

# How To

## What You Can Do To Help

We need your help!!

Please take the time to make an appointment with your Congressman or Senator, or send a letter today!!

## The IRSF Advocacy Tool Kit

### What to do and How to do it

- Find your Congressman and Senators

[www.house.gov](http://www.house.gov)

[www.senate.gov](http://www.senate.gov)

- Make an appointment!
  - All Senators and Representatives have multiple "district" offices
  - Call the "main" office (NOT the one closest to where you live, but the one in the biggest town in your district or state)
  - Ask to speak to the District Director
  - Tell the District Director who you are and that you are calling to request a meeting with the Congressman/Senator
  - In many cases they will want you to meet with staff. This is fine, but insist on meeting with the District Director
  - They may ask for a request for the meeting in writing.
  - A sample letter to request the meeting is attached
  - Talking points for the meeting are also attached
- Write a letter (or deliver one at your meeting)
  - Use this sample letter for you to deliver at your meeting.
  - Or, send this letter if you are unsuccessful in getting a meeting with the Member or staff
  - This letter explains what you are asking the Congressman/Senator to do (and this is in the talking points as well)

- This letter explains what you are asking the Congressman/Senator to do (and this is in the Talking Points as well)
  - There are several critical points in time in the Congressional funding cycle. We may ask you to write at these different times with a slightly different message depending on the status of the legislation. Check our website for updates and new sample letters.
- 
- Ask others in your family or community to write
  - Members of Congress and their staff pay attention to volume
  - If they get multiple letters on this issue, they will pay attention
  - They can use the same sample letter
- 
- FOLLOW-UP &ndash; with staff
  - Call the staff you meet with back every 2 weeks or so to ask for an update on your request.
  - Staff will pay attention to a squeaky wheel
- 
- Write a letter to the editor of your local paper
  - To raise awareness for Rett Syndrome, consider writing a letter to the editor of your local paper
  - Make sure you mention your local Congressman or Senator's name and our request in your letter
- 
- Send us a copy of your letters and any responses or feedback you get from members of Congress so we can track our success.

[Back to Top](#)