

Date

To Your Senator

The Honorable (full name)
(Room #) (Name) Senate Office Building
United States Senate
Washington, DC 20510

To Your Representative

The Honorable (full name)
(Room #) (Name) House Office Building
United States House of Representatives
Washington, DC 20515

Dear Senator:

When writing to the Chairperson of a Committee or the Speaker of the House, address them as:

Dear Mr. Chairman

Dear Madam Chairwoman

Dear Mr. Speaker

Dear Madam Speaker

The above addresses should be used in email messages, as well as those sent through the Postal Service.

Dear Representative:

I join the call for independent living for seniors and people with disabilities, and I support the six principles necessary to modernize our health care infrastructure:

1. Enhance Self-Care through Improved Coordination

- Transform America’s health care system from one that focuses on episodic illnesses to one that assists individuals in self-managing their whole health, with the support of providers and communities.
- Encourage the fundamental and financial investment in physicians to serve as the medical home for patients.

2. Encourage Community Integration and Involvement

- Coordinate support services, housing, and transportation so people are able to participate in the social, economic, educational, and recreational activities available through community living.
- Promote data integration, continuity, and coordination of services through the use of health information exchange.

3. Expand Accessibility of Services and Supports

- Retool programs and regulations to enable people to access the services they need to live independently without creating financial hardship for the family.

4. Uphold Personal Preference

- Leverage the success of long term service models that promote personal strengths and preferences and preserve dignity of participants.

5. Empower People to Participate in the Economic Mainstream

- Encourage the employment of people with disabilities and seniors by removing disincentives for people to work and redefine antiquated descriptions of disability.

6. Invest in Improved Technology

- Invest resources in the continued development of technology that improves individuals' ability to self-monitor chronic health conditions and live independently.

Sincerely,

Your name (and organization)