



5 Ways to Be an Effective Advocate

1. Know what you are supporting and why

- It's important to know what legislation related to your cause is currently active and what impact it would have.
- To see what hospice and palliative care-related legislation is currently active, go to the HAN Action Center at hospiceactionnetwork.org/take-action/#/bills.

2. Reach out to your legislators about priority legislation and why it matters to you

- Once you know what bills could improve hospice and palliative care, let your legislators know about your support. Emails and phone calls are a great, easy way to get started.
- To easily send a message in support of priority legislation to your members of Congress, go to the HAN Action Center at hospiceactionnetwork.org/take-action.

3. Meet with the offices of your legislators

- Meeting with legislative staff or your legislator is one of the most effective ways to influence policy. This meeting is an opportunity to establish hospice and palliative care as priority issues for this legislator and for you to establish yourself as an advocate for and resource on these issues.
- To identify your members of Congress and their offices' contact information, go to the HAN Action Center at hospiceactionnetwork.org/take-action/#/legislators.

4. Write a letter to the editor to your local newspaper outlets

- Neighbors, community members, and public officials alike all read local media to learn more about important issues. Write a short letter that explains why hospice and palliative care are important to you, why the community should be invested in this issue, and what policy changes could make hospice and palliative care better for the future.
- To identify your local media outlets and their contact information, go to the HAN Action Center at hospiceactionnetwork.org/take-action/#/media.

5. Host a meeting or open house at your facility for your legislator

- Seeing hospice and palliative care in action can be a great way to show legislators the true value of these unique, effective forms of care. Big impacts can be made by showcasing the day-to-day or mission-driven organizations, including beneficiaries, caregivers, and dedicated providers. Such visits offer opportunities for beneficiaries, families, and workers to share their stories.
- For more information and guidance on legislative visits at your site, go to the HAN Advocacy Resources page at hospiceactionnetwork.org/learn-more-2/advocacy-toolkit/.