

INVOLVEMENT OPPORTUNITIES

Do It Yourself:

- Follow us on social media: like, share and comment on our posts on
 - [Facebook](#)
 - [Twitter / X](#)
 - [Instagram](#)
 - [YouTube](#)
- Download or share any of our [“Law in Brief” resources](#) for yourself or a friend who is experiencing a disability rights issue
- Follow our [blog](#)
- [Sign up](#) for the email newsletter
- Ask to be added to our public comment [mailing list](#) and respond to the annual comment survey about our goals.
- Donate:
 - Send or drop off a check
 - Create a Facebook fundraiser for your birthday or other celebration
 - Make a gift [through our website](#)
 - Utilize [GiveNebraska](#) (formerly Community Services Fund) to make a recurring credit/debit card donation
 - Set up a regular “bill pay” to Disability Rights Nebraska with your bank
 - Participate in [Give to Lincoln Day](#) (last Thursday in May)
 - Make a designated gift through the Lincoln Community Foundation or other managed funds.

Dig a Little Deeper:

- Consider writing about your lived experience or about another disability advocacy-related topic for our blog
- Ask to talk with a staff person about:
 - Board membership
 - Mental Health Advisory Council membership
 - Being part of a Stakeholder email group – about 4 times a year, these groups receive specialized content based on disability interest; groups are asked to provide feedback on our work on a more detailed level than general public
 - Our current legislative priorities and learning how you can become involved with the policy process.
- Request a “Lunch & Learn” or “Coffee & Conversation” about our work (general overview or a specific topic, your choice) at your workplace – live OR virtual.

Grow Your Advocacy Skills:

- Values-based training – exploring and working to change the way society views people with disabilities through [training in Social Role Valorization theory](#). The Values-Based Education Coalition hosts online and in-person educational events on an annual basis. Contact us at info@disabilityrightsnebraska.org for details on upcoming trainings.
- [Inclusive Education Lay Advocacy](#) training – trained advocates stand with families to help navigate the educational system for children with disabilities
 - Video resources
 - Live trainings
- Public Policy Internships / individual support for people with disabilities to participate in policymaking
- Polling Place Accessibility Survey training
- Supported Decision Making Training and Advocacy – alternatives to full guardianship

For more information on any of these opportunities, contact:
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