Voting By Mail | AUCD

Voting is one of the most important rights of a U.S. citizen. It allows people to choose leaders they feel will best represent their needs on the local, state, and federal levels. You can make real change by being an educated voter in your community.

What is voting by mail?

There are many names for voting by mail - absentee voting, early voting, mail-in voting, and by-mail voting. States mail a ballot to voters. Voters fill out and mail in the ballot before Election Day or another date set by the state. States will mail a ballot to voters for certain reasons instead of voting in-person.

What are the rules in my state?

Some states only hold elections by mail, some make voters provide an excuse or reason to vote by mail and not in person, and some states do not need to know a reason to let voters vote by mail. Go to www.usa.gov/absentee-voting to find out what the rules are in your state.

How do I vote by mail?

Most states need voters to apply for a mail-in ballot before Election Day. Visit your state or territorial election office website and look for "Absentee Voting" or "Voting By Mail." If you don't see either term, try using the site's search tool. Then follow your state's directions.

Your state may require you to have an excuse to vote absentee. These could include: being unable to get to your polling place due to illness, injury, or disability or being unable to get to your polling place due to a natural disaster, emergency, or epidemic/pandemic. Some states do not require this, and some states may change what they require due an emergency. Check on your state's election website.

Where can I find help?

Contact your state's University Center for Excellence in Developmental Disabilities.

Check out Tuesdays with Liz on Voting and Overcoming Voting Barriers.