



CONGRESS AT HOME



Easy Steps to Prepare for a Meeting with Your Lawmakers

- ✓ **Review the Congress at Home kit materials, including:**
 - *What Do I Talk About* document
 - Issue fact sheets
 - Leave-behind documents

- ✓ **Print issue fact sheets and leave-behind materials.**

- ✓ **Recruit others to join you in your meeting.**
 - Invite other Diabetes Advocates to attend.
 - Constituents will have the most influence, but it is also impactful to share a complete picture of diabetes issues and challenges.
 - Aim to have at least one constituent in the meeting.
 - Think about including different parts of the diabetes community – including kids and adults with T1D and T2D, gestational diabetes, family members, health care professionals, researchers, etc.

- ✓ **Coordinate talking points with other meeting participants.**
 - Practice the meeting. For groups, hold a dry run of the entire meeting. Attendees will sometimes arrange at a nearby coffee shop before the meeting to gather and rehearse.
 - Determine roles & talking points for participants. For groups, designate the following roles: opener, personal story teller(s), individual(s) to present each issue or “ask”, and the closer. [Use this worksheet](#) to simplify your participants’ roles. If meeting alone, use the worksheet to make sure you cover all of the talking points.
 - Highlight the impact of diabetes in your district or state by including statistics or specific examples.