



Steps to Success in District

As kidney disease advocates, you should try to meet with your Members of Congress while they are home in your district during August Recess.

1. **Email the Scheduler** in your legislator's office
 - a. Ask to schedule a meeting in your Member's **district office**
 - b. Let us know if you are having trouble scheduling a meeting:
 - a. Andrew Fullerton at 202.244.7900 x709 or Andrew.Fullerton@kidney.org
 - c. Let us know once a meeting has been scheduled, and we will provide you with talking points.
 - d. Also let your local NKF office know about any scheduled meetings. You should invite them to join you if they are able.
2. **Be Prepared** with background on the elected official, thoughtful arguments, specific points, good data, and a clear agenda.
3. **Be Flexible** – Members' schedules can change and you may ask to wait or reschedule.
4. **Tell Your Personal Story** – you want to be remembered; they want to hear your story.
 - a. Limit your story to about 2 minutes, and explain why the issue is so important to you personally and how it can make a difference for you and others like you.
 - b. Make sure they understand the consequences and strains that kidney disease can cause for patients and family members.
5. **Use Numbers** - How many people in your state have kidney disease or are on dialysis? How many are on the wait list? What is the cost of dialysis vs a transplant after the first year?
6. **Keep It Simple** - They may not know much about or have real life experience with chronic kidney disease, dialysis, donation, and transplantation. Avoid acronyms, vernacular, and keep the language you use as basic and as non-technical as possible.
7. **Be Respectful** to the legislator and his or her staff members.
8. **Leave Something Behind** that reiterates the points you made in your meeting:
 - a. We've provided fact sheets which covers the topics, your "ask", and state statistics
 - b. Include your contact information so your legislator or their staff can contact you with any questions.
9. **Promptly Follow-up** with an e-mail to your Member's office to reinforce your presence and comments. Always be polite, thank them for their time and provide any additional information that you agreed to get to them. Use this opportunity to cultivate your relationship.
10. **Report Back to NKF** to let us know how your meetings went. Did they ask any questions you were unable to answer? Did your Members voice their support?
11. **Tell The World** – Post on Facebook or Twitter with a photo and tweet @nkf_advocacy and your legislator using #mykidneysmylife and...

Remember: You are the constituent and they work for you!

NKF Government Relations Office

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