

Chapter 8

How to Get Involved in Health Policy Advocacy

If you can write a letter, send an e-mail or leave a brief phone message - just like you do for your patients, friends or family - you can "do" health policy advocacy. It's that easy. Being involved in advocacy is important - if elected officials do not hear from rehabilitation nurses - they and their staff will not be aware of our issues or concerns. With a brief phone call, e-mail note, or letter, rehabilitation nurses can educate Congress about the issues impacting the nursing community and people with disabilities that have rehabilitation needs.

The first step to get connected to ARN's health policy activities is to find out who represents you in Congress as well as to familiarize yourself with ARN's Health Policy Agenda, which can be found at www.rehabnurse.org. While there, you have the opportunity to click on links that connect you to the latest health policy information, electronic newsletters, e-mail action alerts, and helpful advocacy tips.

Also, the ARN website links you to important Action Alerts, which can help you become engaged in ARN health policy advocacy efforts. For additional health policy resources, visit www.rehabnurse.org.

If you are not registered to vote, the League of Women Voters Web site allows men or women to register online at [Online Voter Registration-Click Here](#) or check out the Health Policy Tool Kit Resources www.rehabnurse.org for additional links.