The Arc
of New Jersey

2026

GET OUT THE VOTE

A VOTING AND ELECTION GUIDE FOR CITIZENS WITH INTELLECTUAL AND DEVELOPMENTAL DISABILITIES AND THEIR FAMILIES

VOTING IS YOUR VOICE.
YOUR CHOICE. YOUR RIGHT.
WWW.GOTVNJ.ORG

★ GOTV 2026: Introduction

2026 is an important year for New Jersey. The midterm elections this November will set the stage for the 120th U.S. Congress, with 33 Senate seats and all 435 House of Representatives seats up for election. In New Jersey, voters will elect one U.S Senator to represent the entire state and one U.S. Representative for each of New Jersey's 12 congressional districts. The Senate candidates are Democrat Cory Booker, the incumbent who has been in office since 2013, and Republican Justin Murphy, an attorney and former Deputy Mayor of Tabernacle who previously ran for Senator in 2024. You can find information regarding the candidates for the House of Representatives on page 11.

As a person with a disability, family member, or someone who cares about a person with a disability, it is essential to learn about the candidates and make a plan to vote in this year's general election. Whoever wins in November will have tremendous influence over the services, supports, and policies that impact people with intellectual and developmental disabilities and their families.

We hope that as you make a voting plan for November, you will use this Get Out The Vote (GOTV) Guide as a handy tool to help you on your way. Inside, you will find more information about the different ways you can vote, important deadlines for registering and casting a ballot, how to locate your polling place, and more. We encourage you to also check out **www.GOTVNJ.org** for additional resources and information.

Remember: Your Vote is Your Voice. Your Choice. Your Right.

GOTV 2026 The Arc of New Jersey

★ Make a Plan to Vote

General Election Voting Checklist

- [ ] Check your voter registration - You must be registered to vote in New Jersey
- [ ] Decide how you will vote: (circle one)

  Mail In-Person Drop Box
- [ ] Know your polling location: _____
- [ ] Plan your transportation
- [ ] Have acceptable, vaild ID
- [ ] Know the candidates & questions ahead of time - Review your sample ballot
- [ ] Know your rights - Review the Get Out The Vote Guide (www.GOTVNJ.org)
- [ ] Encourage others to vote

Resources for Election Day

VOTING HOTLINE - Disability Rights New Jersey

(available from 6am - 8pm on Election Day):

(866) 493-0023 or email at **voterhotline@disabilityrightsnj.org**

REPORT ELECTION DAY ISSUES - Vote411

Report an election issue by calling:

1-866-OUR-VOTE (866-687-8683) Call or text

1-888-VE-Y-VOTA (en Español)

1-888-API-VOTE (1-888-274-8683) (Asian multilingual assistance)

1-844-YALLA-US (Arabic)

New Jersey Division of Elections

Voting Questions? Call **1-877-NJ-VOTER (1-877-658-6837)**

Visit their website: nj.gov/state/elections/vote.shtml

GOTV 2026 The Arc of New Jersey

★ Frequently Asked Questions

What is voting?

Voting in an election is an action a citizen can take that allows them to participate in their government. In governmental elections, this often involves filling out a ballot and selecting the candidates and stances on issues that align best with your own.

Title II of the Americans with Disabilities Act (ADA) requires that "states and local governments ensure that people with disabilities have a full and equal opportunity to vote." There are many ways that Title II of the ADA is enforced, but it includes and is not limited to: non-discriminatory policies, accessible polling places, allowing alternate forms of ID, and requiring accessible voting booths to have an equal level of privacy.

Voting is your voice. Voting is your choice. Voting is your right.

Why should you vote?

Voting allows you to elect people that will represent you and fight for the issues you believe in.

When should you vote?

Election Day is Tuesday, November 3, 2026, but there are many different ways you can vote ahead of time.

What is the timeline for voting?

Early Voting will start on October 24 and end on November 1. Early Voting allows registered voters to cast their ballot in person, using a voting machine, during a nine-day period prior to Election Day. Every county will provide registered voters with this option.

Hours for Early Voting will be Monday-Saturday, **10am - 8pm** and Sunday, **10am - 6pm.** **No appointment is necessary.**

GOTV 2026
The Arc of New Jersey

★ Frequently Asked Questions

How can I vote?

You can vote in person (both early and on election day), by mail, or by using a secure ballot drop box.

01 Drop Box

A ballot drop box is a secure, locked structure operated by election officials where voters may deliver their ballots from the time they receive them in the mail up to the time the polls close at **8 pm** on Election Day, November 3, 2026. There will be **at least 10 drop boxes** located throughout each county, which will be available 24 hours a day. Drop boxes will be under surveillance by security cameras and collected daily by county election officials. To find the location of the ballot drop boxes in your county visit: https://nj.gov/state/elections/vote-secure-drop-boxes.shtml

Ballots must be placed in drop boxes in your county by 8 pm on Election Day.

02 Mail

Your vote-by-mail ballot MUST be postmarked on or before 8 pm on Election Day and be received by your county's Board of Elections on or before the sixth day after the close of the polls. You can also deliver your vote-by-mail ballot in person to your county's Board of Elections Office by 8 pm on Election Day.

03 In-Person Voting

You can vote in person at your polling place, from **6 am - 8 pm** on Election Day or you can choose to vote during the 9-day Early voting period detailed below. Your polling place will be printed on the sample ballot that you will receive in the mail. Find your polling location here: https://voter.svrs.nj.gov/polling-place-search

GOTV 2026 The Arc of New Jersey

★ Frequently Asked Questions

Important Voting and Election Day Dates

Tuesday, October 13	Voter Registration Deadline
October 24 - November 1	Early Voting Period
Tuesday, October 27	Mail-In Ballot Application Deadline
Tuesday, November 3	★ Election Day
Tuesday, November 3	Deadline for Post Office Receipt of Mail-In Ballots
Monday, November 9	Deadline for Receipt of Timely Mailed Postmarked Mail-In Ballots to County Board of Elections

What is voting by mail?

Any voter may apply for vote-by-mail by completing the Application for Vote-By-Mail Ballot and returning the application to their County Clerk. After completing the Vote-By-Mail Ballot, you can mail it back, place it at one of your county's Ballot Drop Box locations, or return it to your County Board of Elections Office. Counties will begin mailing ballots to voters 45 days before an election, but some counties may begin prior to that.

Please remember: Your Vote-By-Mail Ballot CANNOT be returned to your In-Person Early Voting Poll Location or your Election Day Poll Location.

Request a Mail-In Ballot by filling out the application:
https://voter.svrs.nj.gov/mib-request

Who are the candidates?

This year, New Jersey voters will elect 1 U.S. Senator and 12 members of the U.S. House of Representatives.
You can find more information on pages 10 and 11.

GOTV 2026 The Arc of New Jersey

★ Frequently Asked Questions

Who can vote?

You must be 18 years old and a citizen of the United States to vote. You cannot vote if you are serving a sentence of incarceration. It is not legal to deny someone the right to vote based on the fact that he or she has an intellectual or other disability.

Only a judge can declare that an individual lacks the capacity to vote. It is not legal to deny someone the right to vote based on the fact that he or she has a legal guardian. It is not legal to deny someone the right to vote based on the fact that he or she lives in an institution, developmental center, group home, supported apartment, or other residential facility assisting individuals with disabilities.

Who can register to vote? How do I know if I'm registered?

Visit this site to determine if you are registered to vote:
https://voter.svrs.nj.gov/registration-check

To register to vote, you must be at least 17 years old, though you may not vote until you have reached the age of 18. You must also be a resident of the county for 30 days before the election.

Please remember, you only need to register one time, unless you move to a different county or state, or are released from prison.

How can I register to vote?

To register, you must complete a Voter Registration Application and/or Party Affiliation Form. Mail or deliver the Voter Registration Application and/or Party Affiliation Form to the County Commissioner of Registration or Superintendent of Elections for your county. To find your county, click here:
https://nj.gov/state/elections/voter-registration.shtml

To register to vote online, click the link or scan the QR code:
https://voter.svrs.nj.gov/register

You will need your current and valid Driver's License or non-driver Identification Card, or your social security number.

GOTV 2026
The Arc of New Jersey

★ Frequently Asked Questions

Do I need to bring identification?

You may be asked to show your ID to prove you live at your address/the address on your voter registration. Possible items that can be used for identification include: your passport, student ID, Driver's License, another government-issued ID, or a document with your name and address on it, such as a bank statement or a government check.

Are polling places accessible for people with disabilities?

A voter with a disability has the right to vote privately and independently, have an accessible polling place and accessible voting machines, seek assistance from workers at the polling place who have been trained to use the accessible voting machines and to bring someone to help you to vote. Under federal and state law, voters with disabilities have the right to receive "reasonable accommodations" at polling places. If you are blind, if you have a disability, or if you cannot read the ballot on the voting machine, you can have someone of your choice assist you with the voting machine. You are also entitled to assistance. Two board workers of opposite political parties may help you. You have the right to have both workers assist you, or one worker –it is your choice.

If you encounter accessibility difficulties, you can report and communicate that experience to the NJ Division of Elections by using this website:
https://nj.gov/state/elections/voting-access-feedback-form.shtml

Voters should not be asked for "proof" of their disability in order to receive accommodations. Animals assisting people with disabilities must be allowed to accompany the person into the building and into the booth. Voter rights and accessibility information can be found here:
https://nj.gov/state/elections/voter-rights.shtml

GOTV 2026
The Arc of New Jersey

★ Frequently Asked Questions

How will I know if my ballot was received?

You can check on the status of your vote-by-mail ballot using the Track My Ballot Portal online here:
https://nj.gov/state/elections/vote-track-my-ballot.shtml

You can contact your County Clerk, via their contact information here:
https://nj.gov/state/elections/vote-county-election-officials.shtml

First time users have to create an account and will need either a Voter ID, a Driver's License Number, or the last 4 digits of their Social Security number to validate voter registration status.

What should I do if I go vote and am told I can't vote because I have a disability?

If you are a voter with a disability and you have a question or you encounter an issue trying to vote on Election Day, call Disability Rights NJ hotline **1-(866)-493-0023** from 8am to 4pm Monday through Friday, or from 6am to 8pm on Election Day. You can also email voterhotline@disabilityrightsnj.org.

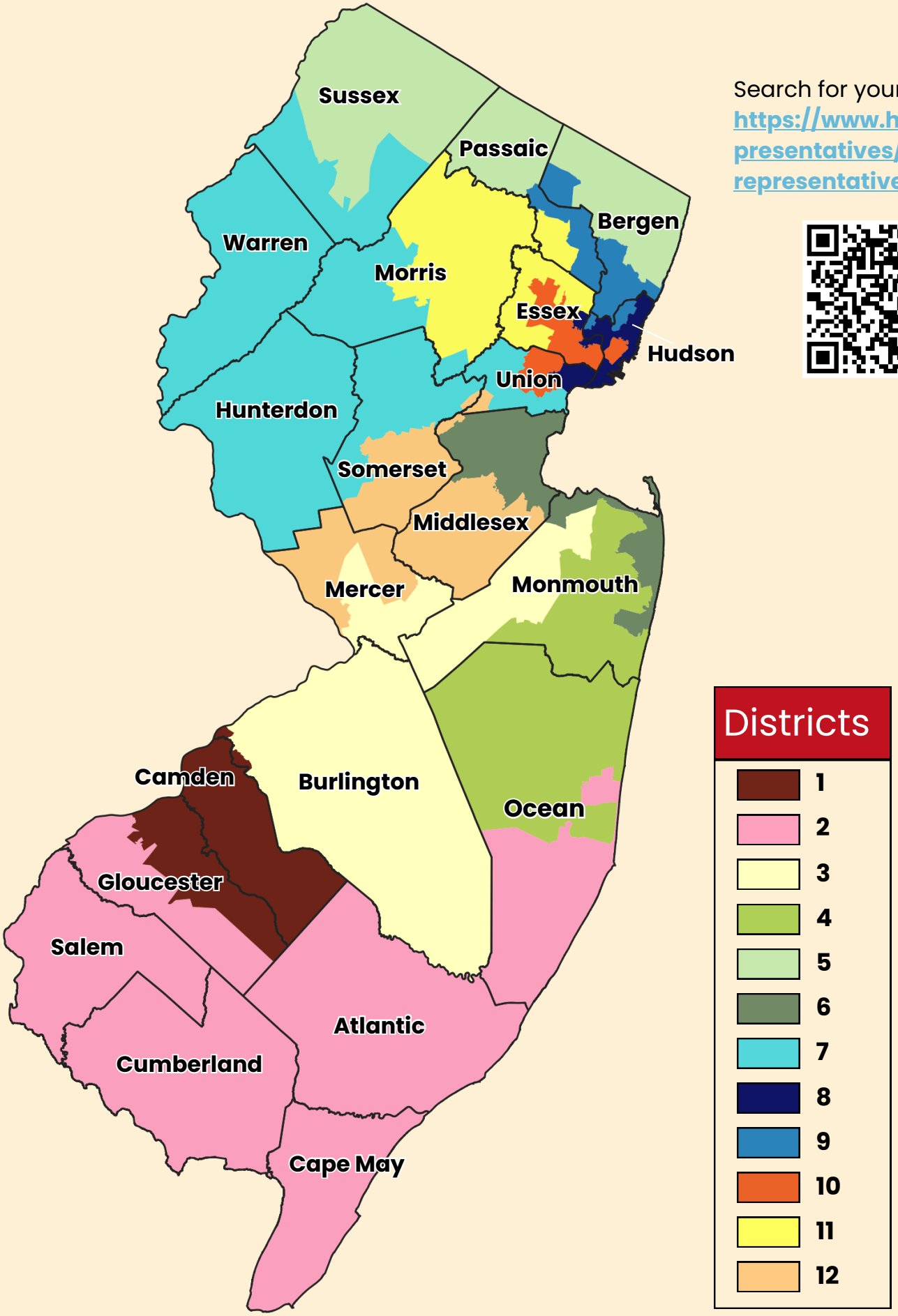
Looking for more information?

Don't forget to visit our website, **www.GOTVNJ.org** for additional content and resources.

VOTE!

GOTV 2026
The Arc of New Jersey

★ Congressional District Map



Search for your district here:
https://www.house.gov/representatives/find-your-representative

GOTV 2026
The Arc of New Jersey

★ List of Candidates

Congressional Candidates - NJ House of Representatives

District	Democrat	Republican	Non-Major Party Candidates
1	Donald Norcross	Damon Galdo	Austin Johnson
2	Zack Mullock	Jeff Van Drew	--
3	Herbert C. Conaway Jr.	Michael P. McGuire	Ryan Kelly Steven Welzer
4	Rachel Peace	Christopher H. Smith	--
5	Josh Gottheimer	Sean Kirrane	Adam Rueda
6	Frank Pallone Jr.	Hillary Herzig	Fahad Akhtar Inder Soni
7	Rebecca Bennett	Thomas H. Kean Jr.	Lana Leguia Seamus O'Toole Randall Terry
8	Rob Menendez	--	Craig Honts Da'Shone Hughey
9	Nellie Pou	Rosemary Pino	Terrisa Bukovinac
10	LaMonica R. McIver	Carmen Bucco	--
11	Analilia Mejia	Joe Hathaway	Alan Bond
12	Adam Hamawy	Gregg Mele	Andres Jinete

Congressional Candidates - NJ Senate

Democrat	Republican	Non-Major Party Candidates
Cory Booker	Justin Murphy	Veronica Fernandez Joanne Kuniansky

(Independent candidates running without party affiliation have not been included on this list.)

If viewing digitally, click on each candidate for more information.

This list is accurate as of 09/09/2026.

GOTV 2026 The Arc of New Jersey

★ Understanding Your Sample Ballot

What is a sample ballot?

A sample ballot is a piece of paper you receive in the mail that is identical to the ballot you will use to vote in the General Election. Reviewing your sample ballot in advance can help you be more prepared for when you cast your vote.

Remember: Your sample ballot is specific to you and where you live.

What is on my sample ballot?

Your sample ballot will contain the following pieces of information:

- Your assigned **polling place**
- **Candidates** running for office that would represent you
- Potential **ballot questions** that would allow voters to weigh in on an issue

When do I receive my sample ballot?

Sample ballots will be mailed out on Octber 21st, and you should receive yours in the mail a week before Election Day.

You can also view what is on your sample ballot online:
https://ballotpedia.org/Sample_Ballot_Lookup

You can view examples of sample ballots from previous years for Middlesex County by using the link or QR code below:
https://www.middlesexcountynj.gov/government/departments/department-of-community-services/board-of-elections/vote/sample-ballot

Please remember that each year may have different positions up for election. In 2026, NJ will elect 1 Senator and 12 Representatives for the 120th U.S. Congress.

GOTV 2026
The Arc of New Jersey

★ In Their Own Words: Self-Advocate Perspective

Amanda Chirelli

NJSSAN Member from Atlantic County

"Voting is important for people with disabilities because it gives them a voice in decisions that affect their daily lives, rights, and access to services. By voting, people with disabilities can help elect leaders who support policies that promote accessibility, equal opportunities, healthcare, education, transportation, and employment. Voting also ensures that the needs and perspectives of the disability community are represented in government and public decision-making. Every vote helps strengthen democracy and empowers people with disabilities to advocate for a more inclusive and equitable society where everyone has the opportunity to participate fully.

Voting is so important to me personally because it allows me to make a choice to make sure the right government official gets in office who will support people with disabilities and the programs and services that they need to live independent and fulfilling lives. I also became a member of the League Of Women Voters Organization Ocean County Chapter to educate others with disabilities on the importance of voting."

GOTV 2026 The Arc of New Jersey

★ In Their Own Words: Family Perspective

Kathy Mullery

Parent

"As a young person growing up, I knew that I wanted to vote. I often listened to discussions within my family about issues of importance to them and where local and national candidates stood on these and I remember thinking that I wanted to have my say too. My feeling never changed on that: wanting to have a say. I believe that voting is one of the single most important things you can do to have a seat at the table and show your support for issues that matter to you. To me, it's a natural part of being a responsible citizen.

When I became a parent of a person with an intellectual disability, voting took on even greater meaning for me. I want my child to have a good life, to be able to thrive with the necessary supports that his community, his state and his country can offer, and so I watch and listen and learn about laws, funding and other matters that affect him. And I vote. I suppose my son has been paying attention to my passion within our family too, because he, too, once he turned 18, registered to vote. He watches the news, offers his opinions and, most importantly, takes action by voting. I have taken him to Trenton and to Washington to meet his representatives. He is engaged in a way that makes me proud. And by voting, he is having his say."

GOTV 2026 The Arc of New Jersey

The Arc of New Jersey

2026

GET OUT THE VOTE

WWW.GOTVNJ.ORG

THE ARC OF NEW JERSEY
985 LIVINGSTON AVENUE
NORTH BRUNSWICK, NJ 08902
P: 732.246.2525
F: 732.214.1834
ARCNJ.ORG
@THEARCOFNJ

ELECTION DAY:
NOVEMBER 3, 2026

EARLY VOTING PERIOD:
OCTOBER 24 - NOVEMBER 1

REMEMBER YOUR VOTE IS:
YOUR VOICE.
YOUR CHOICE.
YOUR RIGHT.

GOTV 2026
The Arc of New Jersey