

What Can I Do?

There's a lot you as an individual can do to raise awareness about intellectual and developmental disabilities (I/DD) in your community. And, since March is I/DD Awareness Month, that's the perfect time to do your thing – we encourage you to pick at least one idea from the list below and make that your personal effort to raise I/DD awareness during March.

- Post this as your status on Facebook at least once during March: March is Developmental Disabilities (I/DD) Awareness Month. Help me celebrate the contributions of all people with I/DD by copying and posting this as your status during March. Get more information about I/DD at www.thearc.org. (see more suggestions below)
- Tweet this out on Twitter at least once during March: March is Developmental Disabilities Awareness Month. Be aware. Visit www.thearc.org. (see more suggestions below)
- Write a post for your blog about the issues facing people with I/DD that are most important to you. Talk about your personal experiences or the experiences of someone you know and love. And, tell the world what you would like to see change!
- Comment on The Arc's Facebook page and Twitter profile about what you are doing to raise awareness of I/DD.
- Make your mark on the 2012 election: use social media or your blog to let people know that you support candidates who respect the needs of people with I/DD. Or help educate a candidate by [learning more about the issues](#) and letting them know that the I/DD community will not be ignored. Go to campaign events, write letter or emails to the candidates or write a letter to the editor of your local newspaper and tell them what's important to you and what you expect them to do to earn your vote.
- Since many people with disabilities rely on [publicly funded services](#) to fully participate in their communities, policy makers need to know you are concerned about continuing those services in the face of budget cuts during tough economic times. [Contact your legislator today](#) and let them know you expect them to enact public policy to assist people with I/DD.
- [Contact your local chapter of The Arc](#) to volunteer or donate. Local chapters are on the front lines of advocacy efforts and provide the services and supports essential to people with I/DD and their families. Often they are lifelines for struggling families and they need your help to accomplish their goals. During this crucial election year, we'll be working through our strong national chapter network to engage voters to register and exercise their right to vote for the candidates that best represent their values.
- Talk to your employer about their practices for recruiting and hiring people with I/DD. Many employers don't realize just how much an employee with I/DD can contribute to the workplace. Tell them.
- Support businesses that employ people with I/DD and make sure they know you noticed.

MORE SUGGESTIONS FOR SOCIAL MEDIA – USE OUR HASHTAG #DDAWARE:

- **FACBOOK ONLY:**
March is Developmental Disabilities Awareness Month. Spread some awareness in your world. Please share. Learn more about people with intellectual and developmental disabilities at www.thearc.org.
- March is Developmental Disabilities Awareness Month. In the run up to the 2012 election, help us educate the candidates on the unique issues faced by people with intellectual and developmental disabilities. Check out this information about disability public policy at <http://www.thearc.org/page.aspx?pid=2400>.
- Make your mark on the 2012 election. Let the candidates know they can earn your vote by supporting people with intellectual and developmental disabilities during Developmental Disabilities Awareness Month! Find out more at www.thearc.org.
- We've got the power! The intellectual and developmental disability community plans to make its mark on the 2012 election by educating candidates, registering and exercising our right to vote. Like and share if you want to join us or visit www.thearc.org to learn more!

- **FACEBOOK OR TWITTER**
- March is Developmental Disabilities Awareness Month. Spread some awareness in your world. Please RT. Learn more at www.thearc.org
- March is Developmental Disabilities Awareness Month. Make your mark on the 2012 election. [Help educate a candidate](#) on the issues.
- March is Developmental Disabilities Awareness Month. Make your mark on the 2012 election. Support politicians who support people with disabilities.
- March is Developmental Disabilities Awareness Month. Spread some awareness. Foster respect, access and inclusion for all.