Disability advocacy means harnessing my voice and perspectives to highlight my lived experience and in turn, influence positive change. It means working within a community and striving to not only alter perspectives broadly, but also learn from those within my community. The goal with my advocacy is to disrupt the status quo perspectives that uphold ableist structures within a society.

I am most proud of building community within YAC and seeing new members flourish and develop their voices. I have also enjoyed and find satisfaction with contributing to the language used across various campaigns. I found my contributions to the sexuality and disability project particularly impactful in addressing a taboo subject that isn't often discussed.

I want to see my advocacy and my work as an OT blend more seamlessly and see how both lived experience and a health care background can contribute to new pathways for my advocacy. I would also like to see the blending of advocacy with other marginalized lived experiences and identities.

– Mikayla