



TIPS FOR EFFECTIVE ADVOCACY THROUGH A PANDEMIC

Effective advocacy is an essential tool in our efforts to serve friends and family members who have Down syndrome during the COVID-19 pandemic. Although the coronavirus may have changed how advocacy is done, continued communication with elected legislators and key decisionmakers in this time of crisis will prove essential to ensure individuals with Down syndrome are being represented when important decisions are made, legislature is passed and funds are allocated. Advocacy can still be done safely by using electronic means such as video conferencing, phone calls, social media, and e-mails. **Below, you will find a list of resources to help you take part in advocacy during this new normal. Stay safe and stay healthy!**

Join social media groups to discuss advocacy efforts and get information

- **Down Syndrome Association of Northeast Indiana** on Facebook
- **#321Advocate** on Facebook
- **National Down Syndrome Congress** on Facebook
- **National Down Syndrome Society** on Facebook

Join local support groups and get plugged in to discuss topics with real people just like you

- DSANI MOMS on Facebook
- DSANI D.A.D.S on Facebook (dsani.dads@gmail.com)
- DSANI Advocacy (dsani.advocacy@gmail.com)

Visit these web pages for information on current and relevant advocacy efforts (Click on their Advocacy Program Link, Sign up for their e-mails and advocacy alerts. Act on advocacy alerts)

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| https://www.dsani.org/ | https://www.ndss.org/ | https://www.ndscenter.org/ |
| https://www.globaldownsyndrome.org/ | https://www.arcind.org/ | https://www.nads.org/ |
| http://www.fvindiana.org/ | | |

Read up on these advocacy issues and efforts

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| https://ndscenter.salsalabs.org/includehcbdfundingcovid19/index.html |
| https://www.ndss.org/wp-content/uploads/2019/07/2019-NDSS-Legislative-Priorities-Summary-7.30.19.pdf |
| https://www.arcind.org/wp-content/uploads/2019/11/2020-Public-Policy-Agenda_The-Arc-of-Indiana.pdf |

Check out these other Great Resources

- Advocacy Guide: https://www.arcind.org/wp-content/uploads/2013/07/Advocacy-Guide_Web.pdf
- How a Bill Becomes a Law: <https://www.usa.gov/how-laws-are-made#item-213608>
- Inclusion, IEP and UDL Resources: https://www.ndscenter.org/wp-content/uploads/PA-Inclusion-IEP-and-UDL-Resources.pdf?blm_aid=33652

Find out who your legislators are at the State and Federal level

- <http://iga.in.gov/legislative/find-legislators/>
- <https://www.govtrack.us/congress/members>