# Resources and further information to accompany episode 10: Identity, Community and Disclosure

In the final episode of the series, Tess and Polly explore how you take ownership of your disability if you are blind or have low vision. With the help of our guests, we consider disability as a label, as a community, and as an identity.

You can catch up or listen again to the podcast [here](https://varadio.podbean.com/e/nothings-off-limits-identity-community-and-disclosure-ep10/).

If you want to follow up on any of the resources mentioned in the podcast or learn more, we’ve pulled together the following to help you find out more.

## Resources mentioned in the podcast and recommended by our guests

Our guest Jason Whiter has shared the following batch of fantastic articles and resources (Thanks Jason!)

* Article: Living well with a disability: <https://www.helpguide.org/articles/healthy-living/living-well-with-a-disability.htm>
* Website: Disability Awareness: <https://disabilityawareness.com.au/>
* Website: Diversity Australia: <https://www.diversityaustralia.com.au/disability_awareness>
* Platform/Website: “Spark is a platform developed by people with disability for those with disability. The aim is to allow a means for those to showcase and be recognised for their abilities”: <https://letslightupyourspark.com/> (facebook page: <https://www.facebook.com/sparkyourability> )
* Article highlighting Kmart’s range of dolls with a disability: <https://7news.com.au/lifestyle/kmart-praised-over-new-range-of-dolls-with-disabilities-c-1317213>

Jason highlighted the approach to identity taken by actor Andy McPhee. Andy took part in one of Vision Australia’s Check In and Chat webinars sharing his insights into learning about yourself. You can listen to that webinar again here: <https://youtu.be/NbSMNbMA1-4>

### Videos/Webinars and Podcasts

Vision Australia asked Ben Pettingil to share his insights on disclosing your disability. You can access this here: <https://www.visionaustralia.org/services/Cornerstone/employability/disclosure-options>

Vision Australia’s ‘Don’t Eat the Whole Elephant’ podcast series talks to Vildana Praljak about the balancing act of claiming who you are when you lose your vision and being more than just someone with vision loss: <https://www.podbean.com/ew/pb-tgjac-a04c41>

Talking Vision’s interview with Maribel Steel author of Blindness for Beginners – a renewed vision of possible. Part memoir and part self-help, the book demystifies the reality of living with blindness while providing practical suggestions to those facing vision loss. You can listen again here: <https://s142.podbean.com/pb/b5d921d8fe9bf0f0fefe9ff21a64c0e9/60ac5475/data1/fs28/816525/uploads/190408_Talking_Vision_470.mp3?pbss=f405200a-003e-52ba-9267-ec349cde9ca0>

### Apps and Websites

Vision Aware published a series of blog posts asking What Role Does Disability Play in your identity. You can access these here:

<https://visionaware.org/blog/visually-impaired-now-what/what-role-does-disability-play-in-your-identity/>

<https://visionaware.org/blog/visually-impaired-now-what/the-role-my-disability-plays-in-my-identity/>

Jan Pearlstein’s thought-provoking blog post on ‘Choosing How I self-identify as a person with low vision’: <https://themighty.com/2016/10/choosing-how-i-self-identify-as-a-person-with-low-vision/>

Vision Australia has produced the following guide to disclosing your disability to an employer: <https://www.visionaustralia.org/information/your-rights/disclosing-your-disability-to-employers>

American Psychological Association has produced the following thought-provoking article on disability identity: <https://www.apa.org/pi/disability/resources/publications/newsletter/2013/11/disability-identity>

Margaret Wangui Murugami’s article on ‘Disability and Identity’ from Disability Studies Quarterly can be accessed here: <https://dsq-sds.org/article/view/979/1173>

Useful ABC article on disclosing disability and health conditions at work: <https://www.abc.net.au/everyday/talking-about-a-chronic-health-issue-at-work/100151866?utm_medium=social&utm_content=sf246186137&utm_campaign=abc&utm_source=linkedin.com&sf246186137=1>

To explore more of the podcasts in the Nothing’s Off Limits series please visit [www.visionaustralia.org/nolimits](http://www.visionaustralia.org/nolimits)

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