

Advocacy 101

About the DSANV Advocacy Program:

This advocacy program seeks to educate the membership of DSANV and allies through webinars, meetings, giving out resources, etc.

What It Means to Be a Self-Advocate:

The disAbility Resource Center states that “Self-advocacy is defined, “as the action of representing yourself or your views or your interests.” (<https://disabilityresourcecenter.org/>). It requires time commitment, passion.

21 Things to Do When Doing Advocacy

- Call and/or write to your Virginia Delegate/Representative
- Attend DSANV events
- Give speeches; Speak truth to power
- Respond to action alerts
- Make a donation
- Know your rights
- Share your story
- Speak up when you face discrimination and injustices
- Volunteer with DSANV
- Take on leadership positions
- Raise awareness
- Take advantage of advocacy training opportunities
- Building Relationships with Your Elected Officials
- Vote
- Stay connected and informed
- Learn the basics of the legislative process
- Believe in yourself
- Discuss your questions and concerns

- Ask for help
- Know your court system rights
- Be effective on the phone

Topics to Advocate For

- COVID relief
- Voting
- All kinds of technology
- Employment
- Education
- Independent living
- Waiver services/crisis services
- Better safety measures
- Marriage access
- Organ transplantation
- Health care/research
- Individual and Family support
- Early Intervention
- ABLE Accounts
- Financial literacy
- Special needs trusts
- Intersectionality (Identity issues)
- Access to housing
- Access to college (if applicable)
- Supported decision making
- Criminal justice

Transitioning into Adulthood

Webinars/Trainings

Conference Registration

Business Spotlight Interviews

Links

[Down Syndrome Affiliates in Action – dsaia.org](https://dsaia.org)

[Disability Law Center – dlcw.org](https://dlcv.org)

[Global Down Syndrome Foundation – globaldownsyndrome.org](https://globaldownsyndrome.org)

[Sign Up](#) for the 2022 Online DSANV Advocacy Program