

ADVOCACY MONTH TALKING POINTS

HOUSE DAYS (May 10 & 11)	SENATE DAYS (May 17)
Please TREAT Long Covid and support COVID-19 LONGHAULERS	Please CARE and TREAT Long Covid
<p>Cosponsor TREAT Long Covid Act (HR 7482)</p> <ul style="list-style-type: none"> • Authorizing the Department of Health and Human Services to award grants up to \$2,000,000 to health care providers, including community health centers; • Granting funding for the creation and expansion of multidisciplinary Centers of Excellence clinics to address the physical and mental health needs of patients; • Prioritizing funding for health providers with expertise in other post-viral conditions; • To COSPONSOR, please contact Demarquin Johnson (Demarquin.Johnson@mail.house.gov) in the office of Rep. Ayanna Pressley 	<p>Cosponsor CARE for Long Covid Act (S 3726)</p> <ul style="list-style-type: none"> • Accelerate Long COVID research through research infrastructure; • Educate Long Covid patients and medical providers, including information about related conditions like ME/CFS, Fibromyalgia, POTS and other forms of Dysautonomia; • Expanding the Chronic Conditions Data Warehouse research database to include Long Covid and related conditions • To COSPONSOR, please contact Samantha Koehler (Samantha_Koehler@kaine.senate.gov) in the office of Sen. Tim Kaine.
<p>Cosponsor COVID-19 Longhauers Act (HR 2754)</p> <p>Bipartisan</p> <ul style="list-style-type: none"> • Accelerate Long Covid research through research infrastructure; • Educate Long Covid patients and medical providers, including information about related conditions like ME/CFS, Fibromyalgia, POTS and other forms of Dysautonomia; • Expanding the Chronic Conditions Data Warehouse research database to include Long Covid and related conditions • To COSPONSOR, please contact Kate Schisler (Kate.Schisler@mail.house.gov) in the office of Rep. Don Beyer 	<p>Cosponsor TREAT Long Covid Act (S 4015)</p> <ul style="list-style-type: none"> • Authorizing the Department of Health and Human Services to award grants up to \$2,000,000 to health care providers, including community health centers; • Granting funding for the creation and expansion of multidisciplinary Centers of Excellence clinics to address the physical and mental health needs of patients; • Prioritizing funding for health providers with expertise in other post-viral conditions; • To COSPONSOR, please contact Stephanie Deluca (Stephanie_Deluca@duckworth.senate.gov) in the office of Sen. Tammy Duckworth

Personal Stories Worksheet



Solve M.E.
ADVOCACY MONTH

Workshop 1:

1. Set a timer for 20 minutes
2. Write or record your story as it comes to mind (stream of consciousness)
3. Summarize your story in 3-5 bullet points and identify which of the following topics are most relevant.

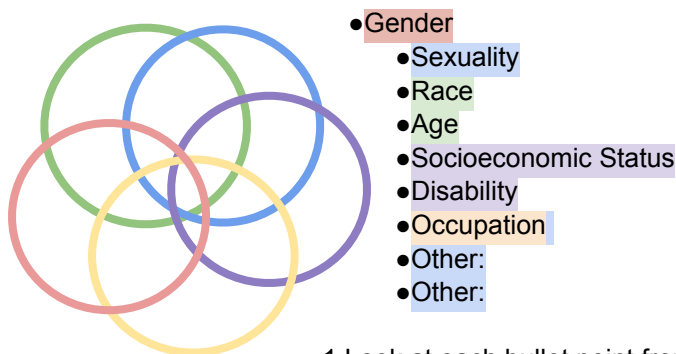
Please select the three most important subjects:

- Medical gaslighting
- Lifestyle changes and adjustments
- Financial impact
- Career impact
- Family planning
- Delayed treatment/diagnosis
- Insurance/ Disability Claims
- Social life (i.e. friends, family and/or partners)
- Employment/ workplace protection
- Other:
- Other:

Workshop 2:

Think about the way you navigate your experience with your illness(es).

Select the social + political identities that impact your story the most.



1. Look at each bullet point from Workshop #1 and identify how it connects with your

social or political identities; find ways that your intersectionality affected your experience, positive or negative

2. Set a timer for 10 minutes
3. Rewrite or re-record your story based on the 3-5 bullet points you wrote down in Workshop #1. This time, include the impact of your social or political identities on your story.

4. If you are unable to tell the story in 10 minutes, eliminate a bullet point and retell the story.

Workshop 3:

1. How will this bill (policy ask) help me and the greater population that can resonate with your identities and experience?
2. Set a timer for 5 minutes.
3. Rewrite or re-record your story from Workshop #2, connecting your experiences with the policy ask
4. Revise as necessary to tell the story in 5 minutes.

Instructions: Now it's time to think of your audiences. How would your story change depending on who you are talking to? For example, the politician's interest (i.e. the economic impact).

Please identify the different lens of the bullet points you shared above.

A. (Example) Story Version #1: Economic Impact

- Employment | had to cut down hours at work; as a result, I had to face wage loss or seek disability insurance; a lot of people on intermittent schedules experience the same. This will directly impact workforce productivity.
- Career | I was planning to go to grad school, but due to medical debt, I don't know if I can afford it
- Family Planning | My partner and I had to use our savings to pay for my medical care.

B. Story Version #2: _____

- _____
- _____
- _____

C. Story Version #3: _____

- _____
- _____
- _____