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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!

Achieve with us.



**The Arc**  
Washington State

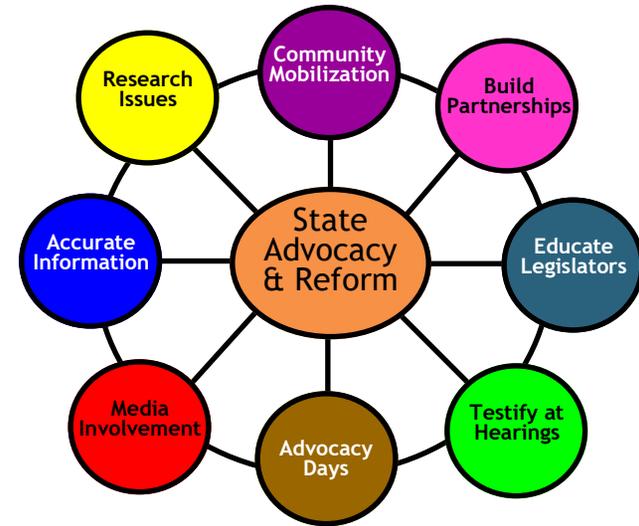
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November 2019



*Being an  
Effective  
Advocate*



**The Arc**  
Washington State

For and with People with Intellectual and Developmental Disabilities

# 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](mailto: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 I 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.

## 2020 Advocacy Day Schedule

### Caseload Forecast DD Services!

1/22	I/DD Briefing Statewide Legislative Reception
1/29	Community Residential
2/5	Self Advocates/ Employment
2/12	Families in Crisis
2/19	Caseload Forecast DD Services
2/26	Budget Overview
3/4	Workforce Shortage

Meetings are typically held within walking distance of the Capitol. If this is your first Advocacy Day and you need a guide and/or help planning your day, please let us know in advance so we can help you make the most of your time in Olympia.

*Change is made by those who show up!*