

# Advocacy from Home

*When an interested person commits to perform one act of advocacy, the momentum grows, the effect gets larger, and policymakers pay more attention. We are building a grassroots effort to raise awareness about the needs of Alaskans with disabilities.*

**Following is a list of things you can do to make a change. Choose one or more, then make a commitment and follow-through!**

- Write a letter/email to a public official about a situation that matters to you.
- Coordinate a letter/email campaign. Invite five people to write a letter/email to a public official.
- Make a telephone call to a public official's office (city council, representative, senator).
- Coordinate a telephone-calling campaign. Invite five people to call a public official.
- Write a letter-to-the-editor about a situation that matters to you.
- Coordinate a letter-to-the-editor campaign. Invite five people to write letters to the editor.
- Go to the Alaska Mental Health Trust Authority's ADVOCACY webpage and learn about action you can take, or organize five people to do it, at: [www.mhtrust.org/advocacy](http://www.mhtrust.org/advocacy).
- Host a reception for a public official in your home or place of work. Show them firsthand what your situation is. A fundraiser is even better.
- Ask five people to host a reception for a public official in their homes or places of work.
- Tag onto a public event, party or reception, set up a table that raises awareness about an issue.
- Visit your own legislator in your hometown and ask others to do it. Go to [www.akleg.gov/lios.php](http://www.akleg.gov/lios.php) to learn who your personal legislators are (scroll to the bottom and input address under WHO REPRESENTS ME).
- Make five personal contacts to friends to spread the word about an issue.
- Post on Facebook a link to a news story or letter to the editor on a topic you care about, or talk with your friends and co-workers about the issue.
- Write a longer opinion piece for your local newspaper, or find someone else to do it.
- Go on the radio talk show and discuss an issue, or find someone else to do it.
- Write a personal story and send it to a policymaker.
- Gather five written personal stories and send them to policymakers.
- Coordinate a local media campaign (with newspaper, radio, and/or TV).
- Attend a Partners-in-Policy Making (PIP) advocacy training workshop through UAA.
- Testify at a public meeting (Assembly, City Council, Rotary, Chamber, School Board, etc.).
- Gather letters of support (on letterhead) from organizations that support an issue. Give the stack (hard copies) to a public official.
- Coordinate a local advocacy effort in your community. Contact the media, host receptions, organize letter-writing and telephone, coordinate volunteers in your area, visit legislators, etc.).
- Other \_\_\_\_\_