

What can I do?

You can make a difference tomorrow by planting seeds today!

Consider taking the following steps to have an impact at the community, state, and federal level.



Learn more about local and national efforts.

Do research about the issues that impact you and find information about local and national efforts to improve the different parts of the system that impact our lives, like education, healthcare, etc. Make plans to share this information with your federal and local lawmakers. A good place to start learning about these issues in the disability community is the Administration on Community Living guidance page. You can also learn more from groups like the National Association of Councils on Developmental Disabilities (NACDD) and the ARC. Speak to community leaders, find organizations like Utah Developmental Disabilities Council, the Utah Statewide Independent Living Council, the Disability Law Center, and the Utah Parent Center.

Share your perspectives & reach out to others.

Consider recording a short 2-3 minute video of yourself and your family or loved one with a disability explaining your perspectives on your perspectives or experience relating to this issue. You can email videos and letters to uddc@utah.gov. Videos will be shared as appropriate with policymakers and community leaders in order to build and strengthen efforts at improving our systems.

Introduce yourself to your lawmakers.

You can explain who you are, how you're connected to the disability community, and what issues you are concerned about. Remember to share suggestions about possible solutions! Remind them you are there to serve as a resource if they need someone who can help them understand your perspective as a member of or advocate for the disability community.

Find your state lawmakers. You have two: one senator and one representative. You can find their information, like an email address, a mailing address, and a phone number, on le.utah.gov.

Find your federal lawmakers. Everyone in Utah is represented by Senator Romney and Senator Lee. You also have a federal representative, depending on where you live, and you can find them on the Congressional webpage (which can be found below).

Resources

Administration on Community Living <https://acl.gov/>

National Association of Councils on Developmental Disabilities <https://www.nacdd.org/>

The ARC <https://thearc.org/>

The Parent Center <https://utahparentcenter.org/>

Utah Statewide Independent Living Center <http://usilc.org/>

Utah Disability Law Center <http://disabilitylawcenter.org>

Utah Developmental Disabilities Council <https://www.utahddcouncil.org/>

Congressional Webpage <https://www.house.gov/representatives/find-your-representative>

Senator Mike Lee, United States Senate <https://www.lee.senate.gov/public/>

Senator Mitt Romney, United States Senate <https://www.romney.senate.gov/>