

# T1International #insulin4all

## Advocacy Tips

### What is advocacy?

At T1International we believe that advocacy means taking action to achieve specific changes in policy or practice that benefit people with type 1 diabetes.

Change can be achieved in a variety of ways like speaking out, connecting with others with type 1 diabetes, educating your community and - perhaps most importantly - working with legislators who can help write legislation to change laws.

### Why is advocacy important?

- Advocacy allows people most impacted by health-related policies to have a voice in crafting the law, rather than those with little understanding making the rules.
- Advocacy is a way of fighting for long-term change so more people can have a better life with diabetes and no one has to rely on donations or wait and worry if they can get their next vial of insulin or other essential care.

### 10 tips to get you started with advocacy:

1. **Define your goal.** For your advocacy to be successful, it is important to pick one goal to focus on to start with. Be specific about the both problem you want to address, and how you want to address it.
2. **Do your homework.** Be aware of key facts to support your cause, as well as the main arguments in opposition.
3. **Craft your message.** Develop a 1-2 minute elevator pitch that you can utilize to articulate the key points of the insulin affordability issue. Keep your audience in mind, and if necessary, emphasize different points depending on your audience. Don't drown your audience in facts, though - if possible, distribute a [fact sheet](#) or direct people to the T1International [website](#) where they can learn more.

4. **Reach out to your legislators.** Try to schedule a meeting in person. In some states, this can be as easy as visiting the state capitol and asking to see your legislator, though they may have limited time to speak with you if you don't schedule a meeting ahead of time. You can also contact your legislators via phone or email. Find out who represents you [by visiting Ballotpedia](#).
5. **You are the expert!** It might feel daunting to reach out to a legislator, but remember, you are the expert about type 1 diabetes and you know best what people with type 1 diabetes need. Your goal is to get them to care about the issue, too.
6. **Politicians Care About Constituents.** Your representative is meant to represent the people within their constituency, so even if they aren't invested in your cause or don't agree with you, they do still care about your vote. Legislators are there to meet your needs and look out for you as a constituent, so keep that in mind if you feel nervous. They don't want to lose your vote!
7. **Make it personal.** Share how the issue affects you personally, as well as how it affects others in your community. Try to discern whether your legislator has a personal connection to type 1 diabetes, through a friend or family member. That relationship may allow you to connect to the legislator on a more meaningful level. Facts and data are important, but personal connections and stories can really emphasize the need for the issue to be addressed.
8. **Have a clear ask.** Ask your legislator to support specific legislation that would help end the insulin pricing crisis, and ask them to oppose any legislation that would make the crisis worse. If no legislation is currently proposed, ask them to help change the law to help improve the lives of patients with diabetes. You can point them towards [this site for more](#).
9. **Utilize the media.** Both traditional media (such as newspapers, radio programs, and television) as well as social media can be instrumental in helping inform others of the facts of the insulin pricing crisis and the need for change. Try writing letters to the editor or guest columns for newspapers throughout your state. You can also reach out to reporters - Twitter tends to be a popular platform for journalists - and let them know you want to share your story about living with high insulin costs.
10. **Be prepared for some challenges.** Advocacy can be frustrating at times. It's important that you prepare yourself for some obstacles - but don't give up!