



National
Kidney
Foundation™

Schedule a District Meeting

You can meet with your Members of Congress while they are home in your district. Although legislators spend a lot of their time at the Capitol, they remain concerned and connected back in the communities they represent. Constituent support is important for re-election and general community approval of the official. Advocacy on a local level carries more weight than many constituents realize.

1. **Call or Email the Scheduler in Your Member's Washington, DC 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: 800-889-9559
2. **Be Prepared** with 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.
 - b. Explain why the issue is so important to you personally and how it can make a difference for you and others like you.
 - c. Make sure they understand the consequences and strains that kidney disease can cause for patients and family members.
5. **Use Numbers** if you can. For example:
 - a. 26 million Americans have kidney disease.
 - b. 73 million Americans are at risk for kidney disease due to diabetes, high blood pressure or family history.
 - c. 415,000 Americans need dialysis to live (85% of these patients relying on Medicare to pay for this treatment).
6. **Be Respectful** to the legislator and his or her staff members.
7. **Leave Something Behind** that reiterates the points you made in your meeting:
 - a. Fact sheet which covers the topic and your "ask"
 - b. Include your contact information so your Member or their staff can contact you with any questions.
8. **Promptly Follow-up** with a phone call or 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.

NKF Government Relations Office

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