

# The 504 Sit-in: The Protest that Changed the Disability Rights Movement

Jahin Claire Oh

Archbishop Mitty High School

## Abstract

The 504 Sit-in of April 5, 1977, marked a pivotal moment in the American Disability Rights Movement. Following years of inaction on Section 504 of the 1973 Rehabilitation Act, which prohibited discrimination against disabled individuals in federally funded programs, over 120 disability rights activists occupied the Health, Education, and Welfare building in San Francisco for 26 days. Led by organizers Judy Heumann and Kitty Cone, the protesters endured government attempts to end the demonstration through cutting phone lines and denying food and water. The sit-in drew inspiration from Civil Rights Movement tactics and received crucial support from allies like the Black Panther Party. This protest ultimately forced government officials to implement Section 504 regulations, establishing the foundation for future disability rights legislation. The 504 Sit-in directly influenced the passage of the Americans with Disabilities Act (ADA) in 1990, transforming American society's approach to disability rights and accessibility while demonstrating the power of organized disability activism.

## Introduction

Concern for disabled people originally started in the 1930s. It began with the League of the Physically Handicapped being organized and further developed into the We Are Not Alone group in the 1940s. The purpose of this group was to support patients transferring out of

hospitals into communities. In 1950, this evolved into the NARC, National Association for Retarded Children, and by 1960, the association had thousands of members. This group of people was dedicated to finding forms of education for their disabled children. As time went by, President Kennedy started paying attention to those who were disabled and

organized several committees to research disability. In 1973, the Rehabilitation Act, an act that prohibited discrimination towards the disabled in various fields, was passed. However, when no action was taken to fulfill the act, various protests occurred, including the 504 sit-in.<sup>1</sup>

### **Linking the Civil Rights and the Disability Rights movements**

The Civil Rights Movement inspired many parts of the Disability Rights Movement. Both movements began with discrimination towards minorities, African Americans, and the disabled. Many activists during the Disability Rights Movement were inspired by those of the Civil Rights Movement to use similar tactics to protest, such as sit-ins.<sup>2</sup> The Brown v. Board of Education did not only positively impact individuals suffering from racial segregation but also the disabled and the Disability Rights Movement overall.<sup>3</sup>

Starting from the '60s, various laws and protests paved the way for more acknowledgment of minorities. The 1964 Civil Rights Act held the purpose of preventing discrimination.<sup>4</sup> This act basically stated that discrimination towards specific religions, races, genders, or colors was prohibited. Along with this, the act strengthened the enforcement of voting rights and inclusivity.

One year after the Voting Rights Act was crafted.<sup>5</sup> As voting rights were kept away from African Americans in particular regions, this act aimed to overcome practices made to prevent African Americans from voting and allowed African Americans to act on their guaranteed right to vote. This act prohibited discriminatory voting practices towards any race or color.

In the same year, 1965, the Medicaid Assistance for People with Disabilities and those with Low-Income system, also tied in with the SSI, was created.<sup>6</sup> This was a program that provided

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<sup>1</sup> Perri Meldon, "Disability History: The Disability Rights Movement," Telling All Americans' Stories, accessed on December 2, 2023. <https://www.nps.gov/articles/disabilityhistoryrightsmovement.htm>.

<sup>2</sup> Marisa Wright, "A Shared Struggle For Equality: Disability Rights and Racial Justice," Legal Defend Fund, last modified July 31, 2023. <https://www.naacpldf.org/disability-rights-and-racial-justice/>.

<sup>3</sup> Meldon, "Disability History".

<sup>4</sup> U.S., Congress House, National Archives, "Civil Rights Act of 1964," (Government Publishing Office) accessed on October 8, 2023. [https://www.dol.gov/agencies/oasam/civil-rights-](https://www.dol.gov/agencies/oasam/civil-rights-center/statutes/civil-rights-act-of-1964#:~:text=The%20Act%20prohibited%20discrimination%20in,continue%20to%20resonate%20in%20America.)

[center/statutes/civil-rights-act-of-1964#:~:text=The%20Act%20prohibited%20discrimination%20in,continue%20to%20resonate%20in%20America.](https://www.dol.gov/agencies/oasam/civil-rights-center/statutes/civil-rights-act-of-1964#:~:text=The%20Act%20prohibited%20discrimination%20in,continue%20to%20resonate%20in%20America.)

<sup>5</sup> U.S., Congress House, National Archives, "Voting Rights Act of 1965," accessed on October 8, 2023. <https://www.archives.gov/milestone-documents/voting-rights-act>.

<sup>6</sup> MACPAC, "People with Disabilities," Medicaid and CHIP Payment and Access Commission, 2017, accessed on October 18, 2023. <https://www.macpac.gov/subtopic/people-with-disabilities/#:~:text=SSI%20disability%20pathway,are%20automatically%20eligible%20for%20Medicaid.>

financial help for those who earned low incomes while being disabled. This provided the support that some people needed and allowed an easier and happier lifestyle for those who are disabled.

Similarly, but differently from the Civil Rights Act of 1964, the Civil Rights Act set in 1968 banned discrimination concerning housing and sales.<sup>7</sup> This meant sellers would not be able to refuse housing to people solely based on their beliefs or status.<sup>8</sup> Lastly, in this same year, the Architectural Barriers Act was set. This act provided safe environments for disabled people and ensured that good neighborhoods were specifically built for them.<sup>9</sup>

In the 1970s, a couple of significant laws were created. One of these was the Job Safety Law of 1970. This law gave the government the power to regulate safety and health standards for most workers in the country.<sup>10</sup> In 1972, the Disabled in Action (DIA) organization was created to

fight against discrimination towards disabled people through different forms of demonstrations. Originally started by people like Judy Heumann and Denise McQuade, the DIA sit-in did not have much effect but acted as a big step toward the future 504 sit-in.<sup>11</sup>

In the year 1973, the Rehabilitation Act was enforced. The Act prohibited discrimination towards disabled people when offering anything along the lines of programs, jobs, or activities.<sup>12</sup> Lastly, in 1975, the Education for All Handicapped Children Act was passed. This Act ensured free public education to all disabled children to make sure that every child was getting proper education.<sup>13</sup>

### The 504 Sit-in

In 1977, Jimmy Carter took office. The community advocating for disability rights had been waiting for Section 504 of the Rehabilitation Act to be implemented since 1973. Section 504 prohibits organizations and

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<sup>7</sup> U.S., Congress House, Civil Rights Act of 1968, H.R.2471, 117th Congress  
<https://www.govinfo.gov/app/details/COMPS-343>

<sup>8</sup> U.S. Department of Housing And Urban Development (HUD), "History of Fair Housing," accessed on December 12, 2023.  
[https://www.hud.gov/program\\_offices/fair\\_housing\\_equal\\_opp/aboutfheo/history#:~:text=The%201968%20Act%20expanded%20on,Housing%20Act%20\(of%201968\).](https://www.hud.gov/program_offices/fair_housing_equal_opp/aboutfheo/history#:~:text=The%201968%20Act%20expanded%20on,Housing%20Act%20(of%201968).)

<sup>9</sup> U.S., Congress House, Architectural Barriers Act of 1968.  
<https://www.federalreserve.gov/architectural-barriers-act.htm>

<sup>10</sup> Judson MacLaury, "The Job Safety Law of 1970: Its Passage Was Perilous," Monthly Labor Review (March 1981).

<sup>11</sup> Robyn M. Powell, "Remembering Judy Heumann," Harvard Law Review, March 13, 2023.  
<https://harvardlawreview.org/blog/2023/03/remberring-judy-heumann/>

<sup>12</sup> U.S., Congress House, "Rehabilitation Act of 1973," Public Law 93-112, 87 Stat. 355, 1973.  
<https://www.eeoc.gov/rehabilitation-act-1973-original-text>.

<sup>13</sup> "A History of the Individuals With Disabilities Education Act," Individuals with Disabilities Education Act, November 30, 2023

employers from discriminating against individuals with disabilities by denying them equal access to program benefits and services. They demanded that Carter sign the regulations immediately, and in response to this, Califano, the new HEW secretary, ordered the regulations to be reviewed. However, the process was taking time, and the disability rights community became even more impatient. This chain of events led to the 504 sit-in.<sup>14</sup>

The 504 sit-in occurred on April 5, 1977. Over 120 disabled activists took part in this said sit-in, occupying the Health, Education, and Welfare (HEW) building while refusing to leave until the government took action on addressing section 504. Even with government officials refusing to cooperate, going to the measures of cutting phone lines, denying food and water, and more, the activists found ways to communicate with people outside of the buildings and managed to last 26 days before government officials finally agreed to implement the law.<sup>15</sup>

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<sup>14</sup> Andrew Grim, "Sitting-in for Disability Rights: The Section 504 Protests of the 1970s," National Museum of American History, July 8, 2015.

<https://americanhistory.si.edu/blog/sitting-disability-rights-section-504-protests-1970s>.

<sup>15</sup> Maddie Crowley, "Disability History: The 1977 504 Sit-In," Disability Rights Florida, accessed December 14, 2023.

[https://disabilityrightsflorida.org/blog/entry/504-sit-in-history#:~:text=The%20History%20of%20the%20504%20Sit%20In&text=This%20protest%20progress%20disability%20rights,that%20happened%20in%](https://disabilityrightsflorida.org/blog/entry/504-sit-in-history#:~:text=The%20History%20of%20the%20504%20Sit%20In&text=This%20protest%20progress%20disability%20rights,that%20happened%20in%20San%20Francisco.)

Among the activists who participated in the sit-in, Kitty Cone and Judy Heumann stood out as lead organizers, and both had been advocating for disability rights for years. Judy Heumann<sup>16</sup> was nicknamed the "mother of the disability movement" and was previously known for her involvement in advocating for disabled people's education rights. Growing up, Judy Heumann was a very typical child. However, when the rest of her neighborhood friends started enrolling and going to school, Judy was rejected due to her disability. Due to her wheelchair, the school board called her a "fire hazard" and refused to let her join. Her mother, a very adamant arguer, started a fight to get her into school. This memory seems to have pushed Judy to also be an activist in the future, protesting for what is right. At the time, her mother and a few other disabled kids' parents were able to get their children into schools. Through this, the school district was forced into making a few wheelchair-accessible schools with support staff for disabled children.<sup>17</sup>

[20San%20Francisco.](https://oac.cdlib.org/view?docId=hb9v19p0k9;NAAN=13030&chunk.id=div00014&brand=oac4&query=heumann&set.anchor=6)

<sup>16</sup> Judith Heumann, "Pioneering Disability Rights Advocate and Leader in Disabled in Action, New York; Center for Independent Living, Berkeley; World Institute on Disability; and the US Department of Education, 1960s-2000," interview by Susan Brown, David Landes, and Jonathan Young. Regional Oral History Office, 1998-2001. Accessed on Online Archive of California, <https://oac.cdlib.org/view?docId=hb9v19p0k9;NAAN=13030&chunk.id=div00014&brand=oac4&query=heumann&set.anchor=6>.

<sup>17</sup> Judith Heumann and Kristen Joiner, Being

Kitty Cone lived a typical upper-class lifestyle and was in first grade when she was diagnosed with cerebral palsy. Her mother was supportive when she was growing up and would sometimes even carry her around in order to keep her from using her feet. During her childhood, she held many leadership roles in different movements, including ones that advocated for civil rights movements.

Judy Heumann learned about Section 504 of the Rehabilitation Act and soon learned that it had been created to quietly insert civil rights provisions into the bill without having to amend the Civil Rights Act. On the other side, Kitty Cone became involved among a group of disabled people, ACCD, realizing that the HEW had issued a set of regulations watered down. They left a note for the government stating that they would give them time until April 5 to change the regulations before retaliating in order to take a proactive stance. In order to prepare for the retaliation that could have been happening later on, Kitty Cone and many other important disabled protestors came together and set up plans.<sup>1819</sup>

On April 5, Judy Heumann was charged with organizing the San Francisco sit-in in order to

fight for the implementation of section 504. The Committee to Save 504 was created to support and organize this sit-in along with others across the country and was run by Kitty Cone. To begin their sit-in, Kitty Cone and Judy decided to stay the nights at the HEW buildings first, and then asked other protestors to join in for support. This resulted in seventy-five more protestors agreeing to stay, creating a good start to the sit-in.<sup>20</sup>

Early on in the sit-in, Judy Heumann and Kitty Cone were able to keep in contact with the other sit-ins across the country to get insight before getting the phone lines cut off. There were about fifty protesters in DC, seven in Denver, and twenty in LA, making the San Francisco sit-in the largest in quantity of people. Throughout this period, HEW Secretary Califano expressed his lack of knowledge of the idea of disability rights by saying he needed to “study” them before signing the 504 section.<sup>21</sup> When Califano continued to drag out the signing of section 504, a few of the protestors, including Judy Heumann and Kitty Cone, decided to head to DC to address the situation directly with him. Both were very involved in the sit-in and played very big parts. However, along with them, there were many groups that

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Heumann: An Unrepentant Memoir of a Disability Rights Activist (Beacon Press, 2020), 16–50.

<sup>18</sup> Kitty Cone, “Kitty Cone: Political Organizer for Disability Rights, 1970s-1990s, and Strategist for Section 504 Demonstrations, 1977,” interview by David Landes, *California Revealed*, 2000, video, 55:24, [https://californiarevealed.org/do/7341ca61-](https://californiarevealed.org/do/7341ca61-299f4a14-a17e-0dcfc31636ee)

[299f4a14-a17e-0dcfc31636ee](https://californiarevealed.org/do/7341ca61-299f4a14-a17e-0dcfc31636ee).

<sup>19</sup> Cone, interview.

<sup>20</sup> Heumann and Joiner, *Being Heumann*, 105–146.

<sup>21</sup> Heumann and Joiner, *Being Heumann*, 147–215.

supported the sit-in that allowed the sit-in to be a success.<sup>22,23</sup> One, for example, was the Black Panther Party. The group agreed to bring hot meals and other necessities to the activists taking part in the sit-in daily, and Brad Lomax, a member of the Black Panther Party since the late 1960s, was the biggest part of this action.<sup>24</sup>

Due to the fear of receiving further backlash following the 504 sit-in, government officials were essentially pressured into assenting to the public's wishes: the signing and implementing of Section 504. At the beginning of the 504 sit-in, HEW officials did not find the protestors to be much of a threat. They ridiculed and treated the protestors poorly. As stated in Emily Holmes' writing, "[Califano] ... demanded that no food or medicine be allowed into the sit-in participants there".<sup>25</sup> Following this, when the demonstrators tried to discourage the politicians' decision by creating pressure through the media, the media showed no interest in cooperating with the protestors in sharing this information. However, as

demonstrators began to go to more extreme measures and receive more support from the public, Califano and other politicians began to study the regulations for signing. As protests continued and the politicians were put under further pressure, they eventually agreed to the signing of Section 504, resulting in the protestors' win.

### **The road to the ADA**

Following the end of the 504 sit-in, activists who took part in the movement continued their struggle for disability rights.

Judy Heumann became more widely known and acknowledged for her featuring in a documentary called "Crip Camp" and the publication of her book, "Being Heumann: An Unrepentant Memoir of a Disability Rights Activist." Through her works and contributions, she has continued to spread her activist stories and has brought more attention to the topic of disability rights.<sup>26</sup> As for Kitty Cone, she continued on to work for multiple

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<sup>22</sup> Elena Silva and Lillie Heig. "Judy Heumann Leaves a Lasting Legacy in Education," *New America*, March 7, 2023.

[/www.newamerica.org/education-policy/edcentral/judy-heumann-leaves-a-lasting-legacy-in-education/](https://www.newamerica.org/education-policy/edcentral/judy-heumann-leaves-a-lasting-legacy-in-education/).

<sup>23</sup> Lainey Feingold, "Kitty Cone, Progressive Activist and Disability Rights Leader, Dies at 70," *Law Office of Lainey Feingold*. Last updated September 28, 2020.

<https://www.lflegal.com/2015/03/kitty-cone/>

<sup>24</sup> Eileen AJ Connelly, "Overlooked No More: Brad Lomax, a Bridge between Civil Rights Movements."

*The New York Times*, last updated July 20, 2020. <https://www.nytimes.com/2020/07/08/obituaries/brad-lomax-overlooked.html>.

<sup>25</sup> Emily K. Holmes, "From Side Eddies to Main Stream: The Rehabilitation Act of 1973 Section 504 Sit-Ins" (Senior Seminar at Western Oregon University, 2006): 22. <https://wou.edu/history/files/2015/08/Emily-Holmes.pdf>

<sup>26</sup> Kristen Clarke, "Justice Department Remembers Judy Heumann," U.S. Department of Justice, March 7, 2023. <https://www.justice.gov/opa/blog/justice-department-remembers-judy-heumann>.

different organizations, all advocating for disability rights following the end of the sit-in.<sup>27</sup> Kitty Cone is often remembered for her advocacy work and leadership in the disability rights movement, the most significant parts being her participation as an organizer of the 504 sit-in and being an active member at the Center for Independent Living in Berkeley, California, where she met Judy Heumann in 1975.<sup>28</sup>

Judy Heumann worked alongside Kitty Cone in contributing to the development and implementation of key policies, including ones from the Rehabilitation Act of 1973.<sup>29</sup> Most importantly, these women shared dedication to a common cause, creating major results. Together, they played major roles in shaping the base and structure of disability rights, disability rights activism, inclusivity, accessibility, and equal opportunities overall for people with disabilities. Their efforts have had a lasting impact on societal perceptions along with policy-making, paving the way for advancements in disability rights everywhere.

Other demonstrations, events, and organizations emerged in the wake of the 504 sit-in. Between 1977 and 1990, many disability rights-supporting events occurred. In 1978, the

National Council on Disability was established. This council played the role of promoting practices that guaranteed equal opportunity for those who were disabled. The goal was to make all aspects of society more inclusive.

In 1978, the “Americans with Disabilities for Accessible Transportation” (ADAPT) was founded. The ADAPT blocked buses to demonstrate the inaccessibility of public transportation. They continued to do this for seven years, communicating the need for proper access to public transit.

In 1982, the United Nations General Assembly also joined in on promoting disability rights by adopting “The World Program of Action Concerning the Disabled.” They encouraged equality for everyone with disabilities all around the world. The same year, the National Organization on Disability (NOD) was founded. The NOD’s goal was to further expand the contribution towards disability rights through raising disability awareness through programs. This worked towards expanding the participation of Americans when it comes to the disabled.

In 1988, the DPN, standing for the Deaf President Now, occurred. This was a week-long protest where Gallaudet students, alumni,

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<sup>27</sup> Equality Forum, “LGBTQ History Month: Kitty Cone.” Qnotes Carolinas, October 12, 2022. <https://qnotescarolinas.com/lgbtq-history-month-kitty-cone/>.

<sup>28</sup> Kathryn S Gardiner, “Kitty Cone - Disability Activist,” League of Women Voters of Indiana,

September 7, 2022. [https://www.lwvin.org/content.aspx?page\\_id=5&club\\_id=42001&item\\_id=77659](https://www.lwvin.org/content.aspx?page_id=5&club_id=42001&item_id=77659)

<sup>29</sup> Clarke, “Justice Department Remembers Judy Heumann.”

faculty, staff, and friends protested the Board of Trustees' appointment. They protested for a disabled to be appointed as part of the board, and so as a result, King Jordan was named the first deaf president of the institution. This led to an expansion of disability rights since someone who was disabled was finally involved in a big party.<sup>30</sup>

### **The Americans with Disabilities Act (ADA)**

The 504 sit-in led to many other pivotal events, such as the IDEA (Individuals with Disabilities Act 1975), which allowed impaired children to receive free education, and the FEHA (Fair Employment and Housing Act 1980), which prohibited any form of discrimination regarding disabilities and housing.<sup>31</sup>

Along with the various ways the 504 sit-in inspired and brought the ADA, significant persons have also stated directly that the ADA was a result of the 504 sit-in. One example is Arlene Mayerson. In an interview, she stated, "And I think all of that [504 sit-in] was absolutely a prerequisite to even thinking about the ADA."<sup>32</sup> The new rights provided by the many events resulting from the 504 sit-in led to the passing of the ADA (American with

Disabilities Act).

Along with this, the ADA would not have been possible without the unity brought throughout the disabled community through the 504 sit-in.<sup>33</sup> Through the sit-in, the disabled community was able to fully realize their impact and overall power; they were finally noticed and talked about by other people. The shared commitment to addressing discrimination within society became a big motive for fighting for better laws. The disability rights activists, fueled by the results of the 504 sit-in, started fighting for a bill that would provide the things that they needed, like better public transportation and better organization of other public services.

### **Conclusion**

In the end, the 504 sit-in that occurred on April 5, 1977 acted as both a new beginning for people with disabilities and as an inspiration for all future disability rights movements. Without the 504 sit-in and the participation of important activists like Kitty Cone and Judy Heumann, major turning points and events, like the ADA, would have never been brought, and many disabled people most likely would

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<sup>30</sup> "Disability Rights Timeline." Institute on Disabilities. February 15, 2022.  
<https://disabilities.temple.edu/resources/disability-rights-timeline>.

<sup>31</sup> Amy McKeever, "How the Americans with Disabilities Act Transformed a Country." History, July 31, 2023.

<sup>32</sup> LongmoreInstitute, "Patient No More: 504 and the ADA," Youtube Video, 4:56, July 17, 2015.  
<https://www.youtube.com/watch?v=3XBOWmsFx3A>.

<sup>33</sup> Roberts Ed, "Ed Roberts 504 Sit-In Victory Rally Speech." Ollibeau, April 30, 1977.  
<https://ollibeau.com/ed/>.



have still been living in precarious conditions.

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This source is an interview with Kitty Cone. As she talks about her experiences during the 504 sit-in acting as one of the major organizers, I learned more about the 504 sit-in and what was happening inside.

2. Heumann, Judith and Kristen Joiner. *Being Heumann: An Unrepentant Memoir of a Disability Rights Activist*. Beacon Press, 2020.  
This source is Judy Heumann's biography. I used this source in order to get more details about the 504 sit-in from a participant's perspective and to understand who she was furthermore.
3. Heumann, Judith. "Pioneering Disability Rights Advocate and Leader in Disabled in Action, New York; Center for Independent Living, Berkeley; World Institute on Disability; and the US Department of Education, 1960s-2000." Interview by Susan Brown, David Landes, and Jonathan Young. Regional Oral History Office,

1998-2001. Accessed on Online Archive of California,

<https://oac.cdlib.org/view?docId=hb9v19p0k9;NAAN=13030&chunk.id=div00014&brand=oac4&query=heumann&set.anchor=6>.

This source is an interview with Judy Heumann, who was a key organizer for the 504 sit-in. I used this interview in order to gain insight on how participants viewed the sit-in and what they thought about it.

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<https://www.youtube.com/watch?v=3XBOWmsFx3A>.

This video is an interview from the Longmore Institute featuring different people who participated in the 504 sit-in. I relied on the part where one of the interviewee, Arlene Mayerson, established a clear causal relationship between the 504 sit-in and the ADA.

5. U.S. Congress House, National Archives, Civil Rights Act of 1964. Government Publishing Office, accessed on October 8, 2022.  
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This source is the Civil Rights Act of 1964. I used this document as it explains in detail

what changes it brought during the 20th century.

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7. U.S. Congress House, National Archives. Voting Rights Act (1965). Accessed on October 8, 2022. <https://www.archives.gov/milestone-documents/voting-rights-act>

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[ral-barriers-act.html](#)

This act is the Architectural Barriers Act of 1968. It goes in pair with the Civil Rights Act of 1968, as it provided more rights concerning the accessibility to housing.

10. U.S. Congress House. Rehabilitation Act of 1973. Public Law 93-112, 87 Stat. 355, 1973. <https://www.eeoc.gov/rehabilitation-act-1973-original-text>.

This source is the Rehabilitation Act of 1973. As this is the Act that contains Section 504, connecting to the 504 sit-in. I used this document in order to mention Section 504.

## Secondary Sources

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This website, which explains the history behind and the meaning of the Individuals with Disabilities Education Act, was used as an example of an act created for the disabled during the time period around the 504 sit-in.

2. Clarke, Kristen. "Justice Department Remembers Judy Heumann." U.S.

Department of Justice, March 7, 2023.  
<https://www.justice.gov/opa/blog/justice-department-remembers-judy-heumann>.

This website talks about Judy Heumann and what she did throughout her life as an activist. I used this website to have a better understanding on the impact she had, and her working relationship with Brad Lomax.

3. Connelly, Eileen AJ. "Overlooked No More: Brad Lomax, a Bridge between Civil Rights Movements." The New York Times, last updated July 20, 2020.  
<https://www.nytimes.com/2020/07/08/obituaries/brad-lomax-overlooked.html>.

This article talks about Brad Lomax, a key participant in the 504 sit-in, what he did, and how he connects the 504 sit-in to the Civil Rights Movement. I used this article to learn more about Brad Lomax and how he contributed to the sit-in.

4. Crowley, Maddie. "Disability History: The 1977 504 Sit-In." Disability Rights Florida. Accessed December 14, 2023.  
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This website talks about the history of the 504 sit-in and how it was different from

other historical events. I used this website to broaden my understanding of the sit-in through the various explanations and archive photographs.

5. "Disability Rights Timeline." Institute on Disabilities. February 15, 2022.  
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This website is a timeline of events that occurred around the time of the 504 sit-in. I used this website in order to understand what happened during this time period.

6. Equality Forum. "LGBTQ History Month: Kitty Cone." Qnotes Carolinas, October 12, 2022.  
<https://qnotescarolinas.com/lgbtq-history-month-kitty-cone/>.  
<https://qnotescarolinas.com/lgbtq-history-month-kitty-cone/>.

This website talks about Kitty Cone's life story, using the approach of her as a LGBTQ activist as well. I used this website in order to understand who Kitty Cone really was in a more personal way.

7. Feingold, Lainey. "Kitty Cone, Progressive Activist and Disability Rights Leader, Dies at 70." Law Office of Lainey Feingold. Last updated September 28, 2020.  
<https://www.lflegal.com/2015/03/kitty-cone/>.

This website talks about Kitty Cone, a key organizer for the 504 sit-in, and what she

did as an activist. I used this website to learn more about what Kitty Cone did outside of the 504 sit-in.

8. Gardiner, Kathryn S. "Kitty Cone - Disability Activist." League of Women Voters of Indiana. September 7, 2022. [https://www.lwvin.org/content.aspx?page\\_id=5&club\\_id=42001&item\\_id=77659](https://www.lwvin.org/content.aspx?page_id=5&club_id=42001&item_id=77659)

This website talks about Kitty Cone, and her activist life overall. I found it useful since it focused on her role in the Center for Independent Living and how she met Judy Heumann.

9. Grim, Andrew. "Sitting-in for Disability Rights: The Section 504 Protests of the 1970s." National Museum of American History, July 8, 2015. <https://americanhistory.si.edu/blog/sitting-disability-rights-section-504-protests-1970s>.

This website describes the 504 sit-in and major moments that occurred during the event. This gave me insight into what the event was like from an overall perspective.

10. Holmes, Emily K. "From Side Eddies to Main Stream: The Rehabilitation Act of 1973 Section 504 Sit-Ins." (Senior Seminar at Western Oregon University, 2006). <https://wou.edu/history/files/2015/08/Emily-Holmes.pdf>

This source is a document from a seminar series about the Rehabilitation Act and the

504 sit-in. I used it as it gives a detailed explanation of how people reacted to the sit-in, especially the media and the politicians.

11. MacLaury, Judson. "The Job Safety Law of 1970: Its Passage Was Perilous." Monthly Labor Review, March 1981: 18-24. <https://www.dol.gov/general/aboutdol/history/osha#%3A~%3Atext%3DThree%20decades%20ago%20Congress%20enacted%2Cfollowing%20a%203%2Dyear%20struggle>.

This website, which talks about the Job Safety Law of 1970 and what it brought, was used in order to give me more insight on what types of laws that benefited people with disabilities were set during the time period.

12. MACPAC, "People with Disabilities," Medicaid and CHIP Payment and Access Commission, 2017, accessed on October 18, 2023. <https://www.macpac.gov/subtopic/people-with-disabilities/#:~:text=SSI%20disability%20pathway,are%20automatically%20eligible%20for%20Medicaid>.

I used this article, which contains information about the SSI program, in order to learn more insight into the different disability money assistance programs.

13. McKeever, Amy. "How the Americans with Disabilities Act Transformed a Country." History, July 31, 2023. [https://www.nationalgeographic.com/history/article/americans-disabilities-act-transformed-united-states-%3A~%3Atext=It also galvanized a growing,on the basis of disabilities](https://www.nationalgeographic.com/history/article/americans-disabilities-act-transformed-united-states-%3A~%3Atext=It%20also%20galvanized%20a%20growing,on%20the%20basis%20of%20disabilities).

This website deals with the ADA and the impact it left. I used it in my final part about the consequences of the 504 sit-in, as the ADA is its direct consequence.

14. Meldon, Perri. "Disability History: The Disability Rights Movement." Telling All Americans' Stories. Accessed on December 2, 2023. <https://www.nps.gov/articles/series.htm?id=88713887-1DD8-B71B-0B40487E6097176E>.

This website contains a few different disability stories, describing experiences from people with disabilities. I used these stories to learn what life was like for those with disabilities at different time periods.

15. Powell, Robyn M. "Remembering Judy Heumann." Harvard Law Review, March 13, 2023. Accessed January 12, 2024. <https://harvardlawreview.org/blog/2023/03/remembering-judy-heumann/>

This website contains details about what Judy Heumann did as an activist. I used this website to gain more information on what

she did inside and outside of the 504 sit-in.

16. Silva, Elena and Heigl Lillie. "Judy Heumann Leaves a Lasting Legacy in Education." New America, March 7, 2023. <https://www.newamerica.org/education-policy/edcentral/judy-heumann-leaves-a-lasting-legacy-in-education/>.

This article talks about Judy Heumann's life and what type of impact she left. I used this article in order to learn more about what Judy Heumann did outside of the 504 sit-in.

17. U.S. Department of Housing And Urban Development (HUD). "History of Fair Housing." Accessed on December 12, 2023. [https://www.hud.gov/program\\_offices/fair\\_housing\\_equal\\_opp/abouttheo/history#%3A~%3Atext%3DThe%201968%20Act%20expanded%20on%20Housing%20Act%20\(of%201968\)](https://www.hud.gov/program_offices/fair_housing_equal_opp/abouttheo/history#%3A~%3Atext%3DThe%201968%20Act%20expanded%20on%20Housing%20Act%20(of%201968))

I used this website, which goes in depth on the history of the Fair Housing Act of 1968, to further understand what steps were being taken in order to decrease the amount of discrimination existing against those who were disabled.

18. Wright, Marisa. "A Shared Struggle For Equality: Disability Rights and Racial Justice." Legal Defend Fund, last modified July 31, 2023. <https://www.naacpldf.org/disability-rights->

[and-racial-justice/](#)

This article, talking about how certain movements birthed others, gave me insight on how the Civil Rights Movement inspired future disability rights movements.