



Puget Sound Regional Council

# Discrimination Based on Disability Complaint Form

If you believe you have been discriminated against based on your disability, you may complete and submit this form. Your civil rights are protected under the federal Americans with Disabilities Act. You may also call PSRC's ADA Coordinator at 206-464-6175, TTY Relay: Dial 711, or contact [hrdept@psrc.org](mailto:hrdept@psrc.org). Complaints must be received within 180 calendar days of the alleged discriminatory complaint.

## Section 1: Contact Information

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Mailing address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Email: \_\_\_\_\_

Mobility aid used (if any): \_\_\_\_\_

Accessibility format requirements:  Language Assistance  Large Print  Other  
If other, please describe:

\_\_\_\_\_

Are you filing this complaint on your own behalf?  Yes  No

If NO, provide the name and relationship to the person for whom you are filing the complaint:

\_\_\_\_\_

## Section 2: Alleged Discrimination Information

Date and time of alleged discrimination:

\_\_\_\_\_

Location of alleged discrimination:

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Explain the events that happened and why you believe you were discriminated against. Please include the names, titles and descriptions of the PSRC employees involved, witness(es) and their contact information. For additional space, you may attach any written materials.

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### Section 3: Complaint Information

Have you previously filed a disability complaint with PSRC? Yes  No

Have you filed this complaint with other federal, state or local agencies? Yes  No

If YES, list the agency/agencies and contact information below:

Agency: \_\_\_\_\_ Contact name: \_\_\_\_\_

Address: \_\_\_\_\_ City/State/Zip: \_\_\_\_\_

Contact number: \_\_\_\_\_

### Section 4: Signature

You may attach any written materials or other information relevant to your complaint.

**Please sign and date.**

\_\_\_\_\_  
Name Date

**Mail to: Puget Sound Regional Council  
1011 Western Avenue, Suite 500  
Seattle, WA 98104  
ATTN: ADA Coordinator**

**OR Email to: hrdept@psrc.org**