

North American Inclusion Month  
**NAIM**  
BUILDING AN INCLUSIVE JEWISH COMMUNITY

## Top ten things you *should* do when you support us

(Written by Individuals with Disability Advocates)

- ⇒ Forget the records; get to know us as people
- ⇒ Listen and hear our voice; we've got lots to say
- ⇒ Treat us like you would want to be treated – with respect and dignity
- ⇒ Ask us how we feel about stuff
- ⇒ Make your goal helping us accomplish ours
- ⇒ Take time to explain things if we don't understand something
- ⇒ Put yourself in our shoes – walk our walk
- ⇒ Tell us the truth
- ⇒ Believe in us, and our dreams
- ⇒ Be good to yourself—we need you to be healthy and energized

**Thanks for the great work you do supporting us!**



For more information contact:  
Yachad, The National Jewish Council for Disabilities

