

## SAMPLE LETTER THAT YOU CAN USE TO WRITE TO LEGISLATORS

You can use this format to write a letter to your legislators. Keep your letter to one page.

Date

Honorable (Name of legislator)  
California State (Senate or Assembly)  
State Capitol Building Room \_\_\_\_  
Sacramento, CA, Zip Code

Dear Senator (Last Name) or Assembly Member (Last Name),

My name is \_\_\_\_\_ and I am a regional center consumer (or fill in with family member, service provider, advocate, or community member) who resides in your district.

The developmental disability community is faced with permanent cost containment strategies and proposed budget reductions this fiscal year and next fiscal year. I am very concerned about the tremendous impact that this will have on the availability of quality services and supports.

(Describe how this personally affects you or your family. Here is a good example of what one NLACRC parent recently wrote):

“My son has been receiving physical, occupational, and speech therapy through the Regional Center for a number of months now, and has made significant progress. Without these treatments, I shudder to think what his condition would be. It is vital that he continues to receive treatment for his continued progress, and so that he may one day become a productive member of society... Affecting the Regional Center’s ability to provide vital services will have serious and long term ramifications, both morally and materially.”

Please do not compromise the well-being and safety of nearly 240,000 Californians with developmental disabilities. The future of our state’s most vulnerable citizens is in your hands.

Sincerely,

SIGN YOUR NAME

Print your name  
Address  
City, State, Zip code

**FOR PHONE CALLS TO LEGISLATORS:** State your name and address and identify yourself as one of their constituents. You will often be speaking with a secretary or aide. Briefly make known your position as they keep track of the issues that people call about to report to the legislator. It is helpful to have your thoughts organized in advance to keep the call brief and to the point. It is also very helpful to share how this issue affects you personally. Thank them for their support.