



*Easy Read Edition*

# **A Self-Advocate's Guide to the Americans with Disabilities Act**

## **Part 5: What Can I Do to Help Protect the ADA?**

# Words to Know in Part 5

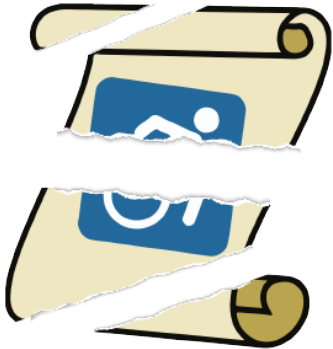


## Protection & Advocacy Agency (P&A)

Places that help people with disabilities fight for our rights. They make sure states follow disability laws.

## 5. What Can I Do to Help Protect the ADA?

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Some people are trying to make the ADA worse.



But you can work to make sure the ADA stays strong!



Here are some things you can do to help protect the ADA.

# Tell people about the ADA and why our rights are important.



Lots of people have wrong ideas about the ADA.



We need to talk to everyone about the ADA.



We need to let everyone know why the ADA is important to us.



They can help us fight for our rights.



Work with ASAN to tell people about the ADA!



We talk to a lot of people about the ADA.



You can share with us what the ADA means to you.



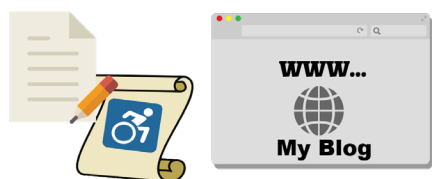
You can write to us about the ADA at <https://autisticadvocacy.org/policy/submit/>.



You could also email us at [info@autisticadvocacy.org](mailto:info@autisticadvocacy.org).



Write about the ADA online.



Blog about the ADA.



Post about the ADA on Facebook or Twitter.



Work with other people with disabilities to do advocacy.



Do everything you can to show that the ADA matters to you.

## Stand up for your rights!

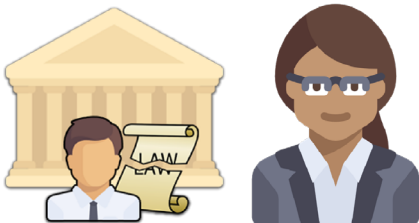


There might be times when people don't give you your ADA rights.

If that happens, here are some things you can do:

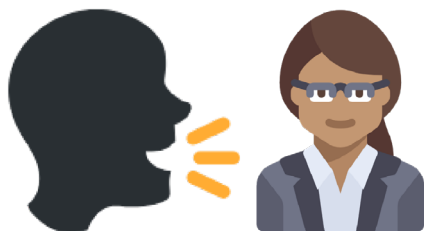


- Start a lawsuit.

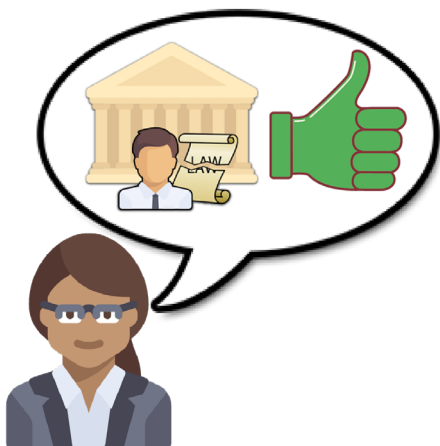


You should only do this if you have a lawyer to help you.





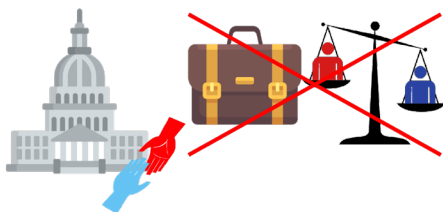
Talk to a lawyer first.



They can tell you if starting a lawsuit is a good idea.



- Many people get discriminated against at work.



There is a part of the U.S. government that helps with this.



It is called the Equal Employment Opportunity Commission (EEOC).



You can send them a message if your job doesn't follow your ADA rights.



Their website section about disability is <https://www.eeoc.gov/laws/types/disability.cfm>



- Lots of places and services are not accessible.



The government or businesses might discriminate against you.



The U.S. Department of Justice can help with this.



The part of their website about disability is at <https://www.justice.gov/crt/how-file-complaint#two>



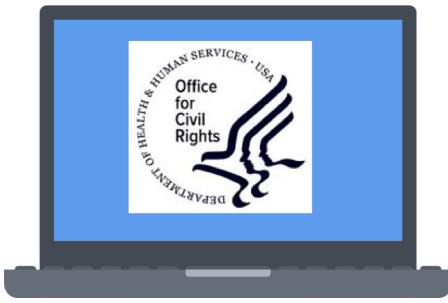
- Sometimes public transportation isn't accessible.



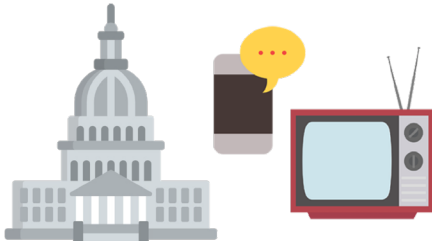
Public transportation workers might discriminate against you.



You can talk to the Office of Civil Rights (OCR) about this.



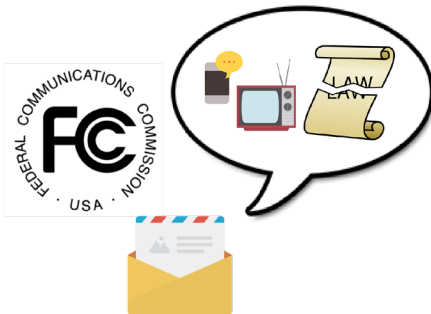
You can find out how to talk with OCR by going to <https://www.transportation.gov/civil-rights/complaint-resolution/public-complaint-process>



- There is a government office in charge of telecommunications.



It is called the Federal Communication Commission (FCC).



You can talk to them if your telecommunications rights get broken.



Their website is <https://consumercomplaints.fcc.gov/hc/en-us>



Talking to the government about your ADA rights can be hard.



Starting a lawsuit can be confusing, too.



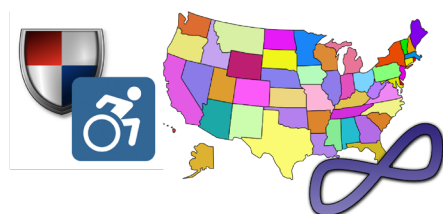
Your **Protection & Advocacy Agency (P&A)** can help you.



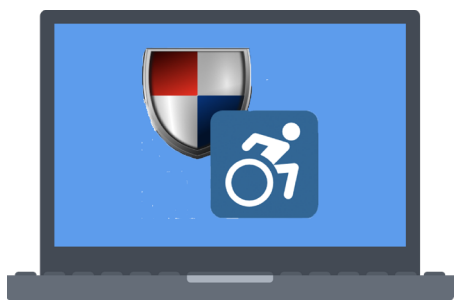
P&As help people with disabilities fight for our rights.



They make sure states follow disability laws.



There is a P&A in every state.



You can find the P&A in your state by going to <https://www.ndrn.org/about/ndrn-member-agencies/>