

BESTBUDDIES®

Best Buddies International is the world's largest organization dedicated to ending the social, physical and economic isolation of the 200 million people with intellectual and developmental disabilities (IDD). Our programs empower the abilities of people with IDD by helping them form meaningful friendships with their peers, secure successful jobs, live independently, improve public speaking, self-advocacy and communication skills, and feel valued by society.

Who We Serve

The IDD community that Best Buddies serves includes, but is not limited to, people with Down syndrome, autism, fragile X syndrome, Williams syndrome, cerebral palsy, traumatic brain injury and other undiagnosed disabilities.

One-To-One Friendships

Builds friendships between people with and without IDD, offering social mentoring while improving the quality of life and level of inclusion for a population that is often isolated and excluded.

BESTBUDDIES® Citizens

The Citizens program supports the development of friendships between adults with and without IDD in our communities. Many people with IDD have limited opportunities for social interactions after they leave the school environment. This program helps people with IDD become part of mainstream society and creates an inclusive and diverse community for all.



bestbuddies.org/join