

# How to Handle Disability-Related Disputes or Discrimination

1. Do nothing – ignore it or “suck it up”. Be aware that there may be a time limit for some options below.
2. Discuss it with the person – be specific about the concern and remedy you want
3. Discuss it with the person’s supervisor or department chair – bring facts
4. In college discuss it with your counselor, DSPS Director, Dean of Students, or 504/ADA Officer; in the workplace discuss it with your union representative, the director of human resources, or your manager
5. File a formal grievance – on campus or in the workplace
6. Contact an attorney regarding a state or local civil claim – check for relevant experience
7. File a complaint with the Federal Office for Civil Rights (9<sup>th</sup> Circuit for CA)

***Note: You may use one or more options***