Our Community Impact
Presenter: Cassidy Thorne (she/her)
Programs Director
1 billion people worldwide live with some form of a disability

Source: World Health Organization
Nearly everyone is likely to experience a disability at some point in life.

Source: World Health Organization
1 in 5 people in our region has a disability

Source: CDC
Why we exist

Progress for disabled people… but not enough:

- Before 1960s, institutionalism of people with disabilities was widespread
- Disabled people had little autonomy or choice
- People with disabilities continue to face discrimination, obstacles to employment, prejudice and other unfair challenges
Who we empower

Everyone is welcome:

• We serve throughout King County
• People ages 14 and up and from all backgrounds
• Physical, intellectual, sensory, neurological and other disabilities
• Adults, teens/young adults, and seniors
Our approach

We have a unique model:

• Our staff and volunteers have disabilities, too
• We work peer-to-peer
• People we serve make all their own choices
What we do

We work for people and for change:

Free individualized services:
• One-to-one skills training
• Peer support groups
• Resources & referrals

Creating systems change:
• Policy and programs advocacy
• Expert disability consulting for businesses
Youth Transition Services

Transitioning into adulthood can be hard, and we are here to help:

- One-on-one individualized skills training
- Monthly peer mentoring groups
- Advocacy skills training
- Summer Workshop
- Youth Leadership Forum (YLF)
We help with:

- Housing referrals (we don't provide housing)
- Utility assistance
- Transition to independent living
- Job search and resume writing
- Transportation options
- Recreation and social activities
- Assistive technology
- Healthcare and social services
- Developing skills to live independently
- Other services based on your individual needs and goals
How to access services

Contact us:
• disabilityempowerment.org
• 1-866-545-7055
• Centers in Seattle, Redmond and Auburn
How to get involved

Connect:

• New website!
• Facebook, LinkedIn and YouTube
• E-newsletter
• Donate
• Volunteer
• Board membership
• Work for us
• Share your story
Our new website!

The Alliance of People with disAbilities is now Disability Empowerment Center!

We believe everyone deserves to be treated with equity, to be included and to have choices.

Disability Empowerment Center provides free services to people who live in King County.
Contact
Cassidy Thorne
Programs Director
206.741.1727  cassidy@disabilityempowerment.org
disabilityempowerment.org