



Tips for Being an Effective Advocate

- ✓ Personalize the issue by sharing your story with your legislator. It makes the issue real and helps them understand how their support can improve people's lives.
- ✓ Inform your lawmakers where you live (city, state) so they know you are their constituent.
- ✓ Speak or write from your heart and let them know why you feel so strongly about issues related to pediatric cardiomyopathy. Support what you say with relevant facts (see CCF Public Policy Resources).
- ✓ Be specific in your "ask" so that your legislator knows how to respond to your request and support what is important.
- ✓ Let CCF know when you have spoken to or heard from your legislators so that we can follow up with their offices.

ADVOCATING for Pediatric Cardiomyopathy

Making Your Voice Heard in Congress

3 Simple Ways to Make a Difference

Members of Congress need to hear from you, the constituent, on why cardiomyopathy legislation is important and why they should support it. When legislators receive multiple requests on a bill or issue, it elevates the issue and causes the Congressional office to take notice.

Here are three simple ways for you to reach out to your members of congress.

1. Send an Email

- **CCF Action Alerts** make it simple for you to send a personalized email to your elected officials – people who make our nation's policies and create laws.
- All you have to do is click on the action alert related to the legislation that you want to support (see CCF Legislative Priorities), input your contact information and click "send." A pre-written letter will be sent to your legislators based on the address you provide.
- It is always better to **add a personal story** about cardiomyopathy, and you will be given the opportunity to personalize your email with CCF's Action Alerts.
- CCF will follow up with the Representatives and Senators who receive emails.

2. Call your Legislator

- **Call your legislators** and ask to speak with the staffer who handles health care.
- Explain that you are a constituent and state why you are calling – to ask the legislator to support cardiomyopathy legislation.
- Refer to the specific bill number to avoid confusion (see CCF Legislative Priorities).
- Briefly share your personal connection to the disease and conclude with your ask.
- Be prepared with an outline of key messages and facts in case the staffer may have questions.

3. Meet with your Legislator

- Call your elected official's DC or local office to see if there is a time you can **meet the legislator**.
- Explain that you are a constituent and you would like to meet to discuss legislation related to cardiomyopathy.
- Remember that a meeting with a staffer can be as important as a meeting with the legislator. Members of Congress rely on their staff to make recommendations on issues or legislations.
- **Motivate your legislator** to take action with your personal story about cardiomyopathy and facts on the disease. Come prepared with supporting materials.
- Thank your legislators and/or their staff for taking the time to speak with you and follow up with a formal thank you letter.

A Cause for Today... A Cure for Tomorrow

www.childrenscardiomyopathy.org

Tel: 866.808.CURE • Fax: 201.227.7016