NOTES ABOUT ACCESSIBILITY ON CAPITOL HILL

Navigating accessibility barriers on Capitol Hill can be difficult. Below are some resources to help prepare you prepare for your internship.

**Office of Congressional Workplace Rights Accessibility Reports:** Every two years The Office of Congressional Workplace Rights does a report about physical accessibility barriers on Capitol Hill. You can read those reports [here](#). The office also has accessibility [tutorials](#) and [resources](#).

**Office of Congressional Accessibility Services:** The Office of Congressional Accessibility Services provides accommodations to people with disabilities. These include sign language interpreters, adaptive tours, wheelchair loans, and more. You can read more about Congressional Accessibility Services [here](#).

**Shortcomings of Accessibility Resources:** Capitol Hill’s resources help people with physical disabilities. Autistic needs and perspectives are not at the forefront of people’s minds. Consider what you need to be successful and request it as an accommodation from your intern coordinator. You are entitled to an accessible workplace by law.

**Capitol Hill Culture:** Capitol Hill is not friendly to autistic people. Stereotypes about our intelligence, empathy, and abilities are everywhere. Prepare to read and hear offensive comments about
autistic people in the workplace. Working on Capitol Hill is difficult. However, if things are ever going to change then we need to push through the challenges on Capitol Hill.

There are autistic support groups in Washington D.C. that give us a sense of community and belonging. These groups can be a lifeline to autistic people interning on Capitol Hill.

**Thank you to The Self Advocacy Resource and Technical Assistance Center (SARTAC) for making this resource possible**

- “This publication is supported in part by a cooperative agreement from the Administration on Intellectual and Developmental Disabilities, Administration for Community Living, U.S. Department of Health and Human Services. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration on Intellectual and Developmental Disabilities policy.”

- “The Self Advocacy Resource and Technical Assistance Center (SARTAC) seeks to strengthen the self-advocacy movement by supporting self advocacy organizations to grow in diversity and leadership. The resource center is a project of Self Advocates Becoming Empowered (SABE), the oldest national self-advocacy organization in the country. SARTAC is a Developmental Disabilities Project of National Significance, funded by the Administration For Community Living – Administration on Intellectual and Developmental Disabilities (AIDD). The information in this product was written to provide guidance for self advocates and their allies to assist in understanding policy issues affecting their lives. It is not to be used to determine a person’s legal rights or an organization’s legal responsibilities under Section 504 of the Rehabilitation Act of 1973, as amended; the Americans with Disability Act of 1990, as amended or any other federal,
state or local laws written to protect the rights of people with disabilities.”