

How to Find Contact Information for your Senator— What to Say When You Contact Them—And How to Say It

WE COMPLAIN! We complain all the time about the burdens and losses we endure. We complain to ourselves, we complain to each other (mostly because if you have not walked in our shoes you ignore the complaints!) But WHO should we be complaining to?

<https://www.usa.gov/elected-officials/>

This is the easiest site to locate contacts for all elected US officials, from the President/Congress to your state/local elected representatives. You can call their offices or send emails (written communication has been slow to reach officials in DC since the Anthrax scare in 2001).

When contacting elected officials, it is a requirement that you supply your name/address, etc. It is best if you make your communication PERSONAL – e.g. “allowing me access to Medicaid funding for Home Based Services would grant me the ability to obtain a hospital bed to keep my husband home instead of a care-facility”; “I am one of the caregivers that saves the government \$45 billion a year in Medicare”. It is also wise to specifically explain the justification for the legislation (for example, “There is a growing need for compensation for all full-time caregivers. I can no longer work full-time, raise two children, and supply care for my wife. I fear my only option is to declare bankruptcy and live by means of state sponsored aid.”)

The **WSA Social Action Committee** can assist you in all these areas. Please contact us at: Advocacy@Wellspouse.org