



HOW TO ADVOCATE



AS A CAREGIVER

Advocacy: Acting with or on behalf of an individual or group to resolve an issue, obtain a needed support or service, and promote a change.

TELL CONGRESS

Take the time to tell Congress what you and your care recipient need and want!

[Click Here to Tell Congress](#)

TELL YOUR OFFICIALS

Find out who your local officials are and send them an email or call their office.

[Click Here to Find Your Officials](#)

TELL YOUR STORY

Your story can change hearts and minds. Not sure how to tell your story? Click the links below.

[Storytelling Toolkit](#)

[Storytelling Tips For Families And Supporters](#)

ATTEND AN EVENT

Visit The North Carolina Council on Developmental Disabilities (NCCDD) website to find events happening in your area.

BECOME A COUNCIL MEMBER

[Find Your Local Arc Chapter](#)

[Become a NCCDD Council Member](#)

[Join a State Consumer and Family Advisory Committee](#)

