SUPPOSED to go on the whiteboard...poor thing had teflon or something

I will move it to next to the blue sign at the back of the stage, left

[2017/12/01 13:47] Zip Zlatkis: STRETCHING!

[2017/12/01 13:48] YasminEliora: lol

[2017/12/01 13:48] Mook Wheeler: boiling kettle!

[2017/12/01 13:48] James Heartsong (peacefuljames) joints pop as I stretch a bit

[2017/12/01 13:48] Carolyn Carillon: <<transcription ends>>