

How to Call and Educate Your Legislators to Ask For Restoration of Social/Recreational Funding

1. **Find out who your legislators are**
 - Go to: findyourrep.legislature.ca.gov
 - Then compare the names to the list of Budget Committee Members.
 - Also, check the list of Budget Committee Members to see if any are from areas where you have members or clients.

2. **Call your legislators who are on the Budget Committee**
 - You will find the phone numbers of the legislators on their websites. The best office to call is their Sacramento office.
 - Ask to speak to the staff member who works on budget issues

3. **Possible things to say on the call – Self-Advocates and Family Members**
 - Introduce yourself, ie: "I am a *person with/family member of a person with* a developmental disability who receives services funded through a regional center.
 - I am a constituent of Senator/Assemblymember _____ and I live in _____.
 - In 2009, the legislature temporarily cut funding for social and recreational programs for me/my family member. But even though the recession is over, the funding has never been restored.
 - I am calling to urge Senator/Assemblymember _____, as a member of the Budget Committee, to support restoring this funding.
 - This funding is critical for me/my family member because _____.
 - Do you know if the Senator/Assemblymember has a position on this?
 - Thank you very much for your consideration.

4. **Write an email to your legislators**
 - You will find the email addresses of the legislators on their websites. Sometimes they have an online form that you fill out. The best office to write to is their Sacramento office.
 - Attached is a sample email but it is important to make it personal.