



Legislative Visit Story & Advocacy Prep Toolkit (*California Focus*)

Why Legislative Visits Matter

Legislative visits are where policy meets real life. Lawmakers hear statistics all day. What they remember is the human story that puts breath, weight, and consequence behind those numbers.

A strong visit:

- Connects lived experience to policy decisions
- Helps lawmakers understand unintended impacts
- Builds long-term relationships with offices
- Positions our coalition as a trusted resource

How to Use This Toolkit

1. Watch the training recording
2. Complete the Story Planning Worksheet
3. Review the Sacramento Visit Checklist
4. Coalition leaders can use the Facilitator Guide for group prep

California Caregiver Policy Context (Quick Orientation)

You do **not** need to memorize this. It just helps anchor stories.

Common California caregiving policy themes:

- Family caregiver supports services needed (example, respite funding)
- Training and certification pathways
- Long term care workforce shortages
- Medi-Cal reimbursement and access issues

Translation for Advocates:

If your story touches any of these, you are already in policy territory.



Legislative Visit Story & Advocacy Prep Toolkit (*California Focus*)

Fillable Legislative Visit Story Activity

Who You Are (30 seconds)

Name:

City / District (if known):

Role:

- ☐ Family caregiver
- ☐ Professional caregiver
- ☐ Advocate
- ☐ Other: _____

One sentence intro:

Your Issue (30 seconds)

What caregiving policy solution will you ask for today?

- ☐ SB-1149 (Durazo) Bereavement Leave for Chosen or Extended Family
- ☐ Older Californians Act Budget Request

One sentence issue summary:

Your Story (60 to 90 seconds)

What happened?



Legislative Visit Story & Advocacy Prep Toolkit (*California Focus*)

How did it impact you / family / clients?

Why this matters for California caregivers:

Policy Connection (30 seconds)

How more funding for caregiver services or recognition of chosen or extended family would have made a difference (or would make a difference in your future):

Your ASK (15 to 30 seconds)

Today I am asking you to:

- ☐ Support funding for Caregiver Support Services (\$10.44 Million ongoing under the Older Californians Act)
- ☐ Support legislation (SB 1149 Bereavement Leave for Chosen or Extended Family)

My Ask (one sentence): Support, Join as a co-author for SB 1149

Closing Line

Thank you + Offer to be a resource:



Legislative Visit Story & Advocacy Prep Toolkit (*California Focus*)

Additional Notes:

Sacramento Visit Day Checklist

Night Before

- ☐ Confirm meeting times and locations
- ☐ Charge phone and backup battery
- ☐ Print any additional materials you would like to bring
- ☐ Review your story
- ☐ Set clothes and comfortable shoes

Morning Of

- ☐ Eat something (policy work requires glucose)
- ☐ Bring ID (not usually required in Sacramento security, but good to have in case)
- ☐ Bring water
- ☐ Bring coalition materials
- ☐ Screenshot building maps

During Meetings

- ☐ Introduce yourself clearly
- ☐ Share ONE story
- ☐ Make ONE clear ask [SB 1149 in Senate meetings, and funding for caregiver services in Assembly meeting]
- ☐ Thank staff and legislator
- ☐ Take notes immediately after

After Meetings



Legislative Visit Story & Advocacy Prep Toolkit (*California Focus*)

- ☐ Send thank you email within 24 to 48 hours
- ☐ [Share notes with coalition lead](#)
- ☐ Track follow up requests

Facilitator Coaching Prompts

If someone is stuck:

- What moment changed things for you?
- When did you realize this was a system problem?
- What would have helped you most?

Common First-Timer Fears (Normalize These)

"I don't know policy language."

Good. Plain language is more powerful.

"I might get emotional."

That is human. Pause. Breathe. Continue.

"I don't feel like an expert."

Lived experience is policy expertise.

Optional: Group Practice Exercise (Great Icebreaker)

The 10 Word Story

Participants describe their caregiving experience in 10 words.

Then expand to:

- 30 seconds
- 60 seconds
- Full story

It builds confidence fast.