Stay Informed!

Sign up for easy-to-use Action Alerts at www.capwiz.com/arcwa/home

You can follow us on Twitter at www.twitter.com/TheArcofWA

Be a Fan on Facebook. Sign in at www.facebook.com, search for The Arc—Washington State

Remarks from The Arc provides editorial opinions on issues at www.arcofwa.blogspot.com

Watch videos on advocacy events at www.youtube.com/TheOlympiaInsider

The Olympia Reporter keeps you informed on the scoop inside Olympia. Send an email to Diana@arcwa.org to sign up.

News to Know is an e-newsletter with link to relevant news and advocacy events. Send an email to Diana@arcwa.org to sign up.

See photos of our advocacy events and rallies at www.arcwa.shutterfly.com

Our Hot Tips booklet prepares you to be an effective and informed advocate in Olympia or at home using your phone or computer. Call us today!

The Arc of Washington State
2638 State Ave. NE
Olympia, WA 98506

1.888.754.8798
www.arcwa.org

October 2011
Being an Effective Advocate

Below are some ideas that will help you to advocate effectively. You can advocate regardless of whether you have only a few minutes (phone/email/social networking) or want to have a larger role (Advocacy Day/personal meetings/testify at hearings).

Preparing for a meeting:
Pick one issue with three main points.
1. What the issue is
2. How it affects you and others
3. The action you would like to see.

Make a “bullet sheet:
1. Name, address, phone on top
2. Short summary of issue for notes during meeting
3. State topic, personal story, what would help
4. Leave bullet sheet with legislator.

How to contact legislators:
1. Toll-free hotline (800) 562-6000
2. Direct office phones
3. Email them by using their name—first.last@leg.wa.gov
4. Hand-written letters
5. In-person meeting

Communicating with legislators:
1. Be brief
2. Have a clear mission
3. Have specific requests
4. Don’t guess, give accurate information or say “I don’t know but will get back to you”
5. Attack the problem, not the person, and be polite.
6. Let them questions/listen to them

What to talk about:
1. Budget—Biennial in odd numbered years, supplemental in even
2. Bills of interest (some considered Necessary to Implement the Budget)

Thank you:
1. Prepare thank you card ahead of time saying thank you for taking time to meet with me and hear my concerns.
2. Send thank you card afterwards with short summary of the meeting, thank them for expected action.

Additional options:
1. Come to Advocacy Days.
2. Attend legislative hearings, testify on how budget/bills would affect you.
3. Sign up for The Arc Action Network, use to respond to email alerts, write your own letters to legislators, submit Letters to the Editor at newspapers around the state.
4. Call-in radio shows.
5. Town Hall meetings sponsored by your legislators in your district.
6. Get on your Legislator’s email listserv.
7. Connect with local self-advocacy or parent support groups.
8. Use social networking tools (Twitter, Facebook, YouTube, blogs, etc.)

Change is made by those who show up!

Advocacy Day 2012 Schedule
Jan 9th - (First Day of Session)
Jan 18th - Briefing/Reception
Jan 25th - Self Advocates—Overview
Feb 1st - Medicaid Services
Feb 8th - Employment Day
Feb 15th - Autism Day
Feb 22nd - Independent Living Day
Feb 29th - Legislative Budgets
Mar 7th - Session Wrap-up
Mar 8th - (Last Day of Session)

The Arc of Washington State Advocacy Partnership Project
Learn how to be a better advocate for yourself or someone you love who has a developmental disability. Learn more about Advocacy Day and how you can get involved.

For more information contact:
The Arc of Washington State Advocacy Partnership Project
Phone: (888) 754-8798
Email: Diana@arcwa.org
Web: www.capwiz.com/arcwa/home