

*****ACTION ALERT*****

A Checklist of Important Things You Can Do

#1 Keep Informed and Up to Date

- ➔ Attend Family Voices of California's Health Summit
- ➔ Visit websites and join a listserv. Some suggestions:
 - California Budget Project (www.cbp.org)
 - California Disability Action Network (www.cdcan.us)
 - Disability Rights California (www.pai-ca.org)
 - Families USA (www.familiesusa.org)
 - Family Voices of California (www.familyvoicesofca.org)
 - Health Access (www.health-access.org)
 - Latino Coalition for a Healthy California (www.lchc.org)
 - League of Women Voters of California (<http://ca.lwv.org>)
- ➔ Get Educated: attend Trainings, Conferences, Webinars, etc.
- ➔ Other ways: _____

#2 Take Action & Build Relationships

- ➔ Visit your Legislator(s) at the Capitol
- ➔ Call your Legislator
- ➔ Visit your Legislator in their home office
- ➔ Write your Legislator

You can set up an appointment to meet with your Legislators or a staff person in their local office. Take your child or a picture and share your story/talk about budget items. For info on your representatives, go to: www.vote-smart.org

- Attend a Hearing/Local Board Meeting/Community Meeting/Rally
- Participate in a local campaign
- Organize a local campaign
- Build partnerships with other families, advocates and organizations
- Other ways: _____

#3 Share Information from Summit/Share your Story

- At meetings
- With friends, family and other professionals
- In letters to the Governor, Letters to the Editor of local newspapers
- Speak at a Hearing/Board Meeting/Community Meeting
- Other ways: _____

#4 Report back to Family Voices of California

A staff person from FVCA will contact you approximately two months after the Summit. Please share with us how you made a difference!