

**Collab – Young Stroke Project + StyleAbility Video transcription**

<b>Audio</b>	<b>Visual</b>
<p>Contemporary music is playing in the background.</p>	<p>A montage of a woman appears on the screen. Overlaying text says Jenny McAllister.</p>
<p>Hi I'm Jenny McAllister, I am the founder of StyleAbility and I am a young stroke survivor.</p>	<p>A montage of a woman seated in a wheelchair smiling at the camera and the text StyleAbility appears across the screen.</p>
<p>17 years ago, at the age of just 21 I had a massive brain stem haemorrhage and a subsequent stroke. I was on life support and given less than one percent chance of survival.</p>	<p>Cuts to a woman in a plaid blazer seated in a soft lit room speaking to someone to left of camera.</p>
<p>It has been a long, tough journey of rehab, growth, self-discovery.</p>	<p>Cuts to video clips of a woman doing a range of therapies in the home and at the gym, Shots also show her riding her trike outdoors.</p>
<p>It's been a life changing event and I don't think anything prepares you for such an event, especially not at 21. I had no idea of the world of stroke or disability. I always just associated that with people that were older, so that was really challenging for me.</p>	<p>Shot cuts back to a woman seated on her lounge speaking to camera.</p>
<p>I feel like it really took me a long time to find myself again, I'd lost that sense of who I was. I kind of had to grieve that person and then try and find the new Jenny.</p>	<p>Horizontal and vertical moving images pan across the screen of a woman showing how active she was before her stroke. Images show her at the beach, riding a horse and being active outside.</p>
<p>And part of that was also the clothes that I was wearing. In the beginning I was spending a lot of time either in hospital gowns or baggy T-shirts, baggy jogging bottoms just because it was easy to get on and it was comfortable.</p>	<p>Returns to the seated woman talking.</p>

<p>Time went on and I got better I started to find myself again and that was through clothes, that was through dressing a certain way and styling how I wanted to style my outfits.</p>	<p>Cuts to shot of two women fashion shopping. One is seated in a wheelchair while the other is pushing her wheelchair.</p>
<p>My aim with StyleAbility is to collaborate and educate with mainstream retailers, brands and designers on inclusion and accessibility.</p>	<p>Cuts to a shot over a woman's shoulder whilst she works at a computer. Shot zooms to images combining text and graphic design showcasing the women's skills.</p>
<p>That could look like things such as the design process and involving people with a disability in their design process.</p>	<p>Video pans up from design textiles, fashion magazine covers to a woman working on a computer while talking on a mobile phone.</p>
<p>Looking at why they design the way they do and what they design.</p>	<p>Woman sits in an office talking on a phone.</p>
<p>Having accessible shops, accessible changing rooms, looking at their visual merchandising and their advertising and even things such as their website and their web accessibility.</p>	<p>Two women enter a large fashion store and browse the merchandise.</p>
<p>Just looking at accessibility and inclusion as a whole but doing that within mainstream fashion.</p> <p>Aside from that I am also studying personal styling so I like to, on Instagram or on my blogs, share tips for people with disability on outfit ideas and how to shop with a disability, where to shop, how to put outfits together and finding little tips and tricks on how to make mainstream fashion accessible for them.</p>	<p>Shot cuts to a woman looking at a computer showing multiple pages of her website. Shots on the website shows images of outfit ideas. It then moves to show her seated on a lounge reading a fashion magazine.</p>
<p>So a couple of simple pieces of AT that I find really helpful with dressing and clothes and that would be, number one I don't know what you call it but I call it an 'easy pickup' where you just pick clothes up off the floor or you can use that also to reach clothes in the wardrobe.</p>	<p>Cuts back to the seated woman talking then to her using the 'easy pickup' to pick up clothes from the floor and reach to the high wardrobe clothes rail.</p>

<p>A button hook, I have limited mobility in one arm so I can't do buttons very well so that's a great simple piece of AT that can help me.</p>	<p>An elevated shot of the woman demonstrating the button hook with her right hand only.</p>
<p>A shoe horn, again really simple but great for getting shoes on and then there is things such as elasticated shoelaces where you can put them on and then you don't have to worry about tying your shoes.</p>	<p>Another elevated shot of the woman seated on her bed demonstrating the shoe hook and elasticated shoelaces.</p>
<p>Often I think people associate AT as being really complex and big pieces of equipment and actually sometimes it's the simple pieces that actually make all the difference to your independence or dressing as such.</p>	<p>Returns to woman seated on the lounge talking to camera.</p>
<p>Sometimes I think people think fashion can be a bit fickle but I actually think fashion is a huge part of who we are.</p>	<p>Woman is seated reading a fashion magazine.</p>
<p>I feel like clothes can really empower us as a person, you know the way that people perceive us, the way that we want to be perceived. All that can change just in terms of what you're wearing and an outfit you have on can change your whole day, your mood, the way you feel it's empowering.</p>	<p>Woman is seated in her lounge talking to interviewer left of camera.</p> <p>Shot changes to the woman in a bright pink top sitting at a laptop smiling broadly at the camera and then cuts to her smiling to camera seated on a couch wearing a kiss print cardigan over a white t-shirt.</p>
<p>Music continues</p>	<p>On screen is the AT Chat logo; a simplified speech bubble with the text underneath; AT Chat, Live, Play, Work.</p> <p>Also on screen is the wording; In partnership with Stroke Foundation and Young Stroke Project logos.</p> <p>The StyleAbility logo is displayed.</p>

	<p>Cuts to the wording; AT Chat is an NDIS Information, Linkages and Capability Building (ILC) initiative.</p> <p>The Independent Living Assessment and NDIS logos are display at the end.</p>
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