



## Storytelling Practice

Legislators are influenced by facts and figures—but real stories told by everyday people are just as effective at helping legislators understand problems and how to solve them. That’s why storytelling is a core piece of being an advocate. Use the below template to practice telling your story.

### Reflection:

Before you get started, reflect on your experiences related to the following questions and write down some story ideas:

- What experiences have been important to me as a provider or to the Veterans that I have cared for?
- What challenges or roadblocks have impacted me as a provider or the Veterans that I have cared for?
- Are there changes that could help make hospice and palliative care better for Veterans and their families?

*Hey, this template looks pretty short!  
You’re right! For Hill Day meetings, keeping things brief is often best.  
Try to keep your story to 2 minutes.*

### Introduction:

Start with the basics. Your name, your role in hospice and palliative care, how long you have worked with Veterans in hospice and palliative care, where you live. Share what organization you are with, if you are advocating on behalf of your organization, or as a part of an advocacy organization.

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### Paint a Picture:

Describe specific people or occurrences that have inspired you to make a difference for hospice and palliative care. This can be someone close to you who entered hospice care, ways your organization has gone above and beyond to provide for patients, etc.

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### Issue or Problem:

Connect the picture you’ve painted with a problem that needs to be solved—a plot twist, if you will. For example, if you are telling a story of hospice’s positive impact, connect that with how hospice could benefit more people if there was greater awareness of hospice care. It is okay to acknowledge challenges your organization is facing – legislators can’t fix problems that they are not made aware of.

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### Call to Action:

Close your story with good news: there is a solution to the problem you have described. Explain how a certain action (supporting a bill, sharing information about hospice care, etc.) would help. Ask for the person you are meeting with to take this action.

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