

Ways To Contact Your Elected Officials

Write A Letter...

- ... It's ok to ask a friend to help
- ... Write from your heart
- ... It is fine to write your letter by hand
- ... Form or sample letters go in the trash



Include Pictures...

- ... A picture really is worth a thousand words!
- ... Send pictures of you working or volunteering

Send an Email Or Facebook Message



Phone Call...



- ... Be polite! (Don't call too early or late, say thank you!)
- ... DO NOT just call to say "Hi!" Speak up.
Say why you need services.
- ... Tell them what you are asking them to do.
- ... FOLLOW UP with something in writing!!

Go See Them



- ... Make an appointment with them at the State House or at home
- ... FOLLOW UP with something in writing!!

Ask Them To A Meeting At Your House With Friends



Make A Video...



- ... Keep it SHORT and TO THE POINT or people won't listen
- ... Edit it! -- don't send all the "out takes"
- ... Be CLEAR - have someone translate if you need to
- ... Include something in writing to explain the video

WRITE YOUR STORY

Send it with a letter to your legislator and or give it to them with a Fact Sheet about Developmental Services

No matter who you are, you have a story worth telling. Tell people the important things you do for others. Sharing your story will help people understand the experiences of people with disabilities. Your story shows how you can accomplish your dreams.



1. Use pictures of yourself. Our message is that people with disabilities are just like everyone else. Pick out no more than 5 pictures of:



- You working at your job,
- You volunteering or helping out in your town
- You with your nieces or nephews, babysitting or helping a neighbor
- You as part of a team or club or at your church

2. Talk about your struggles:

- Not being able to find a job,
- Living with parents who are elderly
- People putting you down, using the “r” word
- Needing help to take care of yourself, take medicine, get to the doctors

3. Talk about your support people and how they help you out.



4. Talk about self-advocacy and speaking up for yourself.

It will make you feel good to have someone listen to your story. In the past self-advocates did not have a voice. For many years, we were ignored, silenced and dismissed. We were hidden away at Brandon and in sheltered workshops.

Today self-advocates have found their voices.