General Tips for Contacting Legislators

- **Phone calls are still _the best way_ to reach New Hampshire's citizen legislators**. It's OK to call legislators at their homes either during the day, in the early evening, and on weekends. They expect calls from constituents. **The more phone calls they receive, the more legislators will become aware of the issue for which you are advocating.**

- **Tell them your name, what town you live in, and why you care about home health services. (**"I am a home health nurse at _____ agency" or "I serve on the board of the VNA of _____.") Share your concerns, using the talking points that have been provided by your advocacy group.

- **It's OK to call a legislator in another town if you provide services in their community.** Just say so in your intro. ("I'm calling because I am a home health aide, and I care for many frail seniors in _____.")

- **It's OK to leave a voice mail message**. If legislators are getting many calls, you may not get a return call, so include the basic talking points in your message.

- **Be specific.** Ask for their attention to your concern. Ask for their _specific vote_ for or against the bill about which you are calling.

- **Be polite**. Don't be surprised if legislators don't know anything about your issue – they aren't experts on all legislative bills. This is an opportunity to make them aware of the importance of home health services. Keep the conversation short. **Don't argue** if the legislator disagrees with you.

- **Thank them for listening to your concerns**.

- **Emails are also a convenient way to reach legislators and to follow-up on a phone conversation.** Be sure to include a subject, such as "Concerns about _____" or "Please Vote ('For' or 'Against') _____". Include the same info in your email as if you were calling them – name, town you live or work in, why you are concerned about home health, and the talking points. Put it in your own words. Keep the email brief. That said, phone calls are best and should be used if time permits.