

Helpful Advocacy Resources

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And

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Resources/Partnerships

- [National Down Syndrome Congress \(NDSC\)](#)
 - National Down Syndrome Advocacy Coalition (NDAC)
 - [Global Down Syndrome Foundation \(Global\)](#)
 - [Council of Parent Attorneys and Advocates](#) (use Directory tab to find local attorney/advocate)
 - *National Development Disabilities Council
 - *[National Disability Rights Network](#) (Protection and Advocacy)
 - * [Center for Parent Information and Resources](#)
 - [National Down Syndrome Society \(NDSS\)](#)
 - [The Advocacy Institute](#)
 - *[The Arc](#)
 - *[University Centers for Excellence in Developmental Disabilities](#)
- * *Denotes chapters/affiliated organizations/offices in states*

*Complete list including websites can be found
on the NDSC Website*



Other Helpful Resources

- ABLE National Resource Center www.ablenrc.org
- Association for People Supporting Employment First <http://apse.org/>
- The Autism Society of America <https://www.autism-society.org> (Subscribe to IGNITE newsletter - www.autism-society.org/sign-up)
- Coalition to Advance Competitive Integrated Employment <https://integratedemploymentnow.org>
- Collaboration to Promote Self-Determination www.thecpsd.org
- Consortium for Citizens with Disabilities www.c-c-d.org
- Disability Scoop <https://www.disabilityscoop.com/>
- National Leadership Conference on Civil & Human Rights <http://civilrights.org>
- The Capitol Insider (The Capitol Insider is the official blog of The Arc's public policy office) <https://insider.thearc.org/>
- The Hill <http://thehill.com/>
- Center on Universal Design for Learning <http://www.udlcenter.org/>
- The UDL Credentialing and Certification Initiative <http://www.udlcci.org/>
- [Wrightslaw](http://www.wrightslaw.com/) Special Education Law and Advocacy <http://www.wrightslaw.com/>
- #321Advocate – Online Facebook Down Syndrome Advocacy Group <https://www.facebook.com/groups/288431281601785/>

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on the NDSC Website*



Advocacy Toolkit for Self-Advocates

Christopher Bennett

About Me

- Born and raised in Riverside, CA
- Attended a community college program and did internships
- Live independently with supports, moving towards independence
- Meritage Resort and Spa Housekeeping with UCP of the Bay Supportive Employment
- My brother urged me create a toolkit for self-advocates by a self-advocate (me)

Purpose of toolkit

- Provide tools and advice to self-advocates
- To assist those interested in becoming more involved in legislative advocacy work (policies and laws)

Contents of toolkit

- What is Advocacy?
- Getting Started with Legislative Advocacy
- Advice from Other Self-Advocates
- Building Relationships with Your Elected Officials
- Voting
- [Link to Self-Advocate's Toolkit](#)

What is advocacy and how to get started

- Learn the basics of the legislative process
- Stay connected and informed
 - NDSC alerts and Newsline
- Seek out training opportunities
 - NDSC- NDAC and Speakers Bureau

Other Tips in Toolkit

- Advice from other self-advocates
- Building relationships with elected officials

Register to Vote and VOTE!

One of the most important ways to make political change is to vote! When you turn 18, make sure that you are registered to vote in your state. Under the Americans with Disabilities Act, people with disabilities are entitled to a full and equal opportunity to vote.

Thank you!

We are here to help! Ask us questions and reach out to us.

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