Plain Language Edition

Your Vote Counts:
A Self-Advocate’s Guide to Voting in the U.S.

What is the law in my state?
Alabama

Can I vote if I have an intellectual disability?

Yes.

Can I vote if I have a guardian?

Sometimes. It depends what kind of guardian you have.

How do I know if I can vote?

Ask your guardian. If your guardian won’t tell you, talk to your P&A.

How do I talk to my P&A?

The Alabama P&A is called the Alabama Disabilities Advocacy Program.

Phone: 1-800-826-1675
Email: adap@adap.ua.edu
Website: adap.ua.edu
Alaska

Can I vote if I have an intellectual disability?
Yes.

Can I vote if I have a guardian?
Yes, unless a judge said you can’t vote.

How do I know if a judge said I can’t vote?
Ask your guardian. If your guardian won’t tell you, talk to your P&A.

How do I talk to my P&A?
The Alaska P&A is called the Disability Law Center of Alaska.

Phone: 1-800-478-1234
Email: akpa@dlcak.org
Website: dlcak.org
Can I vote if I have an intellectual disability?

Yes.

Can I vote if I have a guardian?

No. But you can go to the judge to get your right to vote back! Ask your P&A for help.

How do I talk to my P&A?

The Arizona P&A is called the *Arizona Center for Disability Law*.

**Phone:** (800) 927-2260  
**Email:** center@azdisabilitylaw.org  
**Website:** azdisabilitylaw.org
Arkansas

Can I vote if I have an intellectual disability?

Yes.

Can I vote if I have a guardian?

Check with your P&A.

How do I talk to my P&A?

The Arkansas P&A is called Disability Rights Arkansas.

**Phone:** 1-800-482-1174  
**Email:** Info@DisabilityRightsAr.org  
**Website:** disabilityrightsar.org
Can I vote if I have an intellectual disability?
Yes, unless a judge says you can’t vote.

Can I vote if I have a guardian?
Yes, unless a judge says you can’t vote.

How do I know if a judge says I can’t vote?
Ask your guardian. If your guardian won’t tell you, talk to your P&A.

How do I talk to my P&A?
The California P&A is called Disability Rights California.

Phone: 1-800-776-5746
Contact Form: bit.ly/2H8Rc7e
Website: disabilityrightsca.org
Colorado

Can I vote if I have an intellectual disability?

Yes, unless a judge says you can’t vote.

Can I vote if I have a guardian?

Yes.

How do I talk to my P&A?

The P&A in Colorado is called Disability Law Colorado.

Phone: 1-303-722-0300
Website: disabilitylawco.org
Connecticut

Can I vote if I have an intellectual disability?

Yes.

Can I vote if I have a guardian?

Yes, but your guardian needs to file a form to ask the judge if you can vote.

How do I know if a judge says I can’t vote?

Ask your guardian. If your guardian won’t tell you, talk to your P&A.

How do I talk to my P&A?

The Connecticut P&A is called Disability Rights Connecticut.

Phone: 860-297-4300
Email: info@disrightsct.org
Website: disrightsct.org
Can I vote if I have an intellectual disability?

Yes.

Can I vote if I have a guardian?

It depends. The judge decides when you get your guardian.

How do I know if a judge says I can’t vote?

Ask your guardian. If your guardian won’t tell you, talk to your P&A.

How do I talk to my P&A?

The Delaware P&A is called the Community Legal Aid Society.

Phone: 1-800-292-7980
Website: declasi.org
District of Columbia

Can I vote if I have an intellectual disability?

Yes.

Can I vote if I have a guardian?

Yes, unless a judge said you can’t vote.

How do I know if a judge says I can’t vote?

Ask your guardian. If your guardian won’t tell you, talk to your P&A.

How do I talk to my P&A?

The Washington, DC P&A is called University Legal Services.

Phone: 202-547-0198
Email: info@uls-dc.org
Website: uls-dc.org
Can I vote if I have an intellectual disability?

Yes.

Can I vote if I have a guardian?

Yes, unless a judge said you can’t vote.

How do I know if a judge says I can’t vote?

Ask your guardian. If your guardian won’t tell you, talk to your P&A.

How do I talk to my P&A?

The Florida P&A is called Disability Rights Florida.

Phone: 1-800-342-0823
Contact Form: disabilityrightsflorida.org/contact/select_form
Website: disabilityrightsflorida.org
Georgia

Can I vote if I have an intellectual disability?

Yes.

Can I vote if I have a guardian?

Yes, unless a judge said you can’t vote.

How do I know if a judge says I can’t vote?

Ask your guardian. If your guardian won’t tell you, talk to your P&A.

How do I talk to my P&A?

The Georgia P&A is called the Georgia Advocacy Office.

Phone: 1-800-537-2329
Email: info@thegao.org
Website: thegao.org
Hawaii

Can I vote if I have an intellectual disability?

Yes.

Can I vote if I have a guardian?

Yes, unless a judge said you can’t vote.

How do I know if a judge says I can’t vote?

Ask your guardian. If your guardian won’t tell you, talk to your P&A.

How do I talk to my P&A?

The Hawaii P&A is called the Hawaii Disability Rights Center.

Phone: 1-800-882-1057

Contact Form: www.hawaiidisabilityrights.org/assistance-form/

Website: hawaiidisabilityrights.org
Idaho

Can I vote if I have an intellectual disability?

Yes.

Can I vote if I have a guardian?

Yes, unless a judge said you can’t vote.

How do I know if a judge says I can’t vote?

Ask your guardian. If your guardian won’t tell you, talk to your P&A.

How do I talk to my P&A?

The Idaho P&A is called Disability Rights Idaho.

Phone: 1-866-262-3462
Email: info@disabilityrightsidaho.org
Website: disabilityrightsidaho.org
Illinois

Can I vote if I have an intellectual disability?
Yes.

Can I vote if I have a guardian?
Yes.

How do I talk to my P&A?
The Illinois P&A is called Equip for Equality.

Phone: 1-312-341-0022
Website: equipforequality.org
Indiana

Can I vote if I have an intellectual disability?

Yes.

Can I vote if I have a guardian?

Yes.

How do I talk to my P&A?

The Indiana P&A is called Disability Rights Indiana.

Phone: 1-317-722-5555
Email: info@IndianaDisabilityRights.org
Website: in.gov/idr
Iowa

Can I vote if I have an intellectual disability?

Yes.

Can I vote if I have a guardian?

Yes, unless a judge said you can’t vote.

How do I know if a judge says I can’t vote?

Ask your guardian. If your guardian won’t tell you, talk to your P&A.

How do I talk to my P&A?

The Iowa P&A is called Disability Rights Iowa.

Phone: 1-800-779-2502
Email: info@driowa.org
Website: disabilityrightsiowa.org
Kansas

Can I vote if I have an intellectual disability?

Yes.

Can I vote if I have a guardian?

Yes.

How do I talk to my P&A?

The Kansas P&A is called Disability Rights Center of Kansas.

Phone: 1-785-273-9661
Website: drckansas.org
Kentucky

Can I vote if I have an intellectual disability?

No, but ask the P&A about it. They might have more information.

Can I vote if I have a guardian?

Yes, unless a judge says you can’t vote.

How do I know if a judge says I can’t vote?

Ask your guardian. If your guardian won’t tell you, talk to your P&A.

How do I talk to my P&A?

The Kentucky P&A is called Kentucky Protection & Advocacy.

Phone: 1-502-564-2967
Email: KYPandAinquiry@gmail.com
Website: http://www.kypa.net/
Can I vote if I have an intellectual disability?

Yes.

Can I vote if I have a guardian?

No.

How do I know if a judge says I can’t vote?

Ask your guardian. If your guardian won’t tell you, talk to your P&A.

How do I talk to my P&A?

The Louisiana P&A is called the Advocacy Center of Louisiana.

Phone: 1-800-960-7705
Email: advocacycenter@advocacyla.org
Website: advocacyla.org
Can I vote if I have an intellectual disability?

Yes.

Can I vote if I have a guardian?

Yes, unless a judge says you can’t vote.

How do I know if a judge says I can’t vote?

Ask your guardian. If your guardian won’t tell you, talk to your P&A.

How do I talk to my P&A?

The Maine P&A is called Disability Rights Maine.

Phone: 1-800-452-1914
Email: advocate@drme.org
Website: drme.org
Can I vote if I have an intellectual disability?

Yes.

Can I vote if I have a guardian?

Yes, unless a judge says you can’t vote.

How do I know if a judge says I can’t vote?

Ask your guardian. If your guardian won’t tell you, talk to your P&A.

How do I talk to my P&A?

The Maryland P&A is called Disability Rights Maryland.

Phone: 1-800-233-7201

Website: disabilityrightsmd.org
Massachusetts

Can I vote if I have an intellectual disability?

Yes.

Can I vote if I have a guardian?

Yes, unless your guardian says you can’t vote.

How do I talk to my P&A?

The Massachusetts P&A is called Disability Law Center.

Phone: 1-800-872-9992
Website: dlc-ma.org
Michigan

Can I vote if I have an intellectual disability?

Yes.

Can I vote if I have a guardian?

Yes.

How do I talk to my P&A?

The Michigan P&A is called Michigan Protection & Advocacy Service.

Phone: 1-800-288-5923
Website: mpas.org/contact-mpas
Can I vote if I have an intellectual disability?
Yes.

Can I vote if I have a guardian?
Yes, unless a judge says you can’t vote.

How do I know if I can’t vote?
Ask your guardian. If your guardian won’t tell you, talk to your P&A.

How do I talk to my P&A?
The Minnesota P&A is called the Minnesota Disability Law Center.

Phone: 1-800-233-7201
Email: mndlc@midmnlegal.org
Website: https://mylegalaid.org/our-work/disability-law
Mississippi

Can I vote if I have an intellectual disability?

No.

Can I vote if I have a guardian?

Yes.

How do I know if I can’t vote?

Ask your guardian. If your guardian won’t tell you, talk to your P&A.

How do I talk to my P&A?

The Mississippi P&A is called Disability Rights Mississippi.

Phone: 1-601-968-0600
Website: drms.ms
Missouri

Can I vote if I have an intellectual disability?

Yes.

Can I vote if I have a guardian?

No.

How do I talk to my P&A?

The Missouri P&A is called Missouri Protection & Advocacy Services.

**Phone:** 1-573-659-0678  
**Email:** app.unit@mo-pa.org  
**Website:** moadvocacy.org
Montana

Can I vote if I have an intellectual disability?

Yes.

Can I vote if I have a guardian?

Yes, unless the guardianship order says you can’t vote.

How do I know if I can’t vote?

Ask your guardian. If your guardian won’t tell you, talk to your P&A.

How do I talk to my P&A?

The Montana P&A is called Disability Rights Montana.

Phone: 1-800-245-4743
Website: disabilityrightsmt.org
Can I vote if I have an intellectual disability?

Yes.

Can I vote if I have a guardian?

Yes, unless a judge said you can’t vote.

How do I know if I can’t vote?

Ask your guardian. If your guardian won’t tell you, talk to your P&A.

How do I talk to my P&A?

The Nebraska P&A is called Disability Rights Nebraska.

Phone: 1-800-422-6691
Email: info@disabilityrightsnebraska.org
Website: disabilityrightsnebraska.org
Can I vote if I have an intellectual disability?
Yes.

Can I vote if I have a guardian?
Yes, unless a judge said you can’t vote.

How do I know if I can’t vote?
Ask your guardian. If your guardian won’t tell you, talk to your P&A.

How do I talk to my P&A?
The Nevada P&A is called the Nevada Disability Law Center.

Phone: 1-888-349-3843
Email: lasvegas@ndalc.org
Website: ndalc.org
New Hampshire

Can I vote if I have an intellectual disability?

Yes.

Can I vote if I have a guardian?

Yes.

How do I talk to my P&A?

The New Hampshire P&A is called Disability Rights Center New Hampshire.

Phone: 1-603-228-0432
Email: mail@drcnh.org
Website: drcnh.org
New Jersey

Can I vote if I have an intellectual disability?

Yes.

Can I vote if I have a guardian?

Yes, unless a judge said you can’t vote.

How do I know if a judge says I can’t vote?

Ask your guardian. If your guardian won’t tell you, talk to your P&A.

How do I talk to my P&A?

The New Jersey P&A is called Disability Rights New Jersey.

Phone: 1-800-922-7233
Email: advocate@drnj.org
Website: drnj.org
New Mexico

Can I vote if I have an intellectual disability?
Yes.

Can I vote if I have a guardian?
Yes, unless a judge said you can’t vote.

How do I know if a judge says I can’t vote?
Ask your guardian. If your guardian won’t tell you, talk to your P&A.

How do I talk to my P&A?
The New Mexico P&A is called Disability Rights New Mexico.

Phone: 1-505-256-3100
Email: info@drnm.org
Website: drnm.org
New York

Can I vote if I have an intellectual disability?

Yes.

Can I vote if I have a guardian?

Yes, unless a judge said you can’t vote.

How do I know if a judge says I can’t vote?

Ask your guardian. If your guardian won’t tell you, talk to your P&A.

How do I talk to my P&A?

The New York P&A is called Disability Rights New York.

Phone: 1-518-432-7861
Email: mail@DRNY.org
Website: drny.org
Can I vote if I have an intellectual disability?

Yes, unless a judge said you can’t vote. You may need to prove you can read and write.

Can I vote if I have a guardian?

Yes.

How do I know if a judge says I can’t vote?

Ask your guardian. If your guardian won’t tell you, talk to your P&A.

How do I talk to my P&A?

The North Carolina P&A is called Disability Rights North Carolina.

Phone: 1-919-856-2195
Email: info@disabilityrightsncc.org
Website: disabilityrightsncc.org
North Dakota

Can I vote if I have an intellectual disability?

Yes.

Can I vote if I have a guardian?

Yes, unless a judge says you can’t vote.

How do I know if a judge says I can’t vote?

Ask your guardian. If your guardian won’t tell you, talk to your P&A.

How do I talk to my P&A?

The North Dakota P&A is called Disability Rights North Dakota.

Phone: 1-701-328-2950
Email: panda@nd.gov
Website: ndpanda.org
Can I vote if I have an intellectual disability?
Yes.

Can I vote if I have a guardian?
Yes, unless a judge says you can’t vote.

How do I know if a judge says I can’t vote?
Ask your guardian. If your guardian won’t tell you, talk to your P&A.

How do I talk to my P&A?
The Ohio P&A is called Disability Rights Ohio.

Phone: 1-800-282-9181
Website: disabilityrightsohio.org
Can I vote if I have an intellectual disability?

Yes.

Can I vote if I have a guardian?

Yes, unless a judge says you can’t vote. But in Oklahoma, judges usually don’t let people with guardians vote.

How do I know if a judge says I can’t vote?

Ask your guardian. If your guardian won’t tell you, talk to your P&A.

How do I talk to my P&A?

The Oklahoma P&A is called the Oklahoma Disability Law Center.

Phone: 1-918-743-6220
Website: okdlc.org
Can I vote if I have an intellectual disability?

Yes.

Can I vote if I have a guardian?

Yes, unless a judge says you can’t vote.

How do I know if a judge says I can’t vote?

Ask your guardian. If your guardian won’t tell you, talk to your P&A.

How do I talk to my P&A?

The Oregon P&A is called Disability Rights Oregon.

Phone: 1-701-328-2950
Email: welcome@droregon.org
Website: droregon.org
Pennsylvania

Can I vote if I have an intellectual disability?

Yes.

Can I vote if I have a guardian?

Yes.

How do I talk to my P&A?

The Pennsylvania P&A is called Disability Rights Pennsylvania.

Phone: 1-412-391-5225
Website: disabilityrightspa.org
Puerto Rico

Can I vote if I have an intellectual disability?

Yes.

Can I vote if I have a guardian?

No.

How do I talk to my P&A?

The Puerto Rico P&A is called Defensoría de las Personas con Impedimentos.

**Phone:** 1-787-725-2333  
**Email:** dpi@dpi.pr.gov  
**Website:** [dpi.pr.gov/Pages/default.aspx](http://dpi.pr.gov/Pages/default.aspx)
Rhode Island

Can I vote if I have an intellectual disability?

Yes, unless a judge says you can’t vote.

Can I vote if I have a guardian?

Yes, unless a judge says you can’t vote.

How do I know if a judge says I can’t vote?

Ask your guardian. If your guardian won’t tell you, talk to your P&A.

How do I talk to my P&A?

The Rhode Island P&A is called the Rhode Island Disability Law Center.

Phone: 1-401-831-3150
Email: info@ridlc.org
Website: ridlc.org
South Carolina

Can I vote if I have an intellectual disability?

Yes.

Can I vote if I have a guardian?

No.

How do I talk to my P&A?

The South Carolina P&A is called Protection and Advocacy for People with Disabilities.

Phone: 1-803-782-0639
Email: info@pandasc.org
Website: pandasc.org
Can I vote if I have an intellectual disability?

Yes, unless a judge says you can’t vote.

Can I vote if I have a guardian?

Yes, unless a judge says you can’t vote.

How do I know if a judge says I can’t vote?

Ask your guardian. If your guardian won’t tell you, talk to your P&A.

How do I talk to my P&A?

The South Dakota P&A is called Disability Rights South Dakota.

Phone: 1-800-658-4782
Email: drsd@drsdlaw.org
Website: drsdlaw.org
Tennessee

Can I vote if I have an intellectual disability?

Yes, unless a judge says you can’t vote.

Can I vote if I have a guardian?

No.

How do I talk to my P&A?

The Tennessee P&A is called Disability Rights Tennessee.

Phone: 1-615-298-1080
Email: gethelp@disabilityrightstn.org
Website: disabilityrightstn.org
Texas

Can I vote if I have an intellectual disability?
Yes.

Can I vote if I have a guardian?
Yes, unless a judge says you can’t vote.

How do I talk to my P&A?
The Texas P&A is called Disability Rights Texas.

Phone: 1-512-454-4816
Website: DisabilityRightsTx.org
Utah

Can I vote if I have an intellectual disability?
Yes.

Can I vote if I have a guardian?
No.

How do I talk to my P&A?
The Utah P&A is called Disability Law Center.

Phone: 1-801-363-1347
Website: disabilitylawcenter.org
Vermont

Can I vote if I have an intellectual disability?

Yes.

Can I vote if I have a guardian?

Yes.

How do I talk to my P&A?

The Vermont P&A is called Disability Rights Vermont

Phone: 1-802-229-1355
Email: info@disabilityrightsvt.org
Website: disabilityrightsvt.org
Virginia

Can I vote if I have an intellectual disability?

Yes.

Can I vote if I have a guardian?

No.

How do I talk to my P&A?

The Virginia P&A is called disAbility Law Center of Virginia.

Phone: 1-804-225-2042
Email: info@dlcv.org
Website: dlcv.org
**Washington**

**Can I vote if I have an intellectual disability?**

Yes, unless a judge says you can’t vote.

**Can I vote if I have a guardian?**

Yes, unless a judge says you can’t vote.

**How do I know if a judge says I can’t vote?**

Ask your guardian. If your guardian won’t tell you, talk to your P&A.

**How do I talk to my P&A?**

The Washington P&A is called Disability Rights Washington.

**Phone:** 1-800-562-2702  
**Email:** info@dr-wa.org  
**Website:** disabilityrightswa.org
Can I vote if I have an intellectual disability?

Yes.

Can I vote if I have a guardian?

No.

How do I talk to my P&A?

The West Virginia P&A is called Disability Rights of West Virginia.

Phone: 1-304-346-0847
Website: drofwv.org
Wisconsin

Can I vote if I have an intellectual disability?

Yes, unless a judge says you can’t vote.

Can I vote if I have a guardian?

No, unless a judge says you can vote.

How do I know if I can vote?

Ask your guardian. If your guardian won’t tell you, talk to your P&A.

How do I talk to my P&A?

The Wisconsin P&A is called Disability Rights Wisconsin.

Phone: 1-800-928-8778
Website: disabilityrightswi.org
Wyoming

Can I vote if I have an intellectual disability?

Yes.

Can I vote if I have a guardian?

Yes, unless a judge says you can’t vote.

How do I know if a judge says I can’t vote?

Ask your guardian. If your guardian won’t tell you, talk to your P&A.

How do I talk to my P&A?

The Wyoming P&A is called Protection and Advocacy System Inc.

Phone: 1-307-632-3496
Email: wypanda@wypanda.com
Website: wypanda.com
Want to share your thoughts on this toolkit?
Take our survey!

Scan this code with your phone to go to our survey.

Or, go to

www.surveymonkey.com/r/ASANresource