

Voter's Guide:

A voting checklist for advocates!

Election Day is every year in early November! Are you prepared to make your voice heard in your local, state, or federal elections? Use this checklist to ensure you are prepared.

To learn more about voting and your right to vote, visit ndss.org/voting-resources

Understand and Register

Understand the rules and procedures around voting.
Then, register to vote at your current address.

- For more information on voting rules and procedures: <https://autisticadvocacy.org/policy/toolkits/voting/>
- Find out how to vote in your state: <https://www.rockthevote.org/how-to-vote/>
- Register to vote: <https://vote.gov/>

Options and Deadlines

Understand your voting options and deadlines.
Then, pick the option that is best for you.

ABSENTEE/MAIL-IN VOTING: Vote before Election Day by absentee or mail-in ballot. You may need to request a ballot and provide a valid reason for voting this way. Make sure you know the deadline and where to return your ballot so your vote counts.

- To register to vote by mail: <https://www.eac.gov/voters/national-mail-voter-registration-form>

EARLY VOTING: This is not an option in all states. Check with your state or local election office for the rules of your area and important deadlines.

- For early voting information visit: https://allintovote.org/learn/*how-do-i-vote-early/

ELECTION DAY VOTING: This is the traditional form of voting and is available in all states

Values and Beliefs Inventory

Establish an understanding of your values and beliefs to ensure the candidate you are voting for aligns with what is important to you.

- Use our [Values and Beliefs Inventory](#) to help

Research and Compare Candidates

Make sure your chosen candidate aligns with your beliefs.

- Visit the candidate's website
- Watch candidate speeches and debates
- Dive into informed, fact-based resources to learn more about key topics
- Compare your values inventory to your candidate research and see how your vote will align with your values and beliefs

Make a Plan To Vote

- Mark your calendars for **Election Day**.
- Consider **transportation time and needs**.
- View a **sample ballot** to prepare for your vote.
- Find your **polling place**: <https://www.usa.gov/find-polling-place>

Know Your Rights

- Polling places for federal elections must be fully accessible.
- Reasonable accommodations must be made by election officials and poll workers to help an individual vote.
- For more information on your rights at the polls: <https://vote.gov/guide-to-voting/disability>