**Disability History Month: Our Stories.**

**Video transcript: Jane.**

Hey, everyone, it's Jane. And I’m a PhD student here at the University of Kent. I'm looking at the professionalisation of animal medicine, so the history of veterinary legislation. And I've recently gone part time with my studies due to health issues. And today I just wanted to talk a little bit about how you communicate with someone, if they disclose to you that they do have a health problem or a disability.

So we don't have to tell you if we have a health problem or a disability, but it can help situations. So sometimes if I've disclosed that to you, it's because it's potentially going to help a situation or I'm letting you know that: D’you know what - I prefer to sit in a chair than stand a drinks event because standing is really painful for me.

But because I've shared that with you doesn't mean to say a) that needs to be my identity, or that's how you then describe me to other people, but also, I'm not telling you to ask for advice or support. I know that sounds a bit weird. It's very much human nature, if somebody tells you something's wrong, you would then chip in with some advice.

But actually, I kind of know me quite well. I've had these conditions for quite some time, so if I did say to you: Oh, I have a bad back or I have mobility problems, then pretty much you can guarantee I have tried yoga, I have tried Pilates and I have tried swimming, bathed in turmeric, drank lavender oil. I've done all these things.

So actually, instead of listening to respond, which is what we often do, to then respond with some help, actually, all you need to do is say: Thank you for sharing - because that's what I've done, and that's quite a big step for a lot of people.