

# Self-Advocates Needed

Join The Arc Oregon's  
Board of Directors or an Advisory Committee



*Achieve with us.*

If you experience an intellectual and/or developmental disability (I/DD), and want to get involved in advocating for your rights and the rights of others with I/DD, this might be a great opportunity for you!

## Are you a Self-Advocate?

Have you ever . . .

- Spoken up for what you believe in?
- Taken responsibility for your own life in some way?
- Questioned other people's expectations of you?
- Joined a self-advocacy group?

If yes, then you are a self-advocate? If not, you can become a self-advocate now by getting involved!

## What is The Arc Oregon?

The Arc Oregon, together with its network of members and affiliated chapters, advocates for the rights and full community participation of all children and adults with intellectual and developmental disabilities.

## What does it mean to be on the Board of Directors or an Advisory Committee?

As a Board or Committee member you will:

- Talk about issues that are important to you and other people with I/DD.
- Help set the direction for the future of the organization.
- Learn important leadership and communication skills.

## Why is it important to join a Board or Committee at The Arc?

As a statewide organization that advocates for the rights of people with I/DD, your opinion matters to us!! We need your voice at the table because we believe in "**nothing about you, without you.**"

## Contact us for more information!

Call or email Paula Boga, Executive Director, at 503-428-5436 or [pboga@thearcoregon.org](mailto:pboga@thearcoregon.org)

We will tell you about the different opportunities that are available. You can also read about our board and committees on our website at <https://thearcoregon.org/about/board-of-directors/>.