

NEWS RELEASE

FOR IMMEDIATE RELEASE: MAY 5, 2026

**DISABILITY RIGHTS NEW JERSEY EMPOWERS STUDENTS AND PARENTS
WITH THE LAUNCH OF “NAVIGATING YOUR RIGHTS TO SPECIAL
EDUCATION IN NEW JERSEY: A SELF-ADVOCACY GUIDE”**

TRENTON, NJ – Disability Rights New Jersey, the State’s designated Protection and Advocacy (P&A) system for people with disabilities, announces the release of a self-advocacy guide to empower students and parents with tools to navigate the notoriously complex special education system in New Jersey. The P&A developed “[Navigating Your Rights to Special Education in New Jersey: A Self-Advocacy Guide](#)” in response to an increasing demand for assistance and will enable families to advocate effectively for their children, ensuring all students with disabilities in New Jersey receive a [Free Appropriate Public Education](#) (FAPE) that prepares them for full participation in society.

Researched and written over two years by Disability Rights New Jersey’s special education attorneys, the Self-Advocacy Guide aims to simplify the complex federal law, known as [Individuals with Disabilities Education Act](#) (IDEA), that protects students with disabilities and requires schools to provide special education services to eligible youth in the least restrictive environment.

Lisa Quartarolo, Managing Attorney of Disability Rights New Jersey’s Children and Youth Practice Group, which provides legal assistance and education to individuals involved with New Jersey’s special education system, said, “We wanted to provide vital information about the legal rights of students with disabilities organized in an accessible, user-friendly way, that enables parents and guardians to make informed decisions when navigating this complicated subject.”

With over 140 pages covering more than 50 topics frequently requested by parents and guardians, the Self-Advocacy Guide was designed to be a comprehensive manual containing a glossary of terms, steps and tips for parents, relevant timelines, citations to the law, and appendices with links to fillable forms and additional resources. Each of these inclusions will be invaluable to parents and guardians as they advocate for their students’ education and support needs.

Disability Rights New Jersey will host a live webinar about “Navigating Your Rights to Special Education in New Jersey: A Self-Advocacy Guide” on May 27, 2026, at 3pm to demonstrate step-by-step how to use the guide. Registration information can be found [here](#).

###

About Disability Rights New Jersey:

As New Jersey's designated Protection and Advocacy system for people with disabilities, under federal law, Disability Rights New Jersey promotes self-determination, independence, and inclusion into all facets of community life. Disability Rights New Jersey advances the human, civil, and legal rights of people with disabilities through a wide array of advocacy services for individuals, their families, and other stakeholders. Accordingly, Disability Rights New Jersey also has statutory authority to pursue legal, administrative, and other appropriate remedies to ensure the protection of people with disabilities and adherence to the law.

FB: [@disabilityrightsnewjersey](#) | IG: [@disabilityrightsnj](#) | LI: [@advocateDRNJ](#)

FOR MORE INFORMATION, PLEASE CONTACT:

Dana Caro, Director of Communications and Individual Giving
Disability Rights New Jersey
210 S. Broad St, 3rd Floor
Trenton, NJ 08608
dcaro@disabilityrightsnj.org
vm: 609.984.1880