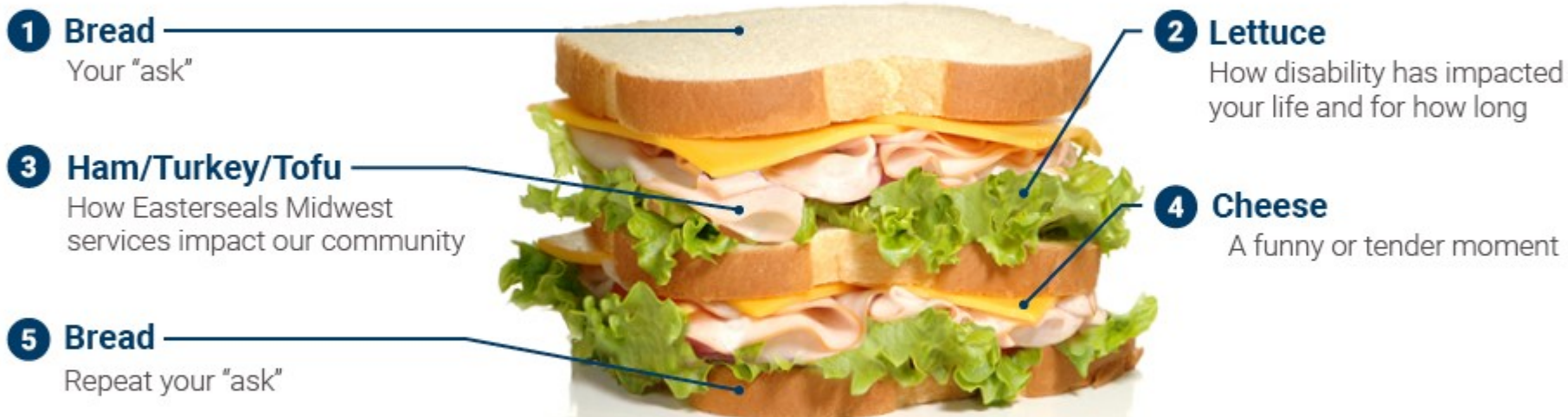




Ask Your Legislator | A How-to-Guide

Speaking with your legislator is a part of being an active citizen.

Letting your legislator know why their support matters on disability issues is an important tool to represent the interests of the community. Legislators want to hear from you. Be kind, be firm, thank them, and layer your "ask" like a sandwich. It's easy!



This is your elevator speech. You're talking about something important to you and this can be emotional. Practicing helps work through the emotion.

Remember practice makes perfect.
You can do this!



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