Speaking Up For Us Legislative Toolkit

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Empowering Advocacy

Speaking Up For Us (SUFU) is an advocacy group for adults who live with developmental disabilities (IDD). Established in 1993, SUFU has been helping people with IDD provide a voice for their needs in Maine for over 30 years.

SUFU’s vision is to promote people living with IDD as valued. Inclusion in Maine’s legislative events is an important part of SUFU’s mission, which is to empower people with IDD to speak up and take action to improve their lives through education, advocacy, and leadership skills.

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The Legislative Toolkit includes details for SUFU members to be able to engage with legislative issues and includes direct links to the Maine Legislature website:

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BOLSTERING MEMBERSHIP

- Despite SUFU’s long-standing existence in Maine, the drive to incorporate new members, and to empower current members with a voice in the legislature continues to be difficult.
- This project provides SUFU members with a Legislative Toolkit that they can use as a “how to” for steps they can take to share with their legislators what is important to them, and what is needed for them to be able to live as independently as possible.

As a group run by adults who live with developmental disabilities, we want to have more control of our lives, and use our voices to “Speak Up” for issues that are important to us, and to all people with disabilities.

This is our toolkit – an instructional manual that you can use to “Speak Up,” and to make your voice heard by policymakers.

References


Print and Web Formats

The Legislative Toolkit utilizes a format which can be printed as a book and promoted through the SUFU website via links and videos to provide all members of SUFU with information and guidance around: voting rights and importance; talking with one’s legislator; requesting a bill be created; responding to current issues with live and written testimony when appropriate; and many other important aspects of being an advocate for people with IDD.

Acknowledgements

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Path of Legislation Detailed

At the legislator’s direction, the Reviewer’s Office, Office of Policy and Legal Analysis, and Office of Fiscal and Program Review staff provides research and drafting assistance and prepares the bill in proper technical form.

Keep in touch with your legislator, let them know you can offer resources and ideas about your bill suggestion as needed.