

# *Podcast Recommendations*

## **CATEGORIES**

**Disability & Mobility**  
**Caregiving**  
**General Health**  
**Personal Growth**



# 1

## Podcast Recommendations

### Disability & Mobility



#### **Disability Matters** with Host Joyce Bender

Competitive employment and empowerment for people with disabilities is the emphasis of this show. Broadcast live and captioned in real-time for individuals who are deaf and hard of hearing, we discuss how people with disabilities can secure career opportunities, and how employers, organizations and individuals can support employment and empowerment of people with disabilities.

[Listen here on Spotify](#)



#### **The Enabled Disabled** with Gustavo Serafini

A podcast created to shift the narrative around disability. We speak openly around what it means to have a disability, and what it doesn't mean. By sharing our stories, we hope to influence thought leaders, companies, and help empower people with a disability and the professionals who work with them. Visit us at:

<https://www.enableddisabled.com>

[Listen here on Spotify](#)



#### **Included: The Disability Equity Podcast** with Host Bonnielin Swenor

A podcast from the Johns Hopkins University Disability Health Research Center that challenges stereotypes of disability by sharing stories, data, and news. Episode transcripts can be found at

<http://disabilityhealth.jhu.edu/included>

[Listen here on Spotify](#)



### **New Horizons Trailblazers** with New Horizons Life Skills

This podcast is a platform to discuss topics surrounding the greater disability community, particularly focusing on education, self-advocacy, and awareness. Each day we operate according to our mission: to support adults with intellectual and developmental disabilities by advocating for their rights and dignity, providing person-centered services and programs, and ensuring their independence through meaningful work, living conditions, and access to the community.

[Listen here on Spotify](#)



### **Traipsin' Global on Wheels Podcast Hour** with host Ming Canaday

The Traipsin' Global On Wheels Podcast Hour is dedicated to being a definitive resource for new insights and perspectives in disability advocacy, fitness and health, and accessible travel. Our mission is to build a community of healthy, global-minded, and informed advocates willing to take on both emerging and age-old issues within disability rights.

[Listen here on Spotify](#)



### **Yarning Disability** with First Peoples Disability Network

Yarning Disability is a podcast by The First Peoples Disability Network (FPDN) hosted by FPDN Advocate Bernard Namok. In each episode, The Yarning Disability podcast showcases the stories of First Nations peoples living with a disability, their families and carers and other disability industry professionals to highlight the lived experiences of First Nations people with a disability in Australia.

[Listen here on Spotify](#)



### **True Tales by Disability Advocates** with Art Spark Texas, Speaking Advocates Program

Where advocates harness the power of storytelling to build community with their peers and hope to develop empathy in others. A team of disability advocates creates this True Tales podcast to share personal stories by disabled storytellers and add their voices to the growing community of podcast listeners.

[Listen here on Spotify](#)



**Disability Rap** a monthly radio show on KVMR 89.5 FM Nevada City

Listen live on the first Monday of each month from 6:30 to 7 p.m.

[Listen here on Spotify](#)



**Disability Bandwidth** hosted by Nikki Nolan & Sam Proulx

Disability Bandwidth: a show where we talk with disability leaders each week about career, life, and technology.

[Listen here on Spotify](#)



**Grow Bold with Disability Podcast** by Ferros Care

A podcast that highlights the real stories of people living a bold life with disability. Hosted by writer, editor and disability advocate Tristram Peters and journalist Pete Timbs, this podcast is a space for people to share their stories and have open conversations around disability.

[Listen here on Spotify](#)



**All Things Disability** by Northeast Arc

Each day, Northeast Arc changes lives and discovers abilities for thousands of individuals with intellectual and developmental disabilities across Massachusetts. We help them become full participants in their communities: choosing for themselves how to live, learn, work, socialize, and play.

[Listen here on Spotify](#)



**Good for All** by posAbilities

Good For All is a podcast by posAbilities, a not-for-profit association in British Columbia that offers community living support services to persons with developmental disabilities and their families. We share stories about disability, community and inclusion, and invite you to join us as we work toward our vision of "good and full lives for all." Learn more at [posabilities.ca](http://posabilities.ca).

[Listen here on Spotify](#)



### **Black Feathers** with Crystal and Shauna

Crystal Hernandez, Psy.D., MBA, and Shauna Humphries, MS, LPC, discuss disability-related topics of interest to Tribal communities through data, storytelling, and innovative content. With this podcast, we embrace diversity, equity, and honor within our vast Tribal Nations.

[Listen here on Spotify](#)



### **Unexceptional Moms** with Ellen Stumbo and Erin Loraine

Welcome to the Unexceptional Moms Podcast, where we offer hope and encouragement for parents of kids with disabilities. Join us in this journey as we navigate the joys and challenges of raising children with disabilities. We want you to know you're not alone.

[Listen here on Spotify](#)

## **2** | *Podcast Recommendations* Caregiving



### **Rambling with ReYu** with Host Nancy

Welcome to Rambling with ReYu, where we explore the realm of neurorecovery as it pertains to lifestyle, sensory processing and activity based therapy. Join Bean and Nancy as we dive deeper into the many topics surrounding life with a neurological condition. Here we will tackle your questions through interviews with leading clinicians, experts and those with lived experience.

[Listen here on Spotify](#)



### **WAGS of SCI: The Podcast** Wives and Girlfriends of Spinal Cord Injury

Join Elena and Brooke as they dig into topics surrounding life and love after Spinal Cord Injury from their unique perspectives as caregivers. Follow them as they strive to "Empower Women Supporting Their Partners In Chairs" while educating and promoting awareness surrounding disabilities.

[Listen here on Spotify](#)



**Think Inclusive** with MCIE

Think Inclusive exists to build bridges between families, educators, and disability rights advocates to create a shared understanding of inclusive education and what inclusion looks like in the real world.

[Listen here on Spotify](#)

## 3 | *Podcast Recommendations*

### General Health



**Medical Medium Podcast** with Host Anthony William

Join Anthony William, the Medical Medium, for this eye opening podcast, where he shares unique, original, advanced medical information decades ahead of science and research, that millions all around the world are already using to heal, and overcome chronic illness.

[Listen here on Spotify](#)



**Barrier Free Futures** with Host Bob Kafka

Episodes reflecting health, home/community living, arts/entertainment, legislation, technology, sports and recreation, education and employment activities, events and resources affecting persons with disabilities from a wide range of ages, ethnic and economic backgrounds.

[Listen here on Spotify](#)



**Hidden Voices** by Healthwatch Essex

We capture the stories and experiences from across health and social care that you are less likely to hear. For us, no topic is off limits. We focus on the issues which are less talked about and explored so that we, and the health and social care system, can understand them more fully.

[Listen here on Spotify](#)



# Podcast Recommendations

## Personal Growth



### **Achieve Your Goals** with Host Hal Elrod

A weekly podcast dedicated to equipping you with practical advice and strategies to achieve your goals and dreams. If you are looking for help with achieving your goals in any (or EVERY) area of your life, Hal will give you the inspiration, motivation, and action plan to take yourself and your life to the next level.

[Listen here on Spotify](#)



### **The Ramsey Show**

The Ramsey Show believes you can build wealth and take control of your life—no matter what stupid mistakes you've made with money. Join as Dave Ramsey and his team of experts answer your questions on the top problems holding you back. Listen now or ask your question live by calling 888.825.5225 weekdays from 2-5 p.m. ET. Learn more at [www.ramseysolutions.com](http://www.ramseysolutions.com)

[Listen here on Spotify](#)



### **Next Level University** with Hosts Kevin Palmieri and Alan Lazaros

Hosts Kevin Palmieri and Alan Lazaros bring a heart-driven but NO BS approach to holistic self-improvement for dream chasers! If you've been struggling to achieve your goals and wondering why, this is the podcast for you. We put a mentor in your pocket 7 days per week from anywhere on the planet, completely free.

[Listen here on Spotify](#)



### **EmpowerHER** with Host Kacia Ghetmiri

A weekly podcast dedicated to equipping you with practical advice and strategies to achieve your goals and dreams. If you are looking for help with achieving your goals in any (or EVERY) area of your life, Hal will give you the inspiration, motivation, and action plan to take yourself and your life to the next level.

[Listen here on Spotify](#)



### **Straight Up** with Host Trent Shelton

Straight Up with Trent Shelton is a weekly podcast featuring fire wisdom from the man himself. A former NFL wide receiver turned internationally successful motivational speaker with over 12 million followers on social media, Trent brings his powerful, honest perspective to bring you the truth you need to hear - even if it's hard to take. If you're looking for content that will touch your heart and change your life, Straight Up with Trent Shelton delivers it straight to your ears!

[Listen here on Spotify](#)

Is there a topic or podcast you are interested in, but did not see on this list?

**Let us know!**

Send an email to: [kat.w@moosemobilitymedical.com](mailto:kat.w@moosemobilitymedical.com)