**North Carolina’s Olmstead Plan:**

***From Institutions to Freedom***

 ***Olmstead*** **is** **the most important U.S. Supreme Court case for people with disabilities**. Olmstead was based on the Americans with Disabilities Act (ADA). Olmstead says people with disabilities have **the right to independence**. It says they have **the right NOT to live in an institution**. Supports that were in institutions should now be in the community.

 The Supreme Court said each state can create an Olmstead Plan. An Olmstead Plan can show how the state will change so people do not have to be in institutions and nursing homes. The plan can show how people with disabilities can have what they need to live in their own homes. North Carolina’s Olmstead Plan can show the path for more independence in the community.

 An Olmstead Plan should have: **steps, goals, and timelines.** It should say how many more people will get supports in the community. It should say when that will happen.

**Now is the time to:**

 **Get Informed!**

**Attend Meetings and Events About the Olmstead Plan!**

**And Speak Up about Olmstead!**

Raise your voice with your state leaders and politicians on what you think should be in the Olmstead Plan. You may even consider finding ways to share your story!

You can find out about North Carolina’s Olmstead Plan at the [North Carolina Olmstead website](https://www.ncdhhs.gov/about/department-initiatives/nc-olmstead). You can learn more about the Olmstead case at [Olmsteadrights.org](https://www.OlmsteadRights.org/)