[Today’s Date]

[Your Name

Address

City, State, ZIP]

The Honorable [Representative or Senator Name]

Address

Office

City, State, Zip

Dear [Representative or Senator Last Name],

I am writing today, because I live in your district, and I’m a voter. I know that as a part of your job as an Member of Congress, you have to decide how to spend the country’s money, and you need ideas from your voters. I’m a person with a disability, and though you might not always hear very much from people like me, I want you to know we have a voice and we need your help.

First, let me tell you a little bit about where I live and what I do. [Fill in information here about where you live (for example: group home, supported living apartment, with your family) and who you live with. Then tell the legislator a little bit about what you do (for example: work, arts programs, bowling, music, shopping) Then explain who helps you do those things and how they help you. (For example: My staff worker at (your provider’s name) helps us cook our dinner, and we all help do the cleaning. They give me my medicine, help me with my banking, and do the grocery shopping. And when I go to art class or to work, my (your provider’s name) staff person helps me get ready and drives me where I need to go.)]

I’m concerned because I depend on Medicaid to help me live as independently as possible. I get my health care coverages and support from local providers that are paid by Medicaid. You can help us when you vote for the budget this year. Please make sure that people with disabilities don’t lose tax dollars that go to disability healthcare, programs, and supports.

Thank you for your help and for your service.

Sincerely,

[Sign here.]

[Your first and last name]