Disability Rights & Advocacy

Self-Advocacy as a Tenant with a Disability

Self-Advocacy: Knowing what we need and making choices about how we live our lives, like choosing what we do at home, at work, or in our relationships.

INDEPENDENCE
~ ALLIANCE ~
EMPOWERMENT • INCLUSION • ADVOCACY

As tenants with disabilities, we can use self-advocacy when speaking with a landlord or property manager to make sure our housing meets our needs and is accessible.

Use this guide next time you advocate for yourself!

Interested in learning about self-advocacy and your rights?

Contact Independence Alliance to schedule an intake session!

Self-Advocacy Step-by-Step

Step 1

Know your rights as a tenant with a disability.

Step 2

Know what you need to live and thrive within your home.

Step 3

Know the best ways to communicate your needs to a landlord or property manager.

Step 4

Ask for help if you need it.

Step 5

Report discrimination if it occurs.

Tenant Self Advocacy Template

Name:_____

Date: _____

Save and use this template to manage your self-advocacy while communicating with a landlord or property manager.

Name and Title of Person I Am Speaking With:

_____

Contact Information:

_____
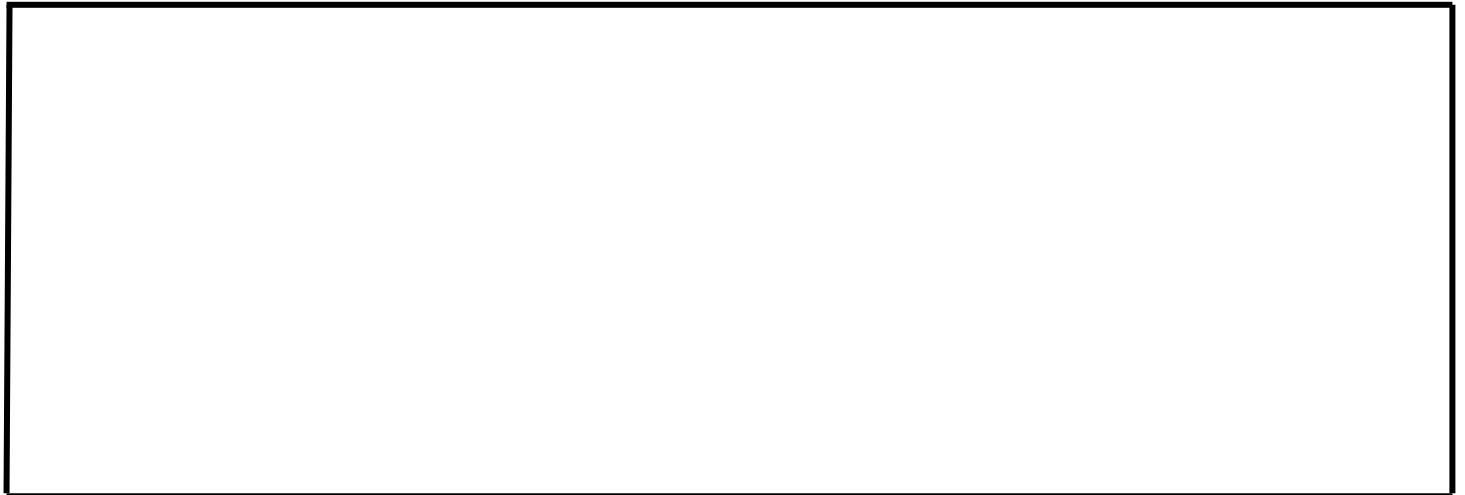
Reason For This Conversation:

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Explain the Current Situation:

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What Are My Needs? Which Needs Are Not Being Met?

What Are My Requests?

What Am I Responsible For Doing After This Interaction?

How Will I Take Care of My Health After This Interaction? (Self-Care)

Community Resources

Housing Opportunities Made Equal (HOME)
HOME offers a variety of services to help eliminate illegal housing discrimination, prevent homelessness, and educate tenants and landlords about their fair housing rights and responsibilities. HOME's services are free of charge.
- Website: homecincy.org
- Phone: 513-721-4663
- Virtual Contact Form: homecincy.org/contact
- Address: 2400 Reading Rd, Suite 118, Cincinnati, OH 45202

Hamilton County Municipal Court Help Center
The Help Center provides people with education, information, and limited legal advice to access the courts, pertaining to Municipal Court and Juvenile Court in Hamilton County, Ohio. They provide legal guides for eviction, rent escrow, landlord-tenant basics, and other housing issues in Hamilton County.
- Website: cincyhelpcenter.org/housing and cincyhelpcenter.org/landlord-tenant
- Phone: 513-946-5650
- Address: 1000 Main St, Room 113, Cincinnati, OH 45202
- Open hours for visits: Monday-Thursday, 8:00 AM-3:30 PM, Friday 8:00 AM-3:00 PM

Community Resources

Disability Rights Ohio

Disability Rights Ohio (DRO) provides legal advocacy and rights protection to a wide range of people with disabilities. This includes assisting individuals with problems such as abuse, neglect, discrimination, access to assistive technology, special education, housing, employment, community integration, voting and rights protection issues.

- Website: disabilityrightsohio.org
- Phone: 614-466-7264 or 1-800-282-9181
- Address: 200 Civic Center Drive, Suite 300 Columbus, Ohio 43215

Legal Aid Society of Greater Cincinnati

Legal Aid Society of Greater Cincinnati works to preserve affordable rental housing in the community and to protect the rights of people who live in rent-assisted housing. They provide free legal aid and assistance to tenants who feel they have been wrongly discriminated against.

- Website: lascinti.org
- Phone: 513-241-9400

Ohio Legal Help

Ohio Legal Help connects tenants with local legal and education resources based on a variety of issues related to housing.

- Website: ohiolegalhelp.org
- Phone: 614-285-6710
- Email: info@ohiolegalhelp.org

National Low Income Housing Coalition Advocates' Guide 2024

Every year, the National Low Income Housing Coalition publishes the Advocates' Guide to educate advocates of all kinds about the programs and policies that make housing affordable to low-income people across America.

- Web version: https://nlihc.org/explore-issues/publications-research/advocates-guide
- PDF version: https://nlihc.org/sites/default/files/2024_Advocates-Guide.pdf