

# A message from YOUR Consumer Advocate



Eastern Los Angeles  
Regional Center

*Hello!*

My name is Jesse Padilla and I help people with developmental disabilities live the lives they want to live! I am also an ELARC consumer myself. As your Consumer Advocate, I work to address your concerns and needs as an individual served by ELARC. My job is to make sure our consumers' voices are heard. I work with the CAC to educate and empower consumers by teaching them about their rights under the Lanterman Act, and how they can make choices for themselves. The CAC is a great way for us to meet other people, be inspired to set goals, and learn about important topics that affect our personal freedom. Come check out the CAC so you can learn to live the life YOU want to live!

Hope to see you at our next meeting!

*Jesse*

# CAC



**FOR adult consumers,  
run BY adult consumers!**

Eastern Los Angeles  
Regional Center

(626) 299-4700 | [www.elarc.org](http://www.elarc.org)

Find us on 

[www.facebook.com/elaregionalcenter](http://www.facebook.com/elaregionalcenter)

# The CAC is all about YOU!

The CAC believes that individuals with developmental disabilities have the right to:

- ☆ *independence and self-determination*
- ☆ *go anywhere they want to go*
- ☆ *have meaningful employment*
- ☆ *have friends and relationships*
- ☆ *live where they want*
- ☆ *the freedom of choice*

The CAC believes that this will result in people with developmental disabilities:

- ☆ *becoming **LEADERS***
- ☆ *having more **CONFIDENCE***
- ☆ *making contributions to others within the **COMMUNITY***

# What is the CAC?

The CAC is the ELARC Consumer Advisory Committee. This committee is made up of adult individuals who are served directly by the Eastern Los Angeles Regional Center.

## What happens at a CAC meeting?

*CAC meetings are a fun time where you can enjoy some food, meet people, hear updates from ELARC's Executive Director, and learn about things that are important to ELARC adult consumers.*

*Each meeting has a special guest speaker. You may choose to attend the live meeting at the ELARC Alhambra office or by video conference at our Whittier office.*

**For information about upcoming meetings, please visit the Consumer Advisory Committee page on our website:**

[www.elarc.org/governance/advisory-committees/consumer-corner](http://www.elarc.org/governance/advisory-committees/consumer-corner)