

Preparation for Advocacy Day

- Look up your State representatives in the Assembly and Senate using <https://openstates.org/ny/legislators/> or from <https://bianys.org/advocacy/advocacy-day/>.
- Contact their offices via phone or email and request a meeting.
- Suggested language: “I am a constituent of the Senator/Assembly member, and I am looking to schedule a Zoom/phone call appointment to speak with the Senator/Assembly Member about my experience with brain injury and the needs of the community.
- BIANYS will share talking points and calls to action to discuss at meetings with legislators. These will be emailed to all registrants.
- Review the talking points and material before your meetings.
- Prepare some brief remarks about your story and how brain injury impacted your life. This will help you keep the conversation brief, as legislators may not have much time in the meeting. It also ensures that you touch upon all the points you want to make in the meeting.
- Practice your remarks with a friend before your meeting, to familiarize yourself with your remarks and be more comfortable sharing them.

*Questions? Contact Christina LeBeau, Director of Advocacy & Engagement at:
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THE VOICE OF BRAIN INJURY
