

October 28, 2020 #EquityChat  
Andrea Dalzell, RN (@theseatednurse),  
Disability Activist

[@SDMesaPrez](#) Good evening and welcome to #EquityChat! Tonight our guest is @theseatednurse Andrea Dalzell, RN, disability activist and rock star inspirational speaker. Welcome Andrea! @iamkeithcurry @sdmesacollege @SDMesaPrez [@theseatednurse](#) Hello! I'm so excited to be apart of this chat! Thank you for having me! #equitychat

[@SDMesaPrez](#) Q1 @theseatednurse Tell us about your journey to becoming a nurse, what helped you persist as someone who was breaking down barriers all the way? #EquityChat @iamkeithcurry @poppyfitch

[@theseatednurse](#) As a child I had every intention of being a lawyer to sue all the doctors that ever caused me pain. As a pre med student- the medical model only saw me as a disease process and I never wanted to look at others that way..... #equitychat

[@ahandsintheair](#) I love how you have been able to help others see what you yourself had not yet seen... but knew could be. That kind of confidence, courage, vulnerability and ability to move in your purpose is life changing, stereotype busting, way-making, faith and vision-infused 🔥! #EquityChat

[@theseatednurse](#) Overall, my understanding of my own wants for myself kept me from hearing everyone else's NO for me. Blocking out the naysayers and ultimately finding the one person to say yes or be willing to work with me broke down the barriers.#equitychat

[@ahandsintheair](#) That type of vigilance & focus is indeed what breaks down barriers. In your earlier talk you said "You will hear many no's. The yes starts with you. Choose it and fight like hell for it." It's consuming, intentional, hardwork rooted in worthiness #weareworthy #roadmap #equitychat

[@poppyfitch](#) Calls to mind "we can't be what we can't see!" So glad you pushed forward, Andrea!

[@theseatednurse](#) That lead me to having conversations about nursing. I never saw a nurse in a wheelchair, and my own understanding of life didn't exclude me from being a nurse in a wheelchair. My confidence in who I know I am was how I was able to keep breaking down stereotypes. #equitychat

[@iamkeithcurry](#) Q2. @theseatednurse. Our education, background, and experiences make us who we are. Please tell us about the non-resume you? We want to know what's not on your resume. @SDMesaPrez @iamkeithcurry @poppyfitch #EquityChat

[@ahandsintheair](#) My favorite question!

[@theseatednurse](#) I am a reader that loves to read the book then watch the movie, then go back to the book to see what the movie missed! I am Andrea. A friend, A sister, A daughter, A partner. I have a disability that is only hindered by society's failure to adapt. #equitychat

[@ahandsintheair](#) "I have a disability that is only hindered by society's failure to adapt." That is 🔥! #equitychat. When @iamweshamilton came to @sdmesacollege he spoke of his organization "Disabled but not really", those subtle shifts of perspective change everything. #equitychat

[@poppyfitch](#) "But not really!" ❤️

[@theseatednurse](#) One thing definitely not on my resume is trailblazer on wheels! 🚗 🔥 🌊 #equitychat

[@poppyfitch](#) ❤️ A perfect moniker! Perhaps time to update that resume? 🚗 🎯

[@theseatednurse](#) I'm a adventure seeker! I've gone sky diving, water skiing, surfing ( without knowing how to swim) I'm a Netflix binge watcher on my days off ( once a month) I love to cook and make my family the taste testers! #equitychat

[@eezbeez](#) Love the question. Home improvement delivery driver, typesetter, women's basketball coach, election consultant, library reference assistant, kitchen dishwasher.

[@SDMesaPrez](#) Q3. [@theseatednurse](#) This week is Disability Awareness month, as an inspirational speaker and practicing health professional, how should we be supporting students with disabilities in community colleges. #EquityChat  
[@lamkeithcurry](#) [@SDMesaPrez](#)

[@theseatednurse](#) We must be able to check our own bias. We often project our own insecurities and failures into others without acknowledging that experiences are different for everyone. We must be willing to challenge the status quo and push past norms and create new paths. #equitychat

[@theseatednurse](#) Healthcare forgets that we are good at what we do and we keep getting better. When we turn away those that we care for from the profession due to a perceived inability, it's turning away our hard work, our colleagues hard work and the very institutions that we work for. #equitychat

[@ahandsintheair](#) Indeed. It's turning away people, hard-work & diverse contributions 2 innovating, dreaming, problem-solving & equitable outcomes. It's a guarantee that we'll never maximize our full potential of becoming (insert healthcare worker, educator etc.) #equitychat #checkthoseperceptions

[@poppyfitch](#) Wow! On point. Could replace "healthcare" with "education"! Q: Is our reluctance to embrace new ways of doing and being because we are timid? We don't trust ourselves?

[@theseatednurse](#) Often enough we don't give those with disabilities enough credit. They live with their disabilities daily and yet others will look and say they can't do something when they have no idea how that person is living daily. Support comes when we give the chance for success #equitychat

[@ahandsintheair](#) As you spoke earlier I made a note to intentionally challenge my assumptions about what someone's disability means ... to them. It's something I "feel" like I do, but need to "know" that intentionally create space for that to unfold. #EquityChat

[@poppyfitch](#) Talk giving credit: it touched my heart earlier when you said "People with disabilities are innovators!" ...because they have to be. A call to collective perception shift! Thank you for bringing voice and inspiration 🙏💡👏👏 #EquityChat

[@theseatednurse](#) Thank you.

[@lamkeithcurry](#) Q4. [@theseatednurse](#). What is your definition of equity? [@lamkeithcurry](#) [@SDMesaPrez](#) #EquityChat

[@theseatednurse](#) My definition of Equity is seeing me as a fellow human being before seeing my disability, my gender, or my race. It's understanding that everyone has a voice even if it is a whisper. #equitychat

[@SDMesaPrez](#) That is profound for me..often we think about who's missing, but we may miss someone speaking quietly right in front of us. #EquityChat [@lamkeithcurry](#) [@ahandsintheair](#) [@poppyfitch](#)

[@ahandsintheair](#) 🙏👂 See 🙏 ME 🙏 Hear 🙏 Me...even if it is a whisper #periodt Love it!

[@theseatednurse](#) Thinking about equity, it means sidewalks would be accessible, my commute to work is accessible, when I go for an interview, my wheelchair doesn't deny me the opportunity. When i need accommodations, the first response isn't asking how much is it going to cost #EquityChat

[@ahandsintheair](#) 🗣️...👂 is a microphone being dropped. I hear you! #equitychat

[@SDMesaPrez](#) Q5. [@theseatednurse](#) If you could make three policy changes in support of students with disabilities, what are those changes? #EquityChat [@lamkeithcurry](#)

[@theseatednurse](#) 1. No one gets denied! Making the decision to take on higher education is hard enough without having to add the disability factor. Choosing a profession and line of study is also hard when factoring in cost with said disability. Denial's delay progression in Societal growth

[@theseatednurse](#) 2. Every educator must take CEU's / Course's and or yearly seminar about disability etiquette, what are accommodations, how accommodations are applied and how to ensure accommodations are upheld within the institutions partnered with said schools #equitychat

[@theseatednurse](#) 3. Integrate technology advancements into the learning curriculums. How can educators or professions know how to work along side those with disabilities if we are not represented in our education and what we are learning is outdated to current times.

[@lamkeithcurry](#) Q6. @theseatednurse. So what are you reading? In addition, what book(s) would you recommend we consider reading? @SDMesaPrez @lamkeithcurry #EquityChat

[@theseatednurse](#) I am currently reading We Are the Change We Seek : The Speeches of Barack Obama by E.J. Dinne Jr. Obama's ability to speak can't be denied political parties aside. #equitychat

[@theseatednurse](#) Second is a Important read: United Spinals Disability etiquettebook.

<https://unitedspinal.org/pdf/DisabilityEtiquette.pdf>

[@ahandsintheair](#) This is rich with etiquette info and it's a free | right now resource! #winning #learning and #sharing with our Student Services Community. #equitychat

[@SDMesaPrez](#) TY so much @theseatednurse ! I'm excited to go thru ea Q, read & respond! You are transforming the world ! We are so fortunate to have you 2nite! TY @poppyfitch @sdccd ! Join us next wk as we #EquityChat w/ @M\_LGarcia from @castudentaid @lamkeithcurry #EquityAvengersout