Keeping Track of Your Advocacy Contacts

It can be intimidating to reach out to your legislators and their staff, but don’t worry! They are in office to represent YOU. It is important to share your story and the issues you care about to help your legislators make decisions that support you and your loved ones.

Building relationships with your legislators and their staff requires consistent and meaningful outreach over time. It is also helpful to engage your contacts directly via email or phone calls and voicemails. Keep track of your legislators’ contact information using the worksheet below. Find out who your legislators are at http://www.crohnscolitisfoundation.org/get-involved/be-an-advocate/find-more-information-about.html

Legislator:
Tip: Consider including the chamber, state, district #, and party as appropriate, eg: Rep. Jo Smith (R-VA-2)

Capitol Office

Health Aide Name: ________________________________
Aide Email: ________________________________
Phone Number: ________________________________
Tip: If you call and they do not pick up, leave a voicemail or message with the front desk

Local Office

Staff Contact Name: ________________________________
Tip: In federal advocacy, it can be helpful to cc the DC health aide in emails to local staff to ensure communication between the two offices
Staff Contact Email: ________________________________
Phone Number: ________________________________

Tell us how you did! Email advocacy@crohnscolitisfoundation.org about your outreach and we will help you with next steps.

Join the Advocacy Network email listserv (www.crohnscolitisfoundation.org/advocacy) to receive updates on policies that impact the IBD community.

Additional tips for your outreach:
• Be polite and thank them for their time
• Remain politically neutral
• Outreach every other month or so is sufficient to building a relationship
• Provide meaningful information like your story to be viewed as a helpful resource