

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.
- Tweet this out on Twitter at least once during March: March is Developmental Disabilities Awareness Month. Foster respect, access and inclusion for all. Visit www.thearc.org.
- 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 (www.facebook.com/thearcus) and Twitter profile (@thearcus) about what you are doing to raise awareness of I/DD.
- 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.
- 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.