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.