



Sharing Your Story

People With Developmental Disabilities

The Lanterman Coalition is a group of people that care about services for people with developmental disabilities living in California. The group agrees that vendors and regional centers are not paid enough to keep the system running well. More money is needed to help people with developmental disabilities to live in the community. We need you to tell Legislators how important this is. Here are some ideas about how to do that.

Telling Your Story

You can share your story in a meeting, a hearing, or a letter. You want to help the Legislators to see your point and what's important to you. Here are the steps to do this:

1. Thank the Legislator for their time.
2. Tell a little bit about the need for more money for services and give two examples from your own life.
3. Ask the Legislator to remember you when they vote.
4. Thank them again.

What to Talk About

Formulate an idea and in your own words explain why services from vendors and regional centers are important to you. Here are some ideas for things you might want to talk about. It's best to talk about only one or two of these each time:

- *It's better when the people working with you don't change all the time.*
Sometimes, the people who work with you have to find a different job that pays more money. Tell about a time that you have had support staff quit because they needed to make more money.
- *The services you get help you to be independent.*
Regional center and provider services help people to live more independently. Talk about how your services help you to live the life you want and deserve and make life more efficient for you.
- *It's important for you to keep getting services that you like.*
Sometimes, a day program or other service closes because it doesn't have enough money to stay open. If this has happened to you, talk about a time that you had to change services because the service provider went out of business.
- *The services you get help you live where you want.*
Tell the Legislator about how help that you get at home helps you to live more independently or on your own.
- *People you care about get help to work.*
Talk about a friend with a developmental disability that has a better life because of the help they get to work through supported employment.

We need your help. Your advocacy matters! Your story is powerful. This is your chance to improve your services.

*After you tell your story, please let us know how it went! Send an email to info@lantermancoalition.org and tell us **who you talked to** and **how it went**.*