

There is so much exciting and well produced disability media available today. The challenge comes in knowing where to find it, what to pick and how to use it.

For our valued customers and friends, we are providing a monthly media recommendation that you can use in your trainings, classrooms and share with your networks.

We appreciate your business and hope you think of us as a trusted source.

Best,
Alice Elliott, Director, Welcome
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www.welcomechange.org

Life doesn't have to be different.

Quote of the Month

Everybody has their own story... Everybody has something that they deal with. My story just started early. My life doesn't have to be different just because a part of it isn't normal.

-Elizabeth Quinn

Media of the Month



Lizzy

[Watch it here!](#) password: lizzy

Most teenagers deal with personal issues that come standard with the age -- self-identity, thinking about what to do later in life, relationships with friends -- issues that they will eventually overcome. For Elizabeth, 18, who has a rare disease called Cloacal Anomaly, being a teenager means not only dealing with the issues most teenagers face, but also dealing with a disease that has affected her as a young person and will continue to affect her for the rest of her life.

3 Reasons why this is worth watching:

1. Use of home movies gives us an intimacy with Elizabeth. We feel we've known her a long time and have grown up with her.


2. "Dear Diary" voice-over helps make it intimate and empathetic. This is a rare disability and the filmmaker gets us on Lizzy's side right away. Later we even get to see her diary where she says, "I wish I were normal."

3. I like the filmmakers ability to capture Lizzy's honesty. As a teenager she talks about depression, her fears and her struggle for independence. She also talks about using humor as a protective device.

In addition, the filmmaker uses great restraint with music, just enough to help the story along, not to distract.

We hope you find this Media and Disability information helpful. If you know of media that you think is useful and should be featured in our newsletter, feel free to let us know!

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