



Maine Health Care Association

Tools for Advocacy

- 1. Letters, emails, and texts:** A simple, well-crafted letter, email, or text is the most commonly used means of communicating with elected officials. Be sure to stay clear and straightforward in your wording. Avoid industry jargon and long arguments. Most importantly, remain tactful and polite. Find your representative's contact information by visiting <https://legislature.maine.gov/house/house/MemberProfiles/ContactYour-Legislator>.
- 2. Visits with elected officials:** In-person visits can make a long-lasting impression. Elected officials often host events in their district or in Augusta, which are both great ways to meet face-to-face. Private meetings can also be scheduled to discuss specific issues. No matter what, it is vital to be a good listener, disagree with courtesy, and seek commonality. Need help meeting with your elected official? MHCA is here to help! Email bhawkins@mehca.org so we can support you.
- 3. Phone calls:** Phone calls are beneficial when time on a bill is limited. They are strong at conveying urgency. Be sure to look out for MHCA Action Alerts, which may include requests for members to call their elected representatives about an upcoming vote.
- 4. Facility tours:** How can a legislator vote on post-acute care if they have not been in a nursing facility in ten or fifteen years? How can they decide on assisted living law if they have never seen the inside of a facility? Inviting your legislators to tour your facility makes a strong, lasting impression and speaks volumes about our profession and issues. It also establishes your position as a subject-matter expert and future resource. So, consider using this powerful tool! MHCA offers further resources on facility tours at <https://www.mehca.org/resources>.
- 5. Testifying:** All bills are required to have an opportunity for public comment. As a resident of Maine, you have the right to submit written testimony or speak before the legislative committee for up to three minutes. Come prepared with essential talking points, and personal stories are highly recommended! Remember - it's all about relationships, and sharing your honest experience can help sway votes. Visit <https://legislature.maine.gov/house/house/Documents/Testifying> to read more about how to testify.

<https://www.mehca.org/advocacy>

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