Self advocacy is about speaking up for yourself. People on the Go is a statewide self advocacy group in Maryland with the membership consisting of local self advocacy groups from around the state. Self advocacy groups help people stand up for what is important to them and bring people together to advocate for common issues. There is always power in numbers.

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People On the Go (P.O.G) of Maryland is a group of advocates with intellectual and developmental challenges who use our voices to be heard and recognized. We believe all people should be active participants in their communities and we strive to eliminate discrimination.

P.O.G. holds quarterly meetings in different regions of Maryland for their membership.

Trainings about issues of interest are presented to the membership.

Suggested activities for local and/or statewide involvement are decided on during meetings.

Additionally, from a developed legislative platform P.O.G is present and active throughout the Legislative session.

At the meetings current statewide legislative issues, proposed policy changes, and local concerns are discussed.