

2023 Disability Advocacy Rally Resource Guide



2023 Disability Advocacy Rally at the Capitol

Information and Resource Guide

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Introduction

Thank you for registering to attend the 2023 Disability Rally at the Capitol. We are excited to advocate alongside you!

This Resource Guide can help make sure that you feel prepared. We want your experience at the Capitol to be as positive and impactful as possible.

Questions about the Rally at the Capitol? Please [email Jessica Tabbutt](#).

Many thanks in advance for your advocacy on Tuesday. We wish you a great Day at the Capitol!

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Event Information

The Disability Advocacy Rally at the Capitol is a time for people with disabilities, their allies and supporters, to come together and advocate for policy change. This year, we're back at the Minnesota State Capitol to advocate for the theme of: love, liberation, and belonging.

Please [register in advance](#) to attend the Disability Advocacy Rally.

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Getting Here

We will start the day at the Minnesota Department of Transportation Building. Then we will move to the Minnesota State Capitol for the rally.

Minnesota Department of Transportation Building

395 John Ireland Blvd.

Saint Paul, MN 55155

[Google Map and directions](#)

Minnesota State Capitol

75 Dr. Rev. Martin Luther King Jr. Blvd.

St. Paul, MN 55155

[Google Map and directions](#)

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Public Transit

There are several public transportation options to consider when planning your trip to the Capitol Complex.

Light Rail

There are [three \(3\) Light Rail stations](#) located in the Capitol Complex including:

- the Capitol/Rice Street Station, just west of the State Capitol Building,
- the Robert St Station, and
- the 10th Street Station

Visit the Metro Transit website to [plan your visit](#).

Metro Transit

Several Metro Transit bus stops will drop you off within a block of the Capitol Complex. Visit the Metro Transit website to [plan your visit](#).

Metro Mobility

For people who use Metro Mobility, there are drop off and pick up sites on Cedar Street (east of Capitol) and Martin Luther King Jr. Blvd.

The ground floor entrance (under front steps) is wheelchair accessible. Drop off location is 400 feet, or approximately 3/4 of a city block, from ground floor entrance.

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Parking

There are many public parking options throughout the Capital Complex. For a complete list of all the available parking options, visit the [Minnesota Department of Administration](#) website.

Disability Parking

Public disability parking is available throughout the Capitol Complex. Be sure to arrive early and give yourself plenty of time to make your way to the Capitol Building.

There are several accessible parking options available including:

- 8 free public accessible parking spaces in [Lot AA](#), located on Rice Street, two blocks west of the Capitol building (not pictured on map).
- 10 free public accessible parking spaces on the first level of [Ramp F](#), located on Freeman Avenue and Rice Street – adjacent to the Department of Transportation building.
- 20 free public accessible spaces in the Minnesota Senate Building ramp, accessible from Capitol Blvd, off of Sherburne Ave-Public Disability Parking only (no access from University Avenue).

Visit the [Capitol Complex Visitor Map](#) for further details on each location.

Street Parking

There is [metered street parking](#) around the Capitol complex. Some metered spots are a distance to travel and you will need to pay close attention to parking restrictions.

Electric Vehicle (EV) Charging Station

[EV Charging stations](#) are located in **Lot C** and **Ramp F** on the 1st Level.

Electric Vehicle owners visiting the Capitol Complex must pay for their parking at the pay station and may plug-in for a maximum of 4 hours.

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Capitol Complex Entrances

There are lots of buildings in the Capitol Complex. This section of the Resource Guide can help you find entrances to the different buildings and the tunnels.

Tunnel System

Depending on where you park or which public transportation options you access, consider using the [tunnel system](#) to get to the Capitol Building where the event will be held.

Please Note: Certain portions of the Capitol Complex Tunnel network are open only to State employees with proper badge access.

Access is closed to the public in the tunnels connected to the [Judicial Center](#), and in certain stretches between the [Transportation Building](#) and [Veterans Service Building](#).

Capitol Complex Building Maps

Here are some maps to help you get around the different buildings in the Capitol Complex:

- [Capitol Complex](#)
- [Capitol Building](#)
- [Minnesota Senate Building](#)
- [State Office Building](#)

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Schedule

Tuesday, February 14th 2023

- **9:30 - 10:30 am:** Rally Prep - Department of Transportation Cafeteria
- **10:30 - 11:30 am:** March & Roll to Capitol
- **11:00 - 11:45 am:** Rally - Minnesota State Capitol Rotunda
- **All day:** Meetings with legislators

From 9:30 to 10:30 am, we will be in the Minnesota Department of Transportation (DOT) Cafeteria. There will be a registration table where you can stop by, check in, and get answers to questions about the day.

Event co-hosts will also have tables in the space. They will share information about their policy priorities this session. We will have materials for you to make posters centered around the event theme of “Love. Liberation. Belonging.”

There is a library on the second floor of the DOT, which is a quiet place for anyone who may have sensory sensitivities and need a break during this time.

At 10:30, we will march & roll to the Capitol, where we will rally in the Capitol Rotunda. There will be chairs, a bariatric bench, and designated space for people who use wheelchairs. Volunteers will be stationed throughout the first floor.

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COVID-19 Safety

Our priority is to maintain a safe environment for visitors, staff, and volunteers. Thank you for your continued support during this time.

If you are feeling sick, have flu-like symptoms, or have been in contact with someone who has recently had COVID-19, please stay home.

Masks

Face masks and social distancing are encouraged but not required for all visitors regardless of vaccination status. We will have free masks.

Testing

Guests are encouraged but not required to test for COVID-19 before coming to the Rally. We will have free testing kits.

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Access Information

ASL and CART will be provided. We will also have in-event language translation in Hmong, Somali, and Spanish.

Do you have other access needs? Please [Email Gene Martinez](#).

Language Interpretation Services

Language interpretation will be available in Hmong, Somali, and Spanish.

Important: You will need a device that can download apps. Please note the Zoom language rooms for this event are audio only. Please bring headphones to plug into your device.

1. Download the Zoom app here: [Zoom mobile link](#)
2. Once the Zoom app is downloaded to your phone or tablet, you are able to use it
3. Plug in your headphone to your device
4. Scan the QR code or type in the Meeting ID number for the language room you would like to join
5. If you type in the Meeting ID number, click the Join button
6. Welcome to the language translation Zoom room!

HMONG:

<https://us06web.zoom.us/j/82083973109?pwd=bFICZi80eWlpTjdNb2cwRUVSREIEUT09>

SOMALI:

<https://us06web.zoom.us/j/87138435813?pwd=UTJhN3VUUFZkZkswRXp6RTR4ZEtRQT09>

SPANISH:

<https://us06web.zoom.us/j/83789449430?pwd=WWRsaxIRdVZJaFVkemhtcFR1SWWhRQT09>

Sensory Friendly Space

There might be several hundred people at the rally. The noise is very loud. This may be challenging for those who are sensitive to stimulation. If you would like, you can take a break in the sensory room in conference room **309A** of the Capitol building. That space will be quieter and less crowded. It is reserved for this event throughout the day.

To get to room 309A, you will need to take the stairs or elevator to the third floor of the Capitol building.

From there, review the [State Capitol Building Map](#) to find room 309A. You might want to print this map for reference, or have it ready on your phone.



Alt text: Room 309A of the Minnesota State Capitol building is a small room with beige walls and blue floral carpet. There is a small table with four chairs in the center of the room.

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After the Rally

Lunch

After the Rally, you may choose to grab lunch at one of the [on site Cafeterias](#).

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Meeting with Legislators

We hope everyone will find time to connect with elected officials during the day. It is so important for your legislator to learn from you about issues that are important in your life!

It is best to schedule meetings in advance, if possible. Let them know that you are a constituent – someone who lives in their district – and share a brief personal story.

What if my legislator is in a committee meeting?

Some legislators will be in committee meetings. You may need to pull them from the committee in order to meet. To do so, there are different options:

- Meet the elected official's Legislative Assistant at their office. Ask for their support in pulling the legislator from their committee hearing.
- Go directly to the hearing room and identify the committee attendant stationed near the door. Let them know that you have a scheduled meeting with the elected official. They will help pull your legislator from the hearing on your behalf.

What if I am unable to meet with my legislator?

If you are unable to schedule a meeting with your legislator(s), you could meet with their Legislative Assistant. They will be happy to tell the legislator about your visit and pass along any materials (personal stories, fact sheets, etc.) that you leave behind.

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Resources

Here are some resources that can help you plan for your meeting and develop a personal story.

The Arc Minnesota Advocacy Toolkit

The Arc Minnesota has an Advocacy Toolkit that is full of resources to help you feel informed and empowered to advocate for policy and systems change. Resources available in this toolkit include:

- finding your elected officials
- meeting with elected officials
- writing letters or emails to elected officials
- sharing your story

[Advocacy Toolkit](#)

Minnesota Governor’s Council Making Your Case Booklet

The Minnesota Governor’s Council on Developmental Disabilities has a booklet that can help you take part in the legislative process and positively influence public policy. Topics include:

- communicating with legislators and public officials
- roles and responsibilities of legislative staff
- approaches for “making your case”
- items specific to the Minnesota legislative process
- glossary of terms

[Making Your Case \(PDF\)](#)

Bill Tracking for 2023 Disability-Related Legislation

The Minnesota Council on Disability (MCD) tracks disability-related bills that are introduced during the legislative session. Their bill tracker is updated weekly.

Visit MCD’s [bill tracking page](#).

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After the Event

If you meet with elected officials, consider sending them a “thank you” card and your contact information following the event. This will go a long way in helping them remember you and the issue(s) for which you’re advocating!

Also after the event, you will receive an evaluation. Please take a few minutes to complete it, and share your feedback about Day at the Capitol. It will be incredibly helpful as we plan and prepare for next year!

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Event Hosts & Sponsors

Thank you to all of our event co-hosts and sponsors!

- **The Arc Minnesota**
- **The Arc Northland**
- **Autism Society of Minnesota (AUSM)**
- **Cow Tipping Press**
- **Down Syndrome Association of Minnesota**
- **Family Voices of Minnesota**
- **The Fannie Education Alliance**
- **Gillette Children's Specialty Healthcare**
- **Minnesota Autistic Alliance**
- **Minnesota Brain Injury Alliance**
- **Minnesota Consortium for Citizens with Disabilities**
- **Minnesota Council on Disability**
- **Minnesota Disability Law Center**
- **Multicultural Autism Action Network (MAAN)**
- **National Parents Union**
- **Proof Alliance**
- **Secrets2Truths**
- **Uplift MN**

Thank you for our event co-sponsors, too! Their financial support made this event possible.

- **Acumen Fiscal Agent**
- **Circle of Life**
- **Hmong Home Health Care**
- **Lutheran Social Service of Minnesota**
- **Minnesota Disability Law Center**

Extra thanks to the Minnesota Council on Disability for providing ASL and CART during the rally!

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