

# Websites for Self-Advocates and Their Families

Free websites about rights and support,

## ■ RUN BY PEOPLE WITH DISABILITIES

### Self Advocates Being Empowered (SABE)

A national group run by and for people with developmental disabilities. Find self-advocacy groups near you and connect with others.

<https://www.sabe.us>

### Self-Advocacy Online

Videos and lessons made for people with IDD. Watch others share their stories and learn new skills at your own pace.

<https://www.selfadvocacyonline.org>

### The Arc — National Council of Self-Advocates

A council run by people with IDD. Join, share ideas, and apply for a scholarship to their national convention.

<https://thearc.org/get-involved/self-advocacy>

## ■■■■■ FOR FAMILIES & SUPPORTERS

### The Arc of the United States

Guides on housing, jobs, and legal rights. Use the Center for Future Planning to plan ahead for housing, money, and daily life.

<https://www.thearc.org>

### Administration for Community Living (ACL)

Federal site with self-advocacy tools, plain-language guides, and a locator for Centers for Independent Living near you.

<https://www.acl.gov>

### Easterseals

Find local services, read about disability rights, and get help with education and employment across the country.

<https://www.easterseals.com>

## ■ CALIFORNIA RESOURCES

### State Council on Developmental Disabilities (SCDD)

Works to improve California services for people with IDD. Funds self-advocacy groups and projects statewide.

<https://www.scdd.ca.gov>

### CA Dept. of Developmental Services (DDS)

Find your local Regional Center and learn about services you may be entitled to under California's Lanterman Act.

<https://www.dds.ca.gov>

### Disability Rights California

Free legal help and plain-language guides about your rights. Call 1-800-776-5746, Mon–Fri, 9am–4pm.

<https://www.disabilityrightscalifornia.org>

### The Arc of California

Advocates for funding and services for Californians with IDD. Find local chapters and sign up for action alerts.

<https://www.thearca.org>

### Disability Voices United

A California group directed by and for people with IDD and families. A great place to learn how to advocate for yourself.

<https://www.disabilityvoicesunited.org>

### CA Policy Center for IDD (CPCIDD)

Tracks California IDD policy on housing, employment, and services. Good for families who want to shape state decisions.

<https://www.cpcidd.org>

■ You do not need to sign in or create an account to use most of these sites. ■ All websites listed are free to use.

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