

Advocacy is Quick and Easy

- ✓ Educate yourself on the issues – Learn more about key legislation and the Academy’s advocacy efforts.
 - Legislative Action Center: <https://www.audiology.org/get-involved/advocacy/legislative-action-center>
 - Congressional Issues Homepage: <https://www.audiology.org/advocacy/federal/congressional-issues>

After educating yourself, there are a number of ways that you can take action. Choose one or complete them all.

- ✓ Find your Congressional Representatives
 - Visit the [Legislative Action](#) Center and enter your zip code under “Find Your Elected Officials”
 - House (top right of home page): <https://www.house.gov/>
 - Senate (top left of home page): <https://www.senate.gov/>
- ✓ Contact Congress – E-mail or call your elected officials and tell them how legislation impacts you as an audiologist and the patients you serve. The Legislative Action Center makes it easy to communicate with your elected officials. You can even send correspondence directly through the platform.
 - Legislative Action Center: <https://www.audiology.org/get-involved/advocacy/legislative-action-center>
 - Contacting the Senate: <https://www.senate.gov/general/contacting.htm>
 - Contacting the House: <https://www.house.gov/representatives/>
- ✓ Schedule a meeting – All members of Congress have offices in their home districts to ensure that they are accessible to their constituents.
 - District Office: Find your local representative and/or senator’s office and schedule an in-person meeting. When you look up your elected officials through the Legislative Action Center, you will be able to access their district office information through this feature.
 - Washington, DC Office: You could also consider visiting Washington, DC to meet with your elected officials on Capitol Hill. Contact the Academy’s associate director of government relations Adam Finkel at afinkel@audiology.org for more information.
- ✓ Post on your own personal social media and the Academy’s social media sites like Facebook, Twitter, and Instagram to encourage fellow members get involved at the grassroots level.
 - Facebook: <https://www.facebook.com/audiology/>
 - Twitter: <https://twitter.com/AcademyofAuD>
 - Instagram: <https://www.instagram.com/academyofaud/>
- ✓ Other Tips
 - Visit the website of your Representative and/or Senators. Often they list local events or provide the opportunity to sign up for the e-newsletter or mailing list to stay up to date on the issues
 - Attend a local town hall or event
 - Invite your elected officials or their staff to visit your practice
- ✓ Follow up with the Congressional office several days or weeks later depending on the urgency of the ask. Continue to build the relationship with your congressional representatives!