



Get Ready for Iowa APSE's Day on the Hill!

Advocacy Checklist

We want to help you make APSE's Day on the Hill a success for you! This starts by being prepared. Your legislators are very busy. Their days at the Capitol are fast-paced and they don't usually have a lot of time to spend with visitors, so we want to help you make the most of the time you get to spend with them.

Please use this checklist to get ready for January 18, 2018!

Before Day on the Hill 2018:

- Find the names of your State Senator and State Representative. Visit the Grassroots Action Center on the infoNET website at www.infoNETiowa.org to look up who represents you.
- Access the *2018-2019 Guide to the Iowa Legislature* through infoNet's toolkit online. <http://www.infonetiowa.org/toolkit/>
- Call or email your legislators to let them know you are coming. You can contact your legislators' offices to request a meeting with them or with their primary staffers.
- If interested, ask your legislator to plan a photo in the chambers with you or your group.
- Invite other self-advocates and family members to join you at APSE's Day on the Hill. If others cannot attend with you, bring copies of their personal story so they too can be heard.

During Day on the Hill 2018:

- Bring information about your legislators.
- Attend the APSE Advocacy training from 12pm to 12:45pm at Iowa Vocational Rehabilitation Services (510 E 12th St, Des Moines, IA 50319)
- Visit with your legislators. Use the Iowa APSE talking points as a guide, as these will be provided at the advocacy training.



- Leave the legislators with the legislative action steps so they know what the talking points are.
- Introduce yourself, thank them for the opportunity to meet, tell them why you are there.
- Share your story and why you are invested in EmploymentFirst. Share stories of lowans with disabilities that are either working or looking for work! Legislators remember stories.
- Ask your legislator for help and support of EmploymentFirst.
- Ask your legislator how you can keep in contact. Invite them to visit your organization!
- Thank them for meeting with you.
- Take pictures, especially with legislators. Send these to your local newspapers or share them with your legislators (they usually put pictures of visitors in their newsletters).
- If you have extra time, visit with the legislators that serve on the Health and Human Services Appropriations Subcommittee or the Human Resources Committee.
- Let APSE board members know how it went by taking a quick survey. Let us know how your conversations with legislators went and if any follow-up support is needed.

After Day on the Hill 2018:

- Send thank you notes (handwritten if possible!) to legislators you met. Include your contact information.
- Send “sorry I missed you” notes to those you were unable to meet.
- Stay engaged by reading infoNET (www.infonetiowa.org)
- Mark your calendar for future Iowa APSE events!