

## **What Are the Basics of Speaking Up for My Family Member?**

### **1. Identify Yourself**

State your name and identify yourself as a caregiver/constituent.

### **2. Be Specific**

Clearly describe the issue and state your goals. If you are advocating on behalf of proposed legislation, include the name and number of the relevant bill.

### **3. Make it Personal**

The best thing you can do as an advocate is to give the issue your individual voice. Use personal examples and speak in your own words.

### **4. Be Confident**

You may also know more about the issue than the person to whom you are advocating. That is why it is a good idea to offer yourself as a source of information.

### **5. Be Polite**

Always work on the basis that your opponents are open to reason and discussion. If you are rude, your message will not be received.

### **6. Be Brief**

Communication that focuses strongly on one argument is the most effective. Keep it to one issue. Limit written documents to one page.

### **7. Be Timely**

Your message is more likely to be considered if it is immediately relevant.

### **8. Be Factual**

Use facts and statistics. Make sure the information you provide is accurate.