



MEETING WITH YOUR MEMBER OF PARLIAMENT (MP)

Meeting with your MP is one of the most powerful and effective means of having government listen, understand and act. Most MPs are quite willing and interested in meeting with their constituents. If self-advocates, families, and allies, were to meet with every MP in the country, this would have a substantive impact.

During COVID-19, the most effective way to meet with your MP is through video conference (like Zoom), but if you can't meet by video conference, a phone call will do the trick. If you cannot line up at meeting by video conference or by telephone, then an email would be the next best approach.

If possible, we would suggest bringing up to two supportive people with you to the meeting. The first preference is to bring other constituents with you but if not, then other supporters who share your interests will be helpful.

This way the MP gets to know that the issues you would like to see addressed concerns other Canadians as well. If there is not someone else to join you then you should still absolutely ask for a meeting with your MP.

If feasible, consider having your family member with a disability join you for all or part of the meeting. Otherwise, you may want to bring along a photo to personalize the conversation for your MP. You will want to tell your MP in advance who to expect on the call.

Each one of you taking the time to meet with an MP signals to a politician that there are hundreds of others with the same interest in a better life for people with intellectual disabilities.

It's important for MPs to learn as well that you have many roles in your community (e.g., employee, business owner, parent, volunteer, etc.), in addition to being a family member of someone with an intellectual disability. Plan to let the MP get to know you a little bit.

The process for asking for a meeting is a relatively simple and straightforward. You can set up a virtual meeting by calling the MP's constituent office— an email follow-up would be fine. Be clear you want to meet with **YOUR** MP directly and not a staff member.

You will likely be given 30 minutes, which is all you should need.

If your MP asks a question and you're not sure of the answer, simply say so and let them know you'll get back to them with an answer to their question. Please contact us and we'll be happy to provide you with the information you need to respond to your MP.

Don't be discouraged if your MP isn't immediately supportive or appreciative of the issues and the need for action. What is of critical importance is the number of MPs that have heard the same message and if you've taken the time and effort to meet with your MP you have contributed to making a difference.



CANADIAN ASSOCIATION
FOR COMMUNITY LIVING

ASSOCIATION CANADIENNE POUR
L'INTÉGRATION COMMUNAUTAIRE

Diversity includes. On se ressemble.



You can find out who your MP is and their contact information by clicking on [this link](#) or copying or pasting this link into your browser:

<https://www.ourcommons.ca/members/en/search>

This next step is important. We need you to share with us how the meeting went.

After your meeting, please complete the short survey available online at <https://bit.ly/3ca77iz>

If you need support with the follow-up survey, please let us know!

Thank you for making a difference.