TIPS FOR TALKING WITH YOUR LEGISLATORS

Thank you for taking the time to join APTA Washington for Legislative Impact Day 2026, our day of advocacy at the Capitol! Your voice makes a difference!

Please review the following tips in preparation to meet with your legislators.

Be prompt and patient. When possible, please arrive at least five minutes early but be prepared to wait. Legislators are in meetings from early in the morning until late at night, which means that they are often running behind schedule. They may even have to reschedule the appointment or be interrupted during the meeting.

Introduce yourself. When the meeting begins, share who you are and that you are there for APTA Washington's Legislative Impact Day. Offer brief details about your work.

Be respectful. Address the legislators as "Representative" or "Senator."

Make the most of your time. Meetings typically last 15 minutes and it goes by quickly! Be prepared and be succinct when making your key points.

Stay focused. Think of the two or three key messages you want to share with your legislator. Refer to the bill number. Thank them for their willingness to listen and ask for their support for these bills.

Be specific. Give specific examples of how our issues affect you and your patients. Refer to the talking points provided by APTA Washington.

Be honest. If you do not know the answer to a question, let your legislator know that Melissa Johnson, the APTA Washington lobbyist, will follow up. Take notes on any questions and be sure to email APTA Washington so that we can respond in a timely manner.

Do not argue. You may disagree with the legislator on our bills. Always be respectful to the lawmaker. Respond politely, agree to disagree, and move on.

Thank them. Legislators are extremely busy. Thank them at the beginning of the meeting and again when the meeting concludes.