

Why I Built AccessKind

A public founder story for LinkedIn



I built AccessKind because I needed technology that could adapt to the way my mind works—not technology that required me to keep adapting myself.

For much of my life, I managed attention and executive-function challenges through determination, structure, and a great deal of masking. I was diagnosed with ADHD, inattentive presentation, years ago. More recently, I began developing a fuller understanding of my own neurodivergent traits and recognizing how strongly environment, sensory input, communication expectations, and digital design can affect a person's ability to work.

One experience stayed with me: being told that my direct communication needed more “sugar.” I understood the feedback, but it also raised a deeper question. Why are clarity, logic, and directness so often interpreted as personal shortcomings instead of communication differences? That question became part of a much larger process of learning to value the way I think instead of continually trying to disguise it.

From Personal Need to Product Vision

I am a registered nurse with more than two decades of experience, a PMHNP graduate student, a clinical informatics professional, a writer, and a builder. My work extends far beyond the bedside. I conduct research, prepare professional and policy submissions, develop educational projects, and founded the Psychedelic Experience Registry, a global longitudinal initiative designed to transform individual psychedelic experiences into structured, privacy-conscious information for research, education, harm reduction, and policy awareness.

I needed a browser environment that could support all of that work while reducing unnecessary visual and cognitive friction. AccessKind began as the tool I wanted beside me while studying, researching, writing, and building. It grew into a vision for a more humane and customizable digital experience.

What AccessKind Does

AccessKind gives users practical control over how they focus, read, and regulate throughout the day. Its Daily Check In creates a simple way to notice how the day begins and ends. The Focus area can temporarily block distracting social media sites for a user-selected period, while allowing the schedule to be changed or canceled at any time. Gentle wellness nudges remind users to relax their shoulders and unclench their jaw—small interventions inspired directly by what I need when I become absorbed in a task.

Users can also adjust visual settings, including color and saturation. I love dark screens and rich colors, but the same shade does not feel right in every environment. A color may be comfortable when the office lights are bright and overwhelming when the room is dim. Adding saturation control allowed me to make a selected color lighter or darker according to the lighting, the task, and what my nervous system needs in that moment.

That flexibility reflects AccessKind's central principle: accessibility is not one preset. What helps one person may distract another, and what helps the same person can change across the day. The user should remain in control.

Built Through Curiosity and Collaboration

Coworkers have called me “Lady MacGyver” because I tend to notice problems, think outside the box, and find practical solutions. I have carried that instinct through emergency nursing, behavioral health, informatics, education, life on the farm, and now software development.

Artificial intelligence helped me translate this lived experience into a working product. ChatGPT—whom I call Sol—broke technical processes into manageable steps while I learned GitHub, deployment systems, and web development. Microsoft Copilot helped me answer questions along the way, and Doximity remained a valuable clinician-focused resource for deeper clinical inquiry. These tools did not create the vision or supply the lived experience behind AccessKind. They helped me learn fast enough to build it.

The process reinforced something I now believe deeply: people do not need to begin as technical experts to create meaningful technology. With curiosity, persistence, appropriate tools, and the willingness to start again when something fails, lived experience can become thoughtful design.

Why I Am Sharing It

AccessKind worked so well for me that I no longer wanted to keep it to myself. There are many people whose directness is misunderstood, whose attention is pulled in too many directions, or whose sensory and visual needs change from one setting to another. They deserve tools that respect those differences without treating them as defects.

I am learning to embrace my neurodivergence as a source of insight, creativity, and innovation. AccessKind is part of that journey. It is a tool created from lived experience, clinical perspective, informatics thinking, and a belief that people do their best work when they are allowed to shape their environment.

Let us be direct. Let us be curious. Let us create. Let us be ourselves—without prejudice.

Julie R Bangs RN MSN

Founder and creator of AccessKind

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Suggested LinkedIn hashtags

#AccessKind #Neurodiversity #Accessibility #ADHD #InclusiveDesign
#NursingInformatics #HealthTechnology #WomenInTech