



**Project  
Independence**  
Enriching Lives. Expanding Choices.

# 10 WAYS TO CELEBRATE

## DEVELOPMENTAL DISABILITIES AWARENESS MONTH

#1

### SHARE AWARENESS POSTS

Share educational posts about developmental disabilities on social media to help spread understanding and reduce stigma.

#2

### FOLLOW DISABILITY VOICES

Follow disability advocates and organizations on social media to learn directly from people with lived experience.

#3

### INVITE WORKPLACE DISCUSSIONS

Encourage your workplace to recognize Developmental Disabilities Awareness Month through discussions, newsletters, or educational posts.

please visit:

[WWW.PROINDEPENDENCE.ORG](http://WWW.PROINDEPENDENCE.ORG)

#4

## HOST INCLUSIVE ACTIVITIES

Include neighbors or community members with disabilities in social activities like walks, coffee meetups, or hobby groups.

#5

## START CONVERSATIONS

Talk with friends, coworkers, or family about why inclusion and accessibility matter in everyday community life.

#6

## BE A CONNECTOR

Introduce employers, neighbors, or community leaders to organizations that support inclusive employment and independent living.

#7

## VOLUNTEER YOUR TIME

Volunteer with local organizations supporting people with developmental disabilities through events, mentoring, or community activities.

#8

## RECOMMEND INCLUSIVE EMPLOYERS

Encourage friends and colleagues to support businesses that create meaningful employment opportunities for people with disabilities.

### FEATURED INCLUSIVE EMPLOYERS

- Albertsons
- City of Irvine
- Home Depot
- Pavilions
- Ralphs
- Regal Cinemas
- Sprouts
- Target
- Trader Joes
- WalMart

#9

## PRACTICE INCLUSIVE LANGUAGE

Use respectful, person-centered language and gently model it for friends, coworkers, and family members.

#10

## ENCOURAGE INCLUSIVE COMMUNITIES

Advocate for accessible spaces, inclusive programs, and welcoming attitudes within schools, workplaces, and neighborhoods.

### PERSON-CENTERED LANGUAGE

This type of language emphasizes the person first, not their disability. Disabilities can be seen as part of someone's identity, but it's not their entire identity. You would say "people with disabilities," instead of "disabled person" and "people with autism" instead of "autistic person."



**Project  
Independence**

Enriching Lives. Expanding Choices.

3505 Cadillac, Suite O-103,  
Costa Mesa, CA 92626

[www.ProIndependence.org](http://www.ProIndependence.org)