

One of the best ways to create change in our communities is to share personal stories with elected officials, and this is especially important for members of the disability community.

## What is “my story”?

- Your story is when you share about your life



## Why should people share their stories?

- Elected officials make rules and laws called policies, that affect persons with disabilities.
- Elected officials need to think about what policies people want.
- They need to learn how a problem affects people in real life.
- When people who have disabilities lead and share their own stories, other people understand it is possible for them, too.

## What should I share in my story?

There are four key things to include in your personal story for an elected officials:

1

Introduction

2

Issue or Problem

3

Solution and “Ask”

4

Closing and “Thank You”