

Slow Journal Notes

Systemic Change explored through various lenses including the need for reparations, degrowth, hyperlocal systems, fashion, media theory and so much more!

What do I wish to write about?

What will the outline look like?

Intro

Define 'access intimacy'

From "[Access Intimacy: The Missing Link](#):"

"Access intimacy is that elusive, hard to describe feeling when someone else "gets" your access needs. The kind of eerie comfort that your disabled self feels with someone on a purely access level. Sometimes it can happen with complete strangers, disabled or not, or sometimes it can be built over years. It could also be the way your body relaxes and opens up with someone when all your access needs are being met. It is not dependent on someone having a political understanding of disability, ableism or access. Some of the people I have experienced the deepest access intimacy with (especially able bodied people) have had no education or exposure to a political understanding of disability.

Access intimacy is also the intimacy I feel with many other disabled and sick people who have an automatic understanding of access needs out of our shared similar lived experience of the many different ways ableism manifests in our lives. Together, we share a kind of access intimacy that is ground-level, with no need for explanations. Instantly, we can hold the weight, emotion, logistics, isolation, trauma, fear, anxiety and pain of access. I don't have to justify and we are able to start from a place of steel vulnerability. It doesn't mean that our access looks the same, or that we even know what each other's access needs are. It has taken the form of long talks into the night upon our first meeting; knowing glances shared across a room or in a group of able bodied people; or the feeling of instant familiarity to be able to ask for help or support...

...Access intimacy is not just the action of access or 'helping' someone. We have all experienced access that has left us feeling like a burden, violated or just plain shitty. Many of us have experienced obligatory access where there is no intimacy, just a stoic counting down of the seconds until it is over. This is not access intimacy. There have been numerous relationships in my life where I have loved people very deeply, but never fully felt safe with them around my access. So many relationships where I knew I could only ask for or share so much, without getting snapped at, chided or being punished with reluctant passive aggressive access. So many times where I was too afraid, because of the lack of access intimacy, to speak up and voice what I needed or what I couldn't do, resulting in being isolated or getting very badly physically hurt from pushing myself too hard, in some of the worst cases.

Access intimacy is not charity, resentment enacted, intimidation, a humiliating trade for survival or an ego boost. In fact, all of this threatens and kills access intimacy. There is a good feeling after and while you are experiencing access intimacy. It is a freeing, light, loving feeling. It brings the people who are a part of it closer; it builds and deepens connection. Sometimes access intimacy doesn't even mean that everything is 100% accessible. Sometimes it looks like both of you trying to create access as hard as you can with no avail in an ableist world. Sometimes it is someone just sitting and holding your hand while you both stare back at an inaccessible world..."

Why does access intimacy matter?

The power of access intimacy

The critical importance of centring Access intimacy in our radical and collective liberation

Conclusion

What will the themes be in the piece?

- Liberatory
- Accessible
- Just
- Compassionate

- Intimate
- Radical