[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 a 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, volunteer, get supports at a community program.) ]

I’m concerned because I depend on Social Security Disability Insurance to help me live as independently as possible. This helps me cover living expenses. I know that unless Congress takes action, my benefits will be cut by 20% at the end of 2016. If this happens, I will [describe what will happen to you if your SSDI is cut by 20% -- will you not be able to buy food or medicines, will you not be able to pay your rent etc.]

Please take the steps needed to make sure my benefits are not cut.

Thank you for your help and for your service.

Sincerely,

[Sign here]

[Your first and last name]