



Understanding inclusive community opportunities and steps to become a successful self-advocate.

Citizenship:

It is important for individuals to be a part of their community, to access things within their community and participate in community events.

Voting

In the state of Washington, there are several accommodations available for individuals with disabilities including accessible voters' pamphlets, accessible voting units and assistance voting your ballot.

wei.sos.wa.gov/agency/osos/en/voters/Pages/voters_with_disabilities.aspx

Transportation

Locate accessible transportation in your area in order for your sibling to access hi/her community independently. wsdot.wa.gov/choices/accessible.cfm

Advocacy:

Being independent is a goal for many individuals with disabilities. A large part of independence is knowing how to handle situations, have self-confidence and know what your personal rights are. Self-advocacy guides individuals in knowing how to have a strong voice and stand up for themselves.

Washington State Self-Advocacy Groups:

- Self Advocates in Leadership (SAIL)
sailcoalition.org
- Self Advocates of Washington (SAW)
sailcoalition.org | 253-571-8665
- People First of Washington
peoplefirstofwashington.org | 800-758-1123
- Allies in Advocacy
alliesinadvocacy.com