

# HOW TO CALL YOUR LEGISLATOR



Reminder: When you call, you may speak with your representative, a member of their staff, or leave a voicemail. Make sure to adjust your script accordingly.

## **[Introduction]**

“Hello, my name is [your name], and I live in [city or zip code]. I’m calling as a constituent and as an advocate with the Epilepsy Foundation of Minnesota.”

## **[Purpose of the Call. Identify the issue and why it matters, see example below.]**

“I’m calling to share why access to affordable care, essential health services, and epilepsy education are important to people living with epilepsy and their families.”

## **[Choose a few key points to share. You don’t need to cover everything. Pick one or two points that feel most important to you, see examples below.]**

### AFFORDABLE CARE

“Many people with epilepsy rely on life-saving medications and medical supplies. When out-of-pocket costs are high, it can make it harder to take medications as prescribed. Missing medication is one of the leading causes of seizures, which can lead to injury, hospitalization, and, in rare cases, death.”

### ESSENTIAL HEALTH SERVICES

“In addition to medical care, people with epilepsy often depend on essential services like transportation, case management, mental health support, and caregiver services. Access to these supports plays a major role in safety, stability, and quality of life.”

### SUDEP AWARENESS

“I want to highlight the importance of education and awareness around Sudden Unexpected Death in Epilepsy, or SUDEP. SUDEP occurs in about 1 in 1,000 people with epilepsy, and when seizures are uncontrolled, the risk increases to more than 1 out of 150. Education and access to care can help reduce risk.”

## **[Optional personal story: Share how epilepsy has affected you, your family, or your community. Personal stories help policymakers understand the real-world impact of these issues.]**

“For me / my family / someone I care about, epilepsy has meant \_\_\_\_.”

## **[Make the Ask - what do you want your representative to do —vote a certain way, make sure a certain policy is included in a piece of legislation, or raise a certain issue? See example below.]**

“I wanted to encourage continued consideration of how policy decisions affect access to care, essential services, and safety for people living with epilepsy. Would you be open to staying engaged on these issues moving forward?”

## **[Closing]**

“Thank you for your time and for listening to constituents like me. I appreciate the work you do for our community.”