

## Become an **Alzheimer's Advocate**: *Act Now and Add Your Voice to Ours*

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### ➤ **What** does an Alzheimer's advocate do?

∞ **Advocacy** is about **informed communication**—

#### ∞ **Read**



- *Start by researching the issues*
  - *Alzheimer's Association Research:*
    - *[www.alz.org/join\\_the\\_cause\\_research\\_jtc.asp](http://www.alz.org/join_the_cause_research_jtc.asp)*
  - *Alzheimer's Disease Education & Referral Center:*
    - *[www.nia.nih.gov/Alzheimers/AlzheimersInformation/GeneralInfo](http://www.nia.nih.gov/Alzheimers/AlzheimersInformation/GeneralInfo)*
  - *Alzheimer Research Forum:*
    - *[www.alzforum.org](http://www.alzforum.org)*

#### ∞ **Speak**

- *Talk about what you read with people in your workplace, neighborhood, school, church, etc.*

#### ∞ **Educate**

- *Teach your friends and family about Alzheimer's*

#### ∞ **Write, call, e-mail, or meet with legislators**

- *Any kind of contact from constituents will have an impact*

### ➤ **Why** do people serve as advocates?

- ◆ Volunteers interested in advocacy are concerned and committed to advancing initiatives to secure **Alzheimer's care as a national and local priority**
- ◆ As an Alzheimer's advocate, you would **play an integral role in raising the quality of life** of people with Alzheimer's disease and their families
- ◆ Advocates aim to **improve dementia care and services; improve access** to community-based care; **improve quality care** in residential settings; and **expand funding** for research and public programs serving people with dementia



➤ **How** can I get involved?

∂ Advocate positions with the Alzheimer's Association range in types of tasks and time commitment

**1. Chapter Advocacy Network Member (1 hour per month)**

- ∂ Learn who your public officials are
- ∂ Stay informed on issues through our Chapter mailings
- ∂ Call or write to public officials when you receive our ALERTS!

**2. Advocacy Training Coordinator (6 hours per month)**

- ∂ Assist with preparing outreach flyers
- ∂ Develop and send mailings
- ∂ Handle event logistics: manage registration, schedule rooms, confirm speakers, plan refreshments, copy handouts

**3. Telephone/E-Mail Advocate (2 hours per month)**

- ∂ Distribute information to potential participants about upcoming actions such as hearings or forums

**4. Public Policy Advocate (1-4 hours per event)**

- ∂ Meet with public officials and reporters
- ∂ Speak at a legislative hearing or forum
- ∂ Public Policy Advocates can either serve as "generalists" or can specialize in a single issue



**5. Community Outreach (1-4 hours per event)**

- ∂ Manage the public policy table at Memory Walk, health fairs, or other events
- ∂ Respond to invitations from support groups

**6. Legislative Mailing Coordinator (10 hours per mailing)**

- ∂ Collaborate with Policy Director to prepare materials
- ∂ Set up and maintain a database of candidates and public officials
- ∂ Work with other volunteers on copying, collating, and mailing

**7. Inquiring Minds for Needs Assessment (10-20 hours, summer and fall)**

- ∂ Work on mailings to survey the needs of people we serve
- ∂ Create and work on other ways to include people we serve in setting our public policy priorities

*For more information about advocacy opportunities, contact:*

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