



As people with Parkinson's and their loved ones know, you can, and often must, be your own best advocates. No one understands the ins and outs of Parkinson's better than those who are touched by the disease. **On Tuesday, September 10, join members of our community for Parkinson's Advocacy Day and tell your lawmakers what matters to you.** By sharing your needs and priorities with elected officials on this day of action, you can play a critical role in shaping their decision-making.

While people across the country take part in Parkinson's Advocacy Day, 150 patients and care partners will be on Capitol Hill to conduct in-person congressional meetings as part of the 2019 Parkinson's Policy Forum. This annual event, hosted by the Parkinson's Foundation and The Michael J. Fox Foundation, brings advocates and lawmakers together to discuss the importance of federal funding for Parkinson's research and policies that support comprehensive access to care. (This year's attendees are constituents of the select legislators who decide federal funding levels for medical research.)

By reaching out to your own elected officials on this day, you can amplify the messages conveyed in these Capitol Hill meetings. Legislators are eager to hear how their policy decisions impact residents of their district. An inbox full of emails from people with Parkinson's and their loved ones lets Congress know that our issues are important and should be taken into consideration.

This year's Capitol Hill conversations will focus on Parkinson's patients' access to mental health and an out-of-pocket prescription spending cap for Medicare Part D. By sharing your needs and priorities with elected officials on this day of action, you can play a critical role in shaping their decision-making. Reaching out by email, phone or social media to your own elected officials on this day allows you to amplify the messages conveyed in Capitol Hill meetings.

Want to learn more about the issues you'll be calling and emailing about on Parkinson's Advocacy Day? Take part in the policy training sessions going on at the Forum from the comfort of your home or office the day before Parkinson's Advocacy Day. Visit this page on September 9th to find a link to watch live streaming on Facebook starting at 9:00 am. You can also find

online resources, including talking points ([link](#)) on our legislative issues and tips on virtual advocacy ([link](#)).

Then, be sure to check your email and visit this page on Tuesday, September 10, for instructions on how to contact your Congress members.

As an advocate, your voice is powerful. We hope you'll join us in speaking up for our community on Parkinson's Advocacy Day.