Five Ways to Be an Advocate with The Arc

1. **Connect** with your local or state chapter of The Arc. The Arc has over [650 chapters](http://www.thearc.org/find-a-chapter) located in 48 states and Washington D.C. Find your local chapter [here.](http://www.thearc.org/find-a-chapter)
2. **Stay informed.** Sign up to join The Arc’s [Disability Advocacy Network](http://disabilityadvocacynetwork.org/thearc/app/register?0&m=187082) and receive email updates with the latest news and ways to support critical policies for people with intellectual and/or developmental disabilities.
3. **Follow** The Arc on Twitter [@TheArcUS](https://twitter.com/TheArcUS) and [Facebook.com/thearcus](https://www.facebook.com/thearcus/), and participate in #WeActWednesday. Each Wednesday we post a new way to take action.
4. **Share your story.** Has Medicaid, the Affordable Care Act, Supplemental Security Income, or paid family and medical leave made a difference in your life or in loved ones? Share your story with us by visiting The Arc’s [Action Center](http://disabilityadvocacynetwork.org/action?0).
5. **Engage** with your Members of Congress – they need to hear from you! The [Action Center](http://disabilityadvocacynetwork.org/action?0) always has the latest information on issues and how to contact Congress.

Visit our [Public Policy and Legal Advocacy Page](http://www.thearc.org/what-we-do/public-policy) for additional toolkits, stories, and resources.