TAKE ACTION ON DISABILITY RIGHTS!

- **Learn the Facts.** Read our fact sheet on the Rights of Persons with Disabilities and then test your knowledge with our short quiz at [www.discoverhumanrights.org/toolkit.html](http://www.discoverhumanrights.org/toolkit.html).

- **Get the News.** Receive news and action information from these disability rights organizations:
  - National Council on Disability: [www.ncd.gov](http://www.ncd.gov)

- **Send an E-mail.** Advocate for disability rights with the click of your mouse. Choose one of the pre-written emails to send at [http://capwiz.com/rochestercdc/issues/?style=D&](http://capwiz.com/rochestercdc/issues/?style=D&)

- **Donate.** Give to an organization advocating for the rights of persons with disabilities - check out our national resource list.

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**10 Minutes**


- **Educate Others.** Talk with your family and friends about disability rights issues or give your own presentation. Download our PowerPoint presentation or lesson plans and use them to educate your school, community or faith-based organization about disability rights.


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**A Few Hours**

- **Start a Book Club.** Gather a group of friends and/or colleagues to learn about and discuss disability rights issues. Use Amazon’s Listmania and type in “disability” at: [http://www.amazon.com/gp/richpub/listmania/toplists](http://www.amazon.com/gp/richpub/listmania/toplists) for several ideas.

- **Host a Film Screening.** Invite members of your community to watch a film about disability rights. Consider movies such as *Coming Home*, *The Diving Bell and the Butterfly*, *Murderball*, *The Music Within*, *My Left Foot*, or *The Waterdance*. Download a planning guide at: [http://www.amnestyusa.org/youth/doc/ocff_student_guide.doc](http://www.amnestyusa.org/youth/doc/ocff_student_guide.doc)

- **Invite a Speaker.** Invite a local disability rights advocate to give a presentation to your school, community center or faith community. Potential speakers to invite include: an advocate for persons with disabilities, a politician, or a person in a leadership position in business or the community.

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**A Month**

- **Volunteer.** Volunteering can be as short or as long as you want, from a couple of hours to an ongoing commitment. Find a local organization working to further the rights of persons with disabilities and start volunteering!

- **Investigate.** Go around to restaurants, hotels, office buildings, and other public places in your community to evaluate their accessibility and file complaints through the ADA website at: [http://www.ada.gov/enforce.htm#anchor218282](http://www.ada.gov/enforce.htm#anchor218282)

- **Start an Annual Event.** International Day of Persons with Disabilities is every year on December 3rd. Organize people in your community to host an event or activity on this day to bring awareness to the rights of persons with disabilities.
Disability Rights Education and Defense Fund
www.dredf.org
The Disability Rights Education and Defense Fund, founded in 1979, is a leading national civil rights law and policy center directed by individuals with disabilities and parents who have children with disabilities.

Disability Rights Section Homepage
www.usdoj.gov/crt/drs/drshome.php
Contains several useful links including an FAQ on the American Disabilities Act, A Guide to Disability Rights Laws, and updates about the Civil Rights Division's activities in the area of disability rights.

Harvard Project on Disability
www.hpod.org
HPOD supports the development of disability civil society, informs innovative legislative policy and policy development, and provides legal advice and human rights training to persons with disabilities, their representative organizations, non-governmental organizations, national human rights institutions, and governments.

National Center for Learning Disabilities
www.nclrd.org
Information and resources on learning disabilities. The National Center for Learning Disabilities’ mission is to ensure that the nation’s 15 million children, adolescents, and adults with learning disabilities have every opportunity to succeed in school, work, and life.

National Coalition for Disability Rights
www.ncdr.org
A Washington, D.C.-based alliance of national, state, and local nonprofit organizations united to advance inclusion, social justice, and economic opportunity for children and adults with physical and mental disabilities.

National Consortium on Leadership and Disability for Youth
www.ncld-youth.info/index.htm
The National Consortium on Leadership and Disability for Youth (NCLD) serves as a national youth-led information, training, and resource center for disability rights.

National Council on Disability
www.ncd.gov
Sign up for the National Council’s listserv to stay up-to-date on disability rights issues in the U.S. The Council’s website also provides their publications for viewing in addition to updated current events.

National Disability Rights Network
www.napas.org
Working for the protection of and advocacy for individuals with disabilities, the NDRN website is available in English, Spanish, and French and includes a variety of resources, links, and articles to inform yourself and others on disability issues.

United Nations Enable
www.un.org/disabilities
This is the main site for the International Convention on the Rights of Persons with Disabilities. It includes information on the guiding principles of the convention, monitoring of implementation in State Parties to the convention, and updates on ratifications.