



10 Steps to Effective Involvement in the Political Process

1. Attend town hall meetings your members of Congress hold in your district. Raise your issues publicly during or after the meeting. Introduce yourself, and thank them for their support of homecare.
2. Have a meeting or open house at your facility. This might include a group of consumers, caregivers, and employees who can talk about the type of care provided and the value of homecare. Ask your member of Congress to speak to the group. If the staff for the member of Congress agrees, invite the media to attend and take photos.
3. Put a face on homecare. Show your members of Congress the faces of homecare—your patients and their constituents—through videos, photographs, and testimonials about what homecare means to them.
4. Write letters to the editor of your local newspaper about the value of homecare. Describe how your member of Congress has supported consumer-preferred, cost-effective homecare services.
5. Contribute to the Political Action Committee (PAC) of the American Association for Homecare and other professional and business organizations you belong to.
6. Attend fundraisers for candidates or host a fundraiser yourself.
7. Volunteer to work for congressional campaigns including activities such as manning phone banks, transporting voters to the polls, and distributing campaign literature.
8. Encourage your employees, family members, neighbors, and others to register to vote. Be informed on the issues, participate in the process, and vote.
9. Before the next election, organize a candidates' forum focused on health care and homecare issues. Or participate with other groups in your community in sponsoring a survey of the candidates on their positions on your key issues. Publicize the results.
10. Be a knowledgeable resource to your members of Congress on health care policy and homecare issues.