

Advocacy Guide

Make Your Voice Heard!

Why Advocate?

Your voice has the power to:

- Influence policy decisions
- Improve community services
- Ensure the needs of older people are met
- Educate people about an issue

What Needs to Change?

Think about what issues or policies impact:

- The local community
- Groups you identify with
- Organizations
- Larger systems

Plan A Message

- Tell a story
- Keep it clear
- State the issue
- Propose a credible solution
- Practice!

Choose An Advocacy Method

- **Contact Elected Officials** - Write letters, send emails or make phone calls.
- **Attend Public Meetings** - Speak during public comment periods at town halls or council meetings.
- **Join or Start a Group** - Collaborate with others who share similar concerns to amplify the message.
- **Share Your Story** - Talk to friends, family and community members to raise awareness.
- **Write a Letter to the Editor**



Important Tips

Be Respectful

Always maintain a polite tone, even when disagreeing.

Be Patient + Persistent

Change takes time. Don't get discouraged by setbacks.

Be Informed

Always back up your claims with accurate information.

Celebrate Wins

Thank the legislators who engaged with you even if you didn't get everything that you wanted.

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Resources for Further Support

- [Maine Council on Aging](#) - Or use this QR code to contact us to get involved in our policy efforts - we'll offer support!
- [AARP](#) - Offers extensive resources and guides for advocacy, including at the State House.
- [Area Agencies on Aging \(AAA\)](#) - Can provide information on local services and advocacy opportunities.



Find Your Local Elected Officials

- Visit www.maine.gov/portal/government/officials.html
- Under **Find Elected Officials**, click **Find Your Elected Officials**
- Enter your Town or City and Address
- Click on the second tab, [Elected Officials](#), or use this QR code



Information About State Legislative Activity

- Visit www.legislature.maine.gov and click on [Calendar](#) at the top of the page, or use this QR code



Find Your Federal Elected Officials

- Use this QR code to [contact Maine's Federal delegates](#)



For More Information

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