**Sample Advocacy Letter**

[Date]

The Honorable [Full Name of Senator]

United States Senate

[Address]

[City], [State] [Zip Code]

Dear Senator [Last Name]:

I am writing to make you aware that [insert county/tribe] has implemented a caregiver grant program prioritization and/or waitlist policy for family caregivers due to a lack of funding. This has adversely affected my life in the following ways. [Offer personal narrative]

As Senator of our great state, you are in an important position to help raise awareness for the growing number of family caregivers who are now facing an increased risk of burnout, caregiver strain, and social isolation who are trying to meet the care needs of a loved one with no additional support. These caregiving situations have been exacerbated by the COVID-19 pandemic and the unprecedented caregiver workforce shortage.

I am asking for your support to ensure older adults and their families who need and depend on the Caregiver Grant Programs can receive at least $1,000 annually. Respite, assistance with in-home tasks, transportation, nutrition, and more are critical to the survival of the care receiver as well as the family member(s) caring for them. Without these supports offered through the Caregiver Grant Programs, the risk of institutionalization, hospital re-admissions, falls, and premature death can occur. The Caregiver Grant Programs help combat burnout, strain, and isolation while enabling independence and improved health for the care receiver and the family caregiver.

Thank you for the consideration of your support, our lives depend on it.

Sincerely,

[Your Name]

Address

Email

Phone #