**Rox Intro**

**Roxanne:** [00:00:04] When D&A asked me to explore my own assistive technology journey to begin with I didn't think I had one. Well, I couldn't be more wrong. Started school in the nineties and ultimately finishing the core of education in the two thousands. The height of assistive technology that was offered to me was the laptop in place, pen and paper.

At the time, I felt very privileged. Now as an adult, I look back and think I could have had more support and my school life and education could have been easier. As an adult I am exploring what's accessible to me often, lots of free stuff, including Grammarly, my Google Home, always having closed captions on any streaming service I use that really helped me absorb information and obviously stuff like voice notes on WhatsApp has helped me convey large pieces of information, even when I'm tired.