

THE ARC OF PENNSYLVANIA TAKE ACTION CHECKLIST

I. UNDERSTAND THE ISSUES

1. Check out The Arc of PA website www.thearcpa.org or call 1-800-692-7258 to find out the key issues
2. Sign up for The Arc Action Alerts- to be alerted when to take action on key issues(<http://capwiz.com/thearc/home/>)
3. Read The Arc of PA's Position Papers and Resolutions on key issues, accessed through www.thearcpa.org, click "Disability Resources", and then click :Position Papers and Resolutions"
4. Learn who to contact on specific issues- identified in Action Alerts

II. GET INVOLVED

1. Contact your local chapter of The Arc (go to The Arc of PA website www.thearcpa.org , click "Chapters" or call 1-800-692-7258- to find out your local chapter contact information.
2. Become a member of your local chapter of The Arc and/or ask to join the chapter's advocacy or government affairs committee.
3. Develop a relationship with your local and state elected official. Become a resource to them. Offer constructive feedback when asked. The ideal relationship is when the elected official contacts you to ask you questions about issues affecting citizens with disabilities.
4. Ask about, attend, or join committees, such as Local Right to Education Task Force, Parent Support Groups, the county MH/MR Board, Disability Councils, etc.
5. Attend SAGA Day (System Advocacy and Governmental Affairs) at The Arc of Pennsylvania, which is a free or low-cost training day in Harrisburg in April held to inform members of The Arc of the key issues
6. Attend trainings offered locally (IEP's, Transition, Advocacy Skills etc.)
7. Access support offered by your local chapter of The Arc (Early Intervention, Educational, and Person-Centered Advocacy or social and recreational opportunities)

III. TAKE ACTION (*not just in a crisis)

1. Action Alerts – through local chapter website or www.thearcpa.org
2. Emails to local and state elected officials
3. Letter writing to local and state elected officials; examples found in "[Advocacy Tools](#)" and "[Telling Your Story](#)"
4. Phone calls to local and state elected officials
5. Visit Legislators in Harrisburg or their district office- information on addresses and contact numbers at www.legis.state.pa.us
6. Attend community events and talk to legislators/officials
7. Inform others of key issues and encourage them to GET INVOLVED
8. Invite officials, both state and local to visit local programs offered by The Arc, or to its special events, to educate them on issues important to the chapter and/or involve them with constituents

IV. STAY INVOLVED

1. Services constantly change (EI, school age, Transition, Adult life) so it is important to stay informed and involved.
2. Provide feedback to your local or state chapter of The Arc regarding meetings with your elected local and state officials