

# Working with Elected Officials

Here are some helpful tips to make you the best possible advocate for yourself and for celiac disease. This advice will help you to be effective as you form relationships and communicate with your elected representatives.

## 4 C's for successful communication

### 1. COURTEOUS:

Interact with your elected officials in a polite, respectful, professional manner.

### 2. CONNECT:

Share your personal story to give a face to celiac disease. Share why it is important to you that your official takes action pertaining to celiac disease. Personal connections are memorable.

### 3. CLEAR:

Keep your dialogue focused and clearly express your main point. Less is more!

### 4. CONSISTENT:

Follow up after your initial contact. One phone call, meeting, or letter is not enough. Stay in touch with your officials and ensure that they are taking action!

## Do's & Don'ts of Advocacy



### Do's

- Do learn as much as you can about your representative.
- Do send a thank you letter.
- Do present accurate, research based facts.
- Do arrive early for your meeting.
- Do maintain control of the meeting.
- Do admit what you do not know.
- Do leave something in writing.

### DON'TS:

- Don't quit! Change takes time.
- Don't be late. Punctuality is key.
- Don't bring up partisan politics. Members of all parties can help!
- Don't threaten, pressure or beg.
- Don't be offended if your official can't meet with you and arranges for you to meet with his/her staff.
- Don't argue.

Celiac Disease Foundation is here to help you with every step of winning your legislators' support. Email us at [info@celiac.org](mailto:info@celiac.org) for information, help and talking points.