



# ADVOCACY

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# RESOURCE GUIDE



**About NTCN**

The Northeast Transition Collaborative Network (NTCN) was created in response to gaps in communication and collaboration between school districts, agencies/providers, young adults, parents/caregivers, and community groups. NTCN hosts monthly virtual sessions about adult services and opportunities in the community as well as quarterly professional development opportunities for educators on topics related to person-centered transition, and workshops for families/caretakers around the person-centered planning process.

**About This Guide**

This guide was created by the Community Resource Center at Northeast Arc. We recognize that not every program on this topic may have been highlighted here. Services and programs are constantly changing. This is meant as an overview of services available to people in Northeastern, Massachusetts. We may update these resource guides periodically; if you know of a resource that can be highlighted here, please reach out to us at [CommunityResourceCenter@ne-arc.org](mailto:CommunityResourceCenter@ne-arc.org)

## TABLE OF CONTENTS

Group/Community Advocacy.....2

Commissions on Disability.....3

Legislative Advocacy.....5

Self-Advocacy.....8

Leadership/Advocacy Skill Development  
Programs.....11

Disability Advocacy in Books and Film.....13



**JULY 2025**

## **Group/Community Advocacy**

OUR PRESENTERS

### **Massachusetts Advocates Standing Strong (MASS)**

<https://www.wearemass.org/>

MASS runs various groups, committees, and task forces that focus on specific issues that involve self-advocates from across the state. The group advocates across all areas including legislation, special projects, and individual self-advocacy.

### **Massachusetts Down Syndrome Congress - Self-Advocate Advisory Council (SAAC)**

<https://mdsc.org/programs/for-teens-adults-with-down-syndrome/>

The Self-Advocate Advisory Council (SAAC) is the MDSC's group of adult leaders with Down syndrome who direct the MDSC on how the organization should best serve teens and adults. Council members develop key skills for becoming future leaders in the MDSC and the community. Quarterly events are created and planned by SAAC for adults with Down syndrome, their friends, and families.

### **Riders' Transportation Access Group (RTAG)**

<https://www.mbta.com/accessibility/get-involved/rtag>

The Riders' Transportation Access Group (RTAG) is a community-based group that advises the MBTA on transportation matters impacting people with disabilities and older adults. The group's goal is to ensure that all people with disabilities and older adults have every opportunity to be fully participating community members. The right and ability to use public transportation in an equal, effective, and dignified manner is a fundamental component to inclusion in our community. Anyone is welcome to become a general member of RTAG and All RTAG meetings are accessible to people with disabilities.

### **Special Needs Advocacy Network, Inc. (SPAN)**

<https://spanmass.org/>

SPAN offers professional development, training, and support to a wide variety of groups, from advocates to family members to teachers and state education officials. The goal of SPAN is to ensure that the legal rights of students with disabilities are protected and that every student gets the services they need and to which they are entitled. The Network website has a directory of professionals offering therapeutic services, educational services, and advocacy.

## **Special Education Parent Advisory Councils (SE PACs)**

A SEPAC is a Special Education Parent Advisory Council. Every public school district in Massachusetts is required to establish a SEPAC. Massachusetts state law assigns both an advisory and participatory function to SEPACs. Membership is offered to all parents of children with disabilities and other interested parties.

MA State Law & Regulations regarding the Role of the SEPAC

<https://fcsn.org/massachusetts-state-law-regarding-sepacs/>

To find your local SEPAC, see the list below from the Federation for Children with Special Needs

[https://fcsn.org/masspac\\_members/](https://fcsn.org/masspac_members/)



## Commissions on Disability

### What is a Commission on Disability?

Municipal Commissions on Disability (CODs) advise municipal governments on the disability community's needs in their city or town. They inform municipal officials about accessibility concerns and best practices for inclusion of people with disabilities in municipal programs, services, and facilities. Specific priorities and actions depend on the needs of the local disability community. CODs are established by town meeting or city council vote.

### Want to start a Commission on Disability in your city or town if you don't have one?

#### The Mass Office on Disability (MOD) has information on how to do this!

<https://www.mass.gov/info-details/commissions-on-disability#start-a-commission-on-disability>

### Commissions on Disability in the Northeast Region of Massachusetts

#### **Acton**

<https://www.acton-ma.gov/90/Commission-on-Disabilities>

#### **Andover**

<https://acod.mhl.org/>

#### **Arlington**

<https://www.arlingtonma.gov/town-governance/boards-and-committees/disability-commission>

#### **Bedford**

<https://www.bedfordma.gov/735/Disability-Commission>

#### **Beverly**

<https://www.beverlyma.gov/407/Commission-on-Disabilities>

#### **Billerica**

<https://www.town.billerica.ma.us/182/Commission-on-Disabilities>

#### **Burlington**

<https://www.burlington.org/410/Disability-Access-Commission>

#### **Chelmsford**

<https://www.chelmsfordma.gov/273/Commission-on-Disabilities>

#### **Concord**

<https://www.concordma.gov/1031/Commission-on-Disability>

#### **Danvers**

<https://www.danversma.gov/218/Accessibility-Commission>

#### **Everett**

<https://cityofeverett.com/city-hall/board-commissions/disability-commission/>

#### **Haverhill**

<https://www.haverhillma.gov/government/boards-committees-and-commissions/commission-on-disability-issues/>

#### **Lawrence**

<https://www.cityoflawrence.com/473/Commission-on-Disability>

#### **Lexington**

<https://lexingtonma.gov/713/Commission-on-Disability>

#### **Lincoln**

<https://www.lincolntown.org/121/Commission-on-Disabilities>

#### **Littleton**

<https://www.littletonma.org/675/Disability-Commission>

#### **Lowell**

<https://www.lowellma.gov/644/Commission-on-Disability>



## Commissions on Disability

### Commissions on Disability in the Northeast Region of Massachusetts, cont.

**Lynn**

[https://www.lynnma.gov/city\\_government/boards\\_and\\_commissions/disability\\_commission](https://www.lynnma.gov/city_government/boards_and_commissions/disability_commission)

**Malden**

<https://www.cityofmalden.org/450/Disability-Commission>

**Manchester-by-the-Sea**

<https://www.manchester.ma.us/332/ADA-Advisory-Council>

**Marblehead**

<https://www.marbleheadma.gov/marblehead-disabilities-commission>

**Maynard**

<https://www.townofmaynard-ma.gov/268/ADA-Commission>

**Medford**

<https://www.medfordma.org/boards-commissions/commission-for-persons-with-disabilities>

**Melrose**

<https://www.cityofmelrose.org/commission-disability>

**Merrimac**

<https://townofmerrimac.com/commission-on-disabilities/>

**Methuen**

<https://www.cityofmethuen.net/408/Commission-on-Disability>

**Newburyport**

<https://www.cityofnewburyport.com/commission-on-disabilities>

**North Andover**

<https://www.northandoverma.gov/633/Commission-on-Ability-Assistance>

**North Reading**

<https://www.northreadingma.gov/disability>

**Peabody**

<https://peabodycod.org/>

**Salem**

<https://www.salemma.gov/commission-disabilities>

**Saugus**

<https://www.saugus-ma.gov/commission-disability>

**Stoneham**

<https://www.stoneham-ma.gov/319/Disability-Commission>

**Swampscott**

<https://www.swampscottma.gov/commission-disability>

**Tyngsborough**

<https://ma-tyngsborough.civicplus.com/331/Commission-on-Disability>

**Wakefield**

<https://www.wakefield.ma.us/commission-on-disabilities>

**Westford**

<https://westfordma.gov/535/Commission-on-Disability>

**Wilmington**

<https://www.wilmingtonma.gov/commission-disabilities>

**Winchester**

<https://www.winchester.us/330/Disability-Access-Commission>

**Woburn**

<https://woburnma.gov/government/commission-on-disability/>



## Legislative Advocacy

OUR PRESENTER

### **The Arc of Massachusetts**

<https://thearcofmass.org/advocacy/>

The Arc of Massachusetts is the state's leading advocacy organization for individuals with intellectual and developmental disabilities (IDD) and autism and their families. On the Arc's Advocacy website is information on their priorities with fact sheets and how anyone can get involved in advocating for the important initiatives.

The Arc of Massachusetts Action Center allows you to automatically contact your legislators about priority bills, and sign up for email alerts for future action items.

### **Dignity Alliance Massachusetts**

<https://dignityalliancema.org/>

Dignity Alliance Massachusetts is dedicated to transformative change to ensure the dignity of older adults, people with disabilities, and their caregivers. We are committed to advancing new ways of providing long-term services, support, living options, and care, while respecting choice and self-determination. Through education, legislation, regulatory reform, and legal strategies, this mission will become reality throughout the Commonwealth.

As a grass-roots coalition of aging and disability service and advocacy organizations and supporters, Dignity Alliance Massachusetts works to secure fundamental changes.

### **Disability Law Center of Massachusetts**

<https://www.dlc-ma.org/>

The Disability Law Center (DLC) is the Protection and Advocacy (P&A) agency for Massachusetts. The focus areas for 2025 include: Abuse & Neglect, Civil Rights, and Institutionalization. The DLC represents individual clients and works on policy advocacy and impact litigation. Outside of policy, the DLC will provide training to people with disabilities and service providers working with people with disabilities.

### **Disability Policy Consortium**

<https://www.dpcma.org/>

With the motto, "About Us, By Us" the DPC takes pride in their work advocating as individuals with disabilities for individuals with disabilities. The group works to keep those interested in disability rights informed with relevant updates, events to attend, and resources related to disability rights and priorities.

### **Health and Disability Partnership**

<https://www.mass.gov/info-details/health-and-disability-partnership>

The Health and Disability Partnership is a group of people with disabilities and other people who care about the health of people with disabilities. It helps advise the state Health and Disability Program and other programs in the Department of Public Health. It also helps people with disabilities stay up to date on important health issues.



## Legislative Advocacy

### **Massachusetts League of Women Voters**

<https://lwvma.org/>

The League of Women Voters is a non-partisan organization of people of all genders and welcoming of all. The league has chapters across the state, and all are committed to fostering, cultivating, and preserving a culture of diversity, equity, inclusion, access, and belonging for all people. The members of chapters of the league study and support issues, not political parties, or candidates. The League encourages the informed and active participation of citizens in government and influences public policy through education and advocacy. To find a chapter in your area, visit the League of Women Voters website.

### **Legislative Policy Resource Information**

<https://malegislature.gov/>

The official online platform for the Massachusetts General Court, the state's legislative body. The platform provides public access to information and records related to pending and enacted legislation, including bill summaries, amendments, and vote history. The site also features details about legislators, committees, hearings, and other legislative activities. Users can search for information on bills related to any topic including Transition Age Services, Special Education, and Accessibility.

### **Massachusetts Advocates for Children (MAC)**

<https://www.massadvocates.org/legislative-administrative-advocacy>

Massachusetts Advocates for Children (MAC) is a dedicated non-profit that is dedicated to creating new laws, policies, and regulations to benefit children and holding responsible educational institutions accountable. MAC shares their current legislative action and prior successes related to students with disabilities on their website.

### **Massachusetts Alliance for 21st Century Disability Policy (MA21)**

<https://www.ma21alliance.org/>

The Massachusetts Alliance for 21st Century Disability Policy (MA21) was formed in 2007 to protect the right of people with disabilities to self-direct, and through its efforts helped pass the Real Lives Law in 2014. MA21 is a partnership of self-advocates, family members, other stakeholders, and disability advocacy organizations. MA21 has resources related to help understand the facts, the bills, and information on meetings to get involved in advancing self-direction. To learn more about DDS Self-Direction, visit <https://www.mass.gov/dds-self-directed-services>.

### **Massachusetts Statewide Independent Living Council**

<https://masilc.org/>

The Massachusetts Statewide Independent Living Council (MASILC or “the SILC”) is a Governor-appointed Council whose purpose is to advance disability policy in Massachusetts. The majority of MASILC members are people with disabilities. MASILC promotes greater access, inclusion, and independence for people with disabilities in Massachusetts and collaborates with the Independent Living Centers across the state. The MSCIL has a list of Living Centers for the State on their website.



## Legislative Advocacy

### **MassFamilies**

<https://massfamilies.org/>

MassFamilies provides information, leadership training, and support to families. They prioritize advocating for the rights of individuals with disabilities and their families with legislative priorities. Meetings are offered for individuals and families regionally throughout Massachusetts.

### **National Council on Independent Living (NCIL)**

<https://ncil.org/>

At the heart of the work that the National Council on Independent Living is advocacy. NCIL amplifies the voices of people with disabilities by advocating with their network of Centers for Independent Living (CILs) and Statewide Independent Living Councils (SILCs) at the national level. NCIL engages in systems advocacy by working directly with policymakers, providing education on disability issues, and mobilizing our grassroots network. On the NCIL website, information can be found on their priorities for advocacy and ways to get involved. The Massachusetts Statewide Independent Living Council (MASILC) is the State Independent Living Council and is featured in the Group/Community section of the resource guide.

### **National Disability Rights Network**

<https://www.ndrn.org/>

The National Disability Rights Network (NDRN) is the nonprofit membership organization for the federally mandated Protection and Advocacy (P&A) Systems and the Client Assistance Programs (CAP) for individuals with disabilities. NDRN promotes the network's capacity, ensures that P&As/CAPs remain strong and effective by providing training and technical assistance, and advocates for laws protecting the civil and human rights of all people with disabilities. NDRN has information on issues, and how to get involved in advocacy. The Massachusetts Protection and Advocacy agency is the Disability Law Center.

### **REVUP MA**

<https://www.dlc-ma.org/rev-up-voting-advocacy>

Register, Educate, Vote is the meaning behind REVUP! REVUP MA is a partnership of organizations that advocates for people with disabilities to register to vote, to get educated on the candidates and issues, and to vote. The REVUP initiative is a reminder that residents over 18 who have legal guardians are still able to register to vote under most circumstances and how their vote is a form of self, group/community, and legislative advocacy!



## Self-Advocacy

### **Arc of Greater Haverhill-Newburyport**

<https://www.thearcofghn.org/services/peer-support-self-advocacy/>

In the Stronger Together self-advocacy group, individuals come together to develop and practice their self-advocacy skills. The group meets in-person monthly with two peer mentors who help facilitate the meeting. For individuals with developed self-advocacy skills, a Peer Support Group meets monthly in-person and each person has a role in the group. At each meeting, there is a speaker or topic to discuss such as friendship and volunteering. Within the Peer Support Group, there are Peer Mentors in paid positions supervised by staff from The Arc of Greater-Haverhill Newburyport. Peer Mentors are people who have invested in self-development, received training in empowerment and self-advocacy, and are willing to mentor others who are developing their skills.

### **Arc of Massachusetts - Tools for Tomorrow**

<https://thearcofmass.org/tools/>

The Tools for Tomorrow booklet is a tool for individuals and caregivers to support them in planning for the future. The tool helps parties involved develop a vision, evaluate options, and offers guidance on how to negotiate and advocate for their future.

### **Association for Autism and Neurodiversity (AANE) - Disclosure and Self-Advocacy**

<https://aane.org/autism-info-faqs/autism-basics/disclosure-self-advocacy/>

Disclosure and self-advocacy are valuable tools to navigate the challenges of daily life and receive the support and accommodations needed to thrive. Whether it's a full explanation of a diagnosis or a specific accommodation request, disclosure, and self-advocacy can lead to a more comfortable life.

### **Autism Alliance**

<https://autismalliance.org/resources>

The Autism Alliance serves as the Autism Support Center in the Metro West Region. Their resource directory was created to support families across the state caring for a loved one with autism. The directory has categories that include education advocates, self-advocacy, transition, autism friendly locations, and more!

### **Autistic Self-Advocacy Network (ASAN)**

<https://autisticadvocacy.org/>

The Autistic Self-Advocacy Network (ASAN) believes that the goal of autism advocacy should be a world in which autistic people enjoy equal access, rights, and opportunities. The group empowers autistic individuals worldwide to take a lead role in advocating for their rights. The website is the home of an action center, resources and strategies, and opportunities for advocacy!



## Self-Advocacy

### **Council of Parent Attorneys and Advocates (COPAA)**

<https://www.copaa.org/>

The primary goal of COPAA is to secure high quality educational services and to promote excellence in advocacy. COPAA's mission is to protect and enforce the legal and civil rights of students with disabilities and their families. They believe effective educational programs for children with disabilities can only be developed and implemented with collaboration between parents and educators as equal parties. As a council, they advocate for the rights of children with all abilities and provide information on resources available to members and a search directory for personnel who can help support families.

### **Federation for Children with Special Needs (FCSN)**

<https://fcsn.org/>

The Federation for Children with Special Needs offers a range of supports to families to help support them and advocate for their children. Many of the staff at FCSN have had personal experience in supporting loved ones with special needs. As an organization, some of the offerings they provide include informational resources, workshops/information sessions, and transition preparation tools. If you are a professional or family member looking for support in finding an advocate, the Federation can help through conversations with an Informational Specialist. Parents can also participate in opportunities to serve grow as a leader and an advocate with some of their training programs!

### **Massachusetts Advocates for Children (MAC)**

<https://www.massadvocates.org/resources-self-advocates>

Massachusetts Advocates for Children (MAC) is dedicated to being an independent and effective voice for youth who face significant barriers to equal educational and life opportunities. Along with their legislative action, MAC has a blog and videos by a self-advocate and resources for education advocacy for families as well as Fellowship opportunities.

### **National Council on Independent Living (NCIL)**

<https://ncil.org/>

At the heart of the work that the National Council on Independent Living is advocacy. NCIL amplifies the voices of people with disabilities by advocating with their network of Centers for Independent Living (CILs) and Statewide Independent Living Councils (SILCs) at the national level. NCIL engages in systems advocacy by working directly with policymakers, providing education on disability issues, and mobilizing our grassroots network. On the NCIL website, information can be found on their priorities for advocacy and ways to get involved.



## Self-Advocacy

### **National Council of Self-Advocates (NCSA)**

<https://www.thearc.org/get-involved/self-advocacy/>

The National Council of Self-Advocates (NCSA) is a group of self-advocates with Intellectual/Developmental Disabilities that serves as an Advisory Council to Arc Chapters across the nation. The Council is completely run by individuals with disabilities and advises the Arc on its advocacy, programs, and services. The advisory council is the group that tells The Arc how it can better support people with disabilities and what the important issues are for people with disabilities. More information on the council and registration can be found on the website!

### **Self-Advocacy Online**

<https://selfadvocacy.ici.umn.edu/stories>

Self-Advocacy Online shares valuable information for people with intellectual and developmental disabilities in clear, easy-to-understand language. It uses videos and graphics to make content accessible. You can watch stories from other self-advocates, learn how to speak up for yourself, plan for your future, understand Employment First, and more. The site also shares research findings in easy-to-follow formats and blog posts from self-advocates.

### **Self-Advocacy Resource and Technical Assistance Center (SARTAC)**

<https://selfadvocacyinfo.org/>

The mission of the national Self Advocacy Resource and Technical Assistance Center (SARTAC) is to strengthen the self-advocacy movement by supporting self-advocacy organizations to grow leadership opportunities for all their members. The SARTAC website has resources for individual self-advocates, self-advocacy groups, and opportunities for leadership. They also offer zoom meetings to support self-advocates.



## Leadership/Advocacy Skill Development Programs

### **Best Buddies**

<https://www.bestbuddies.org/mari/leadership-development/>

Best Buddies leadership programs educate and empower people with and without Intellectual/Developmental Disabilities to become leaders, public speakers, and advocates. The programs that Best Buddies offers provide participants with the skills that can lead the effort within their community and beyond to build a more inclusive world for people with I/DD.

### **Easter Seals Youth Leadership Network**

<https://www.easterseals.com/ma/programs-and-services/youth-services/leadership-and-mentoring.html>

The Youth Leadership Network (YLN) promotes self-advocacy and self-awareness for teens and young adults with disabilities ages 14 to 26. This is a state-wide initiative with meetings, events, and the dynamic use of social media to unite youth across the state. In-person groups are available in Boston, Worcester, Springfield, Bridgewater, and they are also offered virtually.

### **Family Ties Family Advisor Program**

<https://massfamilyties.org/family-advisor-program/>

Family TIES of Massachusetts is looking for parents to share their voice and become a parent leader! Parents of children with special needs advocate daily for their children's educational, medical, and social needs. The information you share may help guide or develop programs and policies that serve families of children and youth with special health needs.

### **Massachusetts Advocates for Children Young Adult Leaders Fellowship Program**

<https://www.massadvocates.org/youthfellowship>

MAC's Young Adult Leaders Fellowship Program provides an opportunity for youth ages 18-26 with an intellectual disability or/and autism to learn the professional skills needed to advocate on behalf of other youth with disabilities through a one-year program. Throughout the program, fellows work with and learn from MAC staff as they participate in MAC's three core advocacy and training activities, including advocacy for individual students, legislative and policy advocacy, and training for parents and professionals. The application window is currently open through September 15, 2025.

### **Massachusetts Developmental Disabilities Council (MDDC)**

<https://www.mass.gov/info-details/self-advocacy-and-training-current-courses>

The Massachusetts Developmental Disabilities Council offers training to Massachusetts residents with intellectual and developmental disabilities (I/DD). The series offered by MDDC uses a peer-to-peer teaching model, and sessions are designed to include a broad range of learning styles. The free virtual classes are offered on topics including Building Self-Esteem, Employment, Supported Decision Making, and Legislative Advocacy. The Building Self-Esteem series will take place on Tuesdays and Thursdays 8/5-8/21. Contact Lee Larriu at [Lee.Larriu@mass.gov](mailto:Lee.Larriu@mass.gov) or 617-770-7676 to learn more and/or register.



## Leadership/Advocacy Skill Development Programs

### **Partners for Youth with Disabilities Youth Leadership Forum (PYD)**

<https://www.pyd.org>

The Youth Leadership Forum is an annual multi-day conference for youth (ages 18-30) with disabilities. Participants in the Youth Leadership Forum explore themes of leadership and leave better prepared for future employment, post-secondary education, and independent living.

### **The Self-Advocacy Leadership Series (SALS) with Massachusetts Advocates Standing Strong**

<https://www.wearemass.org/self-advocacy-leadership-series-sals>

The Self-Advocacy Leadership Series (SALS) is a peer-led eight-class series that focuses on the fundamentals of leadership. Skills included in the class: communication, listening, teamwork, self-awareness, problem solving, and negotiation. Individuals interested can participate in the I-SALS program, a virtual group that meets or established groups such as day programs and classrooms can complete the SALS course together, with support from staff members over 8 weeks.



## Disability Advocacy in Books & Film

### **Being Heumann: An Unrepentant Memoir of a Disability Rights Activist**

<https://bookshop.org/p/books/being-heumann-an-unrepentant-memoir-of-a-disability-rights-activist-judith-heumann/15281048>

Paralyzed from polio at eighteen months, Judy's struggle for equality began early in life. From fighting to attend grade school after being described as a "fire hazard" to later winning a lawsuit against the New York City school system for denying her a teacher's license because of her paralysis, Judy's actions set a precedent that fundamentally improved rights for disabled people.

As a young woman, Judy rolled her wheelchair through the doors of the US Department of Health, Education, and Welfare in San Francisco as a leader of the Section 504 Sit-In, the longest takeover of a governmental building in US history. Working with a community of over 150 disabled activists and allies, Judy successfully pressured the Carter administration to implement protections for disabled peoples' rights, sparking a national movement and leading to the creation of the Americans with Disabilities Act.

Candid, intimate, and irreverent, Judy Heumann's memoir about resistance to exclusion invites readers to imagine and make real a world in which we all belong.

### **Change, Not Charity: The Americans with Disabilities Act**

<https://www.pbs.org/wgbh/americanexperience/films/change-not-charity-americans-disabilities-act/>

The emotional and dramatic story of the decades-long push for equality and accessibility that culminated in the passage of the Americans with Disabilities Act (ADA) in 1990. A story of courage and perseverance, the film highlights the determined people who literally put their bodies on the line to achieve their goal and change the lives of all Americans.

### **Crip Camp: A Disability Revolution**

View at <https://cripcamp.com> for no cost.

In the early 1970s, teenagers with disabilities faced a future shaped by isolation, discrimination and institutionalization. Camp Jened, a ramshackle camp "for the handicapped" (a term no longer used) in the Catskills, exploded those confines. Jened was their freewheeling Utopia, a place with summertime sports, smoking and make-out sessions awaiting everyone, and campers experienced liberation and full inclusion as human beings. Their bonds endured as many migrated West to Berkeley, California — a hotbed of activism where friends from Camp Jened realized that disruption, civil disobedience, and political participation could change the future for millions. The film documents their advocacy and the role it has played in today's society.



## Disability Advocacy in Books & Film

### My Disability Roadmap

Visit <https://likerightnowfilms.com/film/3356/My-Disability-Roadmap> to watch at no cost.

In this Emmy Award-winning documentary short, Samuel Habib, 21, wants to date, leave home, and go to college. But he drives a 350-pound wheelchair, uses a communication device, and can have a seizure at any moment. Determined to find his path forward, he seeks out guidance from America's most rebellious disability activists. Will they empower him to launch the bold adult life he craves?

### The Ride Ahead

Visit <https://www.rideaheadfilm.com/watchpbs> to watch at no cost.

The film follows Samuel Habib, whose goals are pretty typical for a 21-year-old. Moving out of his family's New Hampshire home. College. Establishing his career. Dating. Sex. Yet every rite of passage is fraught with challenges. Unexpected seizures and uncontrollable movements caused by his rare genetic disorder. Friends' homes that are inaccessible to his wheelchair. His labored speech and use of a communication device are barriers to a social life. He craves more independence and a family of his own one day. "But no one tells you how to be an adult," he says, "let alone an adult with a disability." Samuel is determined to avoid the statistical realities: unemployment, isolation, and institutionalization. A turning point comes when he starts talking to disabled adults, who have been through all he is going through now. And when he begins to channel their insights, a roadmap for himself, and for other young adults like him, begins to take shape.

### Year of the Tiger - An Activist's Life

<https://bookshop.org/p/books/year-of-the-tiger-an-activist-s-life-alice-wong/17818752>

In Chinese culture, the tiger is deeply revered for its confidence, passion, ambition, and ferocity. That same fighting spirit resides in Alice Wong.

Drawing on a collection of original essays, previously published work, conversations, graphics, photos, commissioned art by disabled and Asian American artists, and more, Alice uses her unique talent to share an impressionistic scrapbook of her life as an Asian American disabled activist, community organizer, media maker, and dreamer. From her love of food and pop culture to her unwavering commitment to dismantling systemic ableism, Alice shares her thoughts on creativity, access, power, care, the pandemic, mortality, and the future. As a self-described disabled oracle, Alice traces her origins, tells her story, and creates a space for disabled people to be in conversation with one another and the world. Filled with incisive wit, joy, and rage, Wong's Year of the Tiger will galvanize readers with big cat energy.