We are a united network of families and self-advocates.

We demand to be included and be part of our communities.

To be included we need:

- affordable, accessible and safe housing
- the right support, information, and transportation
- to vote and be active citizens

We demand to be valued and for the discrimination that we face to end.

To be valued, we need:

- an end to abuse and violence,
- our rights and choices to be respected, including our right to have a relationship and a family

We demand real jobs in the community with real pay and the support we need to be successful

We demand that all boys and girls with an intellectual disability go to school and are included in the same classrooms as other children. We demand that we are given the support we need to learn at all stages of our education.

We demand that all institutions are closed and that no new institutions or institutional type settings are built again.

Families are a pathway to inclusion. They need support to be part of the calls to action.