

IN THE _____ COURT / AGENCY
Case / File No.: _____

DISABILITY RIGHTS SELF-ADVOCACY GUIDE

This guide provides general steps for self-advocacy under the ADA: 1. Know your rights: Review Titles I–III of the ADA. 2. Document your disability and how it impacts major life activities. 3. Clearly state the accommodation or modification you need. 4. Put your request in writing and keep a copy. 5. Escalate if denied: appeal internally, then file with DOJ or EEOC as applicable. 6. Maintain records of all communications and outcomes. This guide is intended for educational purposes and does not substitute for legal advice.

Respectfully submitted,

Signature / Printed Name

Address: _____

Phone: _____

Email: _____