**Disability History Month: Our Stories.**

**Video transcript: Maisie.**

So let's talk a bit about disclosure. Well, I am someone that has what some of us call an invisible illness, a chronic illness that is called fibromyalgia. And you can't see it. And I suppose that's one of the most hardest things that I come across when I'm approaching that disclosure conversation, is how do I describe how I'm feeling internally when you can't see what I have?

But I definitely have the aches, the pains, the cognitive dysfunction, that little bit of empathy and understanding without patronising can be one of the most empowering things you can give a disabled person. Because then we can talk openly and freely about what we need without feeling weak, or that it holds us back because the things we need and the things we’ll disclose to you are things that help us thrive in society.

I suppose one of the main things I wish people understood about disability is a lot of things that hold us back as disabled people are created by society. Having the understanding that it can be something as simple as not having a chair with a back on it, or not having accessible doors or not putting a nice yellow screen behind big letters and white writing for someone that's dyslexic, for example, which I also am.

Those things are what hold us back. So if there's more understanding of those barriers, we can make the world a really inclusive place for everyone. And when you design for disability, you designed pretty much for everybody. There's so many things you can gain from being inclusive in the way you approach the world.