



5

**Tips to help
you advocate
for people with
disabilities.**

1

EMPOWER

Help elevate the voices of people
with disabilities.

2

INCLUDE

Work to remove barriers—both physical
and social.

3

GUIDE

Offer help accessing essential services,
like healthcare or education.



SUPPORT

Share resources, listen, and show up for
one another.

5

IMPACT

Your advocacy matters—keep the
momentum of change going.



LEARN MORE BY VISITING

Treat People Like People.org