

em dash podcast

Episode 10: "My Disability is Part of My Journey," featuring Lindsey Nebeker

Podcast available at: [www.em-dash-podcast.com](http://www.em-dash-podcast.com)

## Show Notes

---

Meet Lindsey Nebeker, a pianist/composer, disability rights advocate, and person on the autism spectrum. In this episode, Lindsey talks about what it's like to seek and receive health care as a person on the spectrum. She describes when and why she discloses (or decides not to disclose) her autism diagnosis to health care professionals, as well as what healthcare professionals can do to make the clinical environment more welcoming for people on the autism spectrum. Lindsey and I also discuss her experiences as a queer-identified cisgender woman married to a cisgender man, how painful it can be to be labeled incorrectly as heterosexual, and how her father coming out as gay when she was 18 years old brought the two of them even closer together. You can follow Lindsey on Twitter at [@LindseyNebeker](https://twitter.com/LindseyNebeker)

### Guest Bio: Lindsey Nebeker



Lindsey Nebeker is a pianist/composer, presenter, and disability rights advocate from the Washington, D.C. area who believes that every individual is capable of loving and being loved, regardless of the state of the human condition.

Lindsey was born in Tokyo, Japan and received her autism diagnosis at age two at the University of California - Los Angeles during a visit to the United States. By age four, she began to develop speech and was involved in several years of occupational therapy, speech therapy, and other various early intervention programs (along with her autistic brother who requires more intense support). She holds a B.A. Degree in Music Technology from the College of Santa Fe (Santa Fe, New Mexico) and she is a

Partners in Policymaking graduate. In addition, she has one brother who is also diagnosed with autism. Lindsey has appeared in Glamour, MTV, National Public Radio, Good Morning America, and the full feature documentary Autism in Love (official selection: 2015 Tribeca Film Festival)

When Lindsey is not reporting to her daytime position at the nonprofit sector, you can find her engaged in her passions of traveling, sexuality research, Japanese culture, photo documenting, and composing music on her 1909 Steinway. You can follow Lindsey on Twitter at [@LindseyNebeker](#).

## Audio Used:

---

- Intro & Outro Songs: "Unbeatable Epic Trailer" by Jon Wright. Used with permission under Melody Loops License #23653623875 [www.melodyloops.com/tracks/unbeatable--epic-trailer/](http://www.melodyloops.com/tracks/unbeatable--epic-trailer/)

## Links

- Lindsey's website: <http://nakedbrainink.com/>
- AASPIRE's Primary Care Resources for Adults on the Autism Spectrum and their Primary Care Providers: <http://www.autismandhealth.org/>
- Washington Post article that Lindsey mentioned: [https://www.washingtonpost.com/news/soloish/wp/2016/01/08/love-on-the-spectrum-how-autism-brought-one-couple-together/?utm\\_term=.61aef8a29ab4](https://www.washingtonpost.com/news/soloish/wp/2016/01/08/love-on-the-spectrum-how-autism-brought-one-couple-together/?utm_term=.61aef8a29ab4)

Tags: Lindsey Nebeker, queer, autism, autism spectrum, AASPIRE, autistic, diversity, difference, healthcare, Washington Post