**Transcript of ‘Identifying Intellectual Disability’**

Video made by WWILD Sexual Violence Prevention Association Inc. ©

00:00:15:03 - 00:00:18:14

- Hi. My name's Alison,

and I'm a Peer Worker at WWILD.

00:00:18:14 - 00:00:22:13

We made a podcast about what

workers can do to help women.

00:00:22:13 - 00:00:26:14

Women with intellectual disabilities

going through violence,

00:00:26:14 - 00:00:29:15

like domestic violence or sexual violence.

00:00:29:15 - 00:00:33:14

This video, we're going to talk

to experts from the podcast.

00:00:33:14 - 00:00:36:01

Women with intellectual disability.

00:00:36:01 - 00:00:37:06

We're going to

00:00:37:06 - 00:00:41:23

ask them about how workers can work

out who has a disability.

00:00:41:23 - 00:00:43:22

Let's ask some questions.

00:00:45:15 - 00:00:48:12

- How do you describe

your disability?

00:00:49:20 - 00:00:52:06

- Umm, I have a learning

00:00:54:07 - 00:00:58:23

and not understanding

as well as others do.

00:00:58:23 - 00:01:00:09

I take a bit of time to

00:01:01:08 - 00:01:04:18

get help with different things.

00:01:04:23 - 00:01:07:23

- I have an intellectual disability

because sometimes it's hard

00:01:07:23 - 00:01:11:04

to understand, like

00:01:11:04 - 00:01:13:23

doing homework

with the boys, things like that.

00:01:14:09 - 00:01:18:01

- I've got a slow learner and

00:01:18:01 - 00:01:22:14

I can't read

and do spelling and add up,

00:01:23:13 - 00:01:24:21

like maths.

00:01:24:21 - 00:01:27:09

And I had to tell the worker

00:01:27:22 - 00:01:30:19

I got a slow learner disability.

00:01:31:00 - 00:01:33:06

Don't be afraid to tell anyone

00:01:34:04 - 00:01:36:04

and listen to them.

00:01:36:04 - 00:01:39:10

- I'm a slow learner.

00:01:39:10 - 00:01:40:21

Sometimes

00:01:41:14 - 00:01:44:17

I ask questions

00:01:44:17 - 00:01:46:12

and that's part of my disability.

00:01:46:12 - 00:01:49:13

I ask questions

if I don't understand something.

00:01:49:21 - 00:01:51:06

- Having

00:01:52:01 - 00:01:57:01

trouble learning to spell words.

00:01:57:01 - 00:01:59:10

- I struggle with everyday life

00:02:01:01 - 00:02:03:15

with real bad depression, anxiety,

00:02:03:15 - 00:02:06:11

- That's how I describe my disability.

00:02:07:20 - 00:02:11:02

- Why is it hard to tell workers

you have a disability?

00:02:11:24 - 00:02:15:00

- It's very hard to tell

workers because

00:02:15:00 - 00:02:18:14

they just pick on

you and be mean to you.

00:02:18:14 - 00:02:20:24

And they think you can't do things.

00:02:20:24 - 00:02:22:05

But that's not true.

00:02:22:05 - 00:02:24:07

- It’s because people tease you

00:02:24:16 - 00:02:26:22

if they know

that you've got a disability.

00:02:26:22 - 00:02:28:20

- Because of discrimination.

00:02:28:20 - 00:02:31:11

- People tend to judge you.

00:02:31:22 - 00:02:32:15

- I have

00:02:33:24 - 00:02:36:12

a little bit of trouble of

00:02:37:09 - 00:02:40:04

saying things like,

00:02:41:14 - 00:02:44:20

I want to say to them.

00:02:45:03 - 00:02:50:07

- I feel like embarrassed

by my disability sometimes.

00:02:50:07 - 00:02:53:07

Sometimes I hide it by big words.

00:02:55:03 - 00:02:56:20

- What could workers do

00:02:56:20 - 00:02:59:22

to make you feel comfortable

to talk about disability?

00:03:00:24 - 00:03:03:05

- Really listening to you

00:03:04:02 - 00:03:06:20

and not being judgemental.

00:03:07:16 - 00:03:11:17

- Let us know it's okay to speak up

00:03:11:17 - 00:03:14:14

and that they won’t judge us.

00:03:15:08 - 00:03:18:09

- Sit down with me, have a cuppa.

00:03:18:23 - 00:03:23:06

- People can listen to us

and hear us,

00:03:23:06 - 00:03:25:02

regarding disability.

00:03:25:02 - 00:03:29:05

- They could just be polite and talk

to you and ask them, “Are you okay?”

00:03:29:05 - 00:03:31:22

“Can you explain

what’s your disability?”

00:03:32:19 - 00:03:33:21

Umm yeah.

00:03:33:21 - 00:03:36:03

- Maybe they might have

a background story

00:03:36:21 - 00:03:40:06

of their self or a loved one

that they might know.

00:03:40:06 - 00:03:41:23

Just making sure that they have that

00:03:43:01 - 00:03:45:14

connection and understanding.

00:03:45:14 - 00:03:47:19

- Just be with us. Spend time with us.

00:03:47:19 - 00:03:49:19

Talk to us. Chat with us.

00:03:49:19 - 00:03:52:02

We’re one of them, we’ll get on.

00:03:52:02 - 00:03:55:03

- I just want them to get to know me.

00:03:56:13 - 00:03:58:23

- How would you like people

to treat you?

00:03:59:16 - 00:04:03:22

- I'd like to be treated with respect

and to be heard.

00:04:03:22 - 00:04:07:01

- I want people to treat

you as respect.

00:04:07:01 - 00:04:08:09

- With respect.

00:04:08:09 - 00:04:10:03

- With respect.

00:04:10:03 - 00:04:11:22

- With respect.

00:04:11:22 - 00:04:14:09

It’s important for anyone.

00:04:14:09 - 00:04:18:16

- With respect and I would

do the same with them.

00:04:18:16 - 00:04:20:12

- Like a normal person.

00:04:20:12 - 00:04:23:13

Don't look at people

like they got disability.

00:04:23:13 - 00:04:26:15

- People need to treat us

the same as like whoever doesn't

00:04:26:15 - 00:04:29:11

have an intellectual disability

because everyone

00:04:29:11 - 00:04:31:09

who has an intellectual disability

00:04:31:09 - 00:04:33:16

or who hasn’t got

an intellectual disability

00:04:33:16 - 00:04:34:17

are all the same people

00:04:34:17 - 00:04:37:03

and they like, have

to be respected

00:04:37:15 - 00:04:38:19

- Like I’m a person.

00:04:38:19 - 00:04:42:05

Like I'm just like

everyone else in the world.

00:04:42:05 - 00:04:43:22

- My advice is just be with them.

00:04:43:22 - 00:04:44:23

We're all normal.

00:04:44:23 - 00:04:46:06

We all are human.