

Voters with Disabilities – Know Your Rights.

U.S. disabled voters living abroad are protected primarily by the [Uniformed and Overseas Citizens Absentee Voting Act](#) (UOCAVA), which applies to all U.S. citizens residing outside the country. The law explicitly mentions disability as a protected characteristic and ensures equal voting opportunities.

Summary of Main UOCAVA Protections

Electronic registration and ballot access

States must allow disabled voters to request and receive voter registration forms and absentee ballots electronically, removing barriers related to mail accessibility or physical limitations.

Early ballot transmission

States must send absentee ballots at least 45 days before federal elections (when requests are submitted by the deadline), giving voters with mobility or health challenges adequate time to vote.

No notarization required

Ballots cannot be rejected based on notarization requirements, which can be difficult for disabled voters abroad to obtain.

Flexible ballot formats

Ballots cannot be rejected because of non-standard paper size or envelope type, accommodating diverse accessibility needs.

Ballot tracking

Free access to tracking systems allows disabled voters to confirm ballot receipt without needing to contact election officials directly.

Federal write in ballot option

If a voter doesn't receive their ballot in time, they can use a backup federal ballot, ensuring no one is disenfranchised due to mail delays.

No “too early” rejection

Registration forms cannot be rejected for arriving too early—only for being too late—reducing pressure on disabled voters with variable capacity.

Equal consideration mandate

Congress emphasized that all eligible voters, "regardless of disability," should receive "utmost consideration and cooperation" in the voting process.

Contact the Federal Voting Assistance Program (FVAP)

Email: vote@fvap.gov

Phone: (800) 438-8683 (U.S. toll-free)

Website: fvap.gov

For more information, check out this list of resources compiled from the 2025 Disability Voting Rights Week: [Resources - Democrats Abroad](#)