

Contacting Your Representatives



Elected representatives depend on your support to stay in power, meaning that your views and needs matter to them!

Contact them to let them know your thoughts, or to ask any questions that you have. If you are unsure of who your representatives are, you can click the links below and enter your postal code or city to find out.

[Municipal Counsellors](#)

[Provincial MLAs](#)

[Federal MPs](#)

Tips for communicating with your representatives

Remember that you hold the power

Be confident! When you call your representatives do not feel nervous or like you are a burden to them. It is you they work for and it is you they must answer to. Without support from constituents like you, they cannot maintain office.

Give personal accounts

Representatives want to hear personal stories about how legislation affects their constituents. For example, if you or a loved one have struggled to get by on PWD assistance, talk about how this has impacted your lives and let the representative know that the current policy is not working for you.

Elected representatives use personal stories to help bolster their arguments both behind closed doors and in public speeches and interviews. Knowing exactly how their constituents are affected by legislation is how they know what works and what does not work.

Be assertive, but not hostile

Your experiences, views, and input are important and the seriousness of the matter you are discussing should be fully conveyed. But be mindful not to turn the interaction hostile or heated. And, if you think they have done a good job, thank them for doing the right thing. Your representatives need to know when something is working or if their voters are happy with their work.

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Tell them what steps they can take

You may have a broad goal that you wish to convey, such as more public support for persons with disabilities, but it helps to be specific about how the representative can help make that a reality. What policies should be changed or more strongly supported? What are the biggest areas of concern? Knowing this information will help your representative more effectively advocate for you and your cause.

You do not need a script, but it is good to have talking points

For some people following a script is overly rigid, restricting, and uncomfortable! Feel free to communicate as you wish, but--especially for conversations--it helps to have a list of talking points or notes that you can use to support your communication and bolster your arguments.

Try to book an in-person meeting

Some representatives regularly meet members of the public at their constituent office, or will at least offer appointments with one of their staff. Contact the office and ask if one of these is possible. You can also try stopping by the office in-person to arrange an appointment.

Be persistent

Change does not happen instantly, and the more you voice your opinion the more prominent it will be in your representative's mind. Speak up, be consistent and persistent, and do not think that your engagement has to end with just a single call or email: keep in touch with them!



Communication Scripts

These are just 2 examples of messages you might send to your representatives. You may wish to write something longer or with a different style; adjust to your own preferences.

Script 1

- Hello, my name is *(your name)* and I am a constituent of representative *(representative's name)*.
- I'm reaching out to urge the representative to *(your request)*.
- We should ensure that *(goal of your request)*.
- This matter is especially close to my heart, because *(personal connection to issue)*.
- Please *(steps you want your representative to take)*.
- Thank you/Sincerely/etc., *(your name)*

Example

Hello, my name is Jane Roberts and I am a constituent of representative Smith. I am reaching out to urge the representative to do more for persons with disabilities. We should ensure that people with disabilities who are unable to work are still treated with respect and receive the financial support they need to live happy, healthy lives.

Unfortunately, this is not the case, and many persons with disabilities, including my brother Stephen, barely have enough to scrape by each month and are forced into a life in poverty. My brother has been unable to secure housing with the measly \$375 a month that persons on PWD get for shelter, and had to spend a cold, dangerous night scared and alone on the street, as I was unable to take him in due to my own health issues.

That is no way for my little brother or anyone else to live, and I urge you, from the bottom of my heart, please increase the Persons With Disabilities benefit so that people like my brother can live with respect and enjoy life just as anyone should.

Sincerely,
Mrs. Jane Roberts

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Script 2

- Hello, my name is *(your name)* and I am a constituent in the riding.
- I am concerned about *(the issue)* and I strongly encourage *(representative's name)* to *(how you want the representative to respond)*.
- Thank you for your hard work!

Example

Hello, my name is Jane Roberts and I am a constituent in the riding. I am concerned about how inaccessible public services are and I strongly encourage MLA Smith to support the provincial accessibility legislation that is under discussion and formulation.

Thank you for your hard work!