

How to Leave a Phone Message for Your Senators

1. Identify your two Senators. If you don't know who they are, go to: <https://www.govtrack.us/congress/members>, then use the drop-down menu where it says, *Or select a state to list all senators and representatives from that state.* As soon as you select your state, your two senators will pop up.
2. Call the Capitol switchboard at (202) 224-3121. If you can't get through when you call, please keep trying. The switchboard is going to be extremely busy!
3. Follow the prompts. Press "1" to indicate you want to speak with your Senator, then say your state and press "1" to indicate that the state is correct. Finally, press "1" to connect to your first Senator's office.
4. A staff person will answer the phone. Listed below are several versions of the message you can leave depending on how you want to identify yourself. Of course, you can always make up your own message! 😊
5. Repeat to call your second Senator.

MESSAGE OPTIONS

Version 1: If you currently receive care at home, in an assisted living facility or in a nursing home: and your care is paid for by Medicaid:

Hello, my name is (name). I am a constituent of Senator (name) from (hometown) and
Select one:

- I receive care at home OR
- I am an assisted living facility resident OR
- I am a nursing home resident

I am calling to urge Senator NAME to vote against the American Health Care Act. The bill would result in devastating cuts to Medicaid. Medicaid is the only way I can pay for my care, but these cuts would mean I couldn't get the services and support I need each day.

Please tell Senator NAME to say "NO" to Medicaid cuts and caps and protect the care of all those needing long-term care in NAME OF YOUR STATE and the country.

Thank you.

Version 2: If you have received care at home, in an assisted living facility or in a nursing home in the past and your care was paid for by Medicaid:

Hello, my name is (name). I am a constituent of Senator (name) from (hometown) and
Select one:

- I have received care at home OR
- I have been an assisted living facility resident OR
- I have been a nursing home resident

I am calling to urge Senator NAME to vote against the American Health Care Act. The bill would result in devastating cuts to Medicaid. Medicaid was the only way I was able to pay for my care, but these cuts would have meant I couldn't have received the services and support I needed each day.

Please tell Senator NAME to say "NO" to Medicaid cuts and caps and protect the care of all those needing long-term care in NAME OF YOUR STATE and the country.

Thank you.

Version 3: If you are a family member of a person receiving care at home, in an assisted living facility or in a nursing home

Hello, my name is (name). I am a constituent of Senator (name) from (hometown) and
Select one:

- I am the family member of someone who receives care at home OR
- I am the family member of someone who receives care in an assisted living facility resident OR
- I am the family member of someone who receives care in a nursing home.

I am calling to urge Senator NAME to vote against the American Health Care Act. The bill would result in devastating cuts to Medicaid. Medicaid is the only way my loved one can pay for his OR her care, but these cuts would mean he OR she couldn't receive the services and support he OR she needs each day.

Please tell Senator NAME to say "NO" to Medicaid cuts and caps and protect the care of all those needing long-term care in NAME OF YOUR STATE and the country.

Thank you.

Version 4: If you are a family member of someone who received care at home, in an assisted living facility or in a nursing home: and the care was paid for by Medicaid:

Hello, my name is (name). I am a constituent of Senator (name) from (hometown) and

- I am the family member of someone who received care at home OR

- I am the family member of someone who received care in an assisted living facility OR
- I am the family member of someone who received care in a nursing home.

I am calling to urge Senator NAME to vote against the American Health Care Act. The bill would result in devastating cuts to Medicaid. Medicaid is the only way my loved one was able to pay for his OR her care, but these cuts would mean he OR she couldn't have received the services and support he OR she needed each day.

Please tell Senator NAME to say "NO" to Medicaid cuts and caps and protect the care of all those needing long-term care in NAME OF STATE and the country.

Thank you.

Version 5: If you are a long-term care ombudsman

Hello, my name is (name). I am a constituent of Senator (name) from (hometown) and a long-term care ombudsman who advocates for residents of long-term care facilities.

I am calling to urge Senator NAME to vote against the American Health Care Act. The bill would result in devastating cuts to Medicaid. Medicaid is the only way most people in NAME OF YOUR STATE can pay for their care, but these cuts would mean NAME OF STATE citizens couldn't get the services and support they need each day.

Please tell Senator NAME to say "NO" to Medicaid cuts and caps and protect the care of all those needing long-term care in NAME OF YOUR STATE and the country.

Thank you.

Version 6: If you are an advocate

Hello, my name is (name). I am a constituent of Senator (name) from (hometown) and an advocate for people who need long-term care in NAME OF YOUR STATE.

I'm calling to urge Senator NAME to vote against the American Health Care Act. The bill would result in devastating cuts to Medicaid. Medicaid is the only way most people in NAME OF YOUR STATE can pay for their care, but these cuts would mean NAME OF STATE citizens couldn't get the services and support they need each day.

Please tell Senator NAME to say "NO" to Medicaid cuts and caps and protect the care of all those needing long-term care in NAME OF YOUR STATE and the country.

Thank you.