



Advocacy 101: Hill Meetings

Purpose of Hill Day

- **Raise visibility** of the issue of social isolation and loneliness
- Encourage member organizations to **engage with diverse stakeholders** and outline key policy objectives critical to the Coalition's continued success
- Advance the Action Network's **policy priorities**

Objectives

- Gain written support for members of Congress to prioritize social isolation, loneliness, and social connection in the **119th Congress**
- Encourage support for Coalition-sponsored pieces of legislation and support for **policy solutions** on a **bipartisan basis**, like the OAA Reauthorization
- Educate members of Congress on the importance of awareness campaigns, **like Global Loneliness Awareness Week (GLAW)**
- **Identify future leaders** in the policymaking realm to partner with for future Action Network initiatives

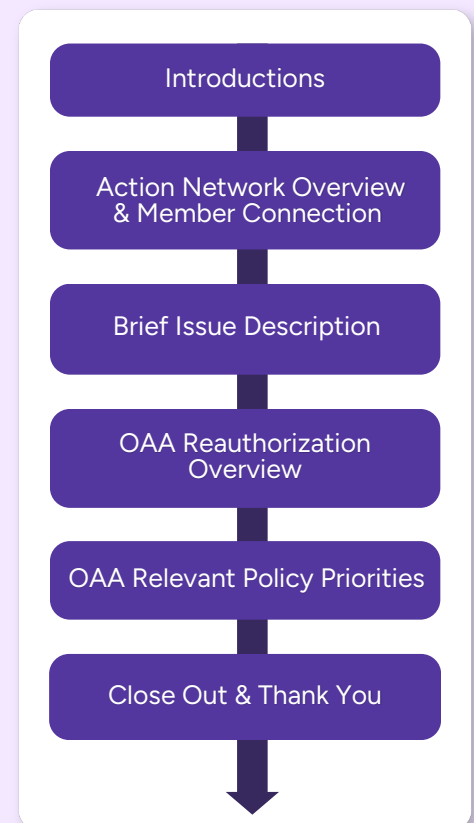
Potential Meeting Flow

Your meetings with congressional staff on Capitol Hill will typically take on a conversational flow, generally structured as outlined (see image on the right).

*To make the most of your time, consider the following **best practices**:*

Best Practices

- Be 15 minutes early to each meeting
- Be flexible and remain on topic
- Refrain from discussing personal political views
- Use personal examples and anecdotes rooted in your experience
- Send a thank you and provide follow-up information
- Stay in touch to maintain relationships



Sample Talking Points

✓ **F4SCAN Overview:**

The Foundation for Social Connection Action Network (F4SC-AN) is a collaborative of diverse organizations partnering to end social isolation and loneliness. Our partners are helping to design and advocate for evidence-informed public policies to address social isolation and loneliness.

Our efforts span a wide range of activities – developing and advocating for federal and state policy solutions, leading public awareness activations in Washington D.C. and across the nation, and incorporating the latest research into our policy platform.

✓ **The Older Americans Act Overview:**

The Older Americans Act (OAA) was established in 1965 to create a network of community based services to address older adults' health and social needs. In 2020, when the OAA was last reauthorized, Congress expanded the role of the Aging Network in addressing social isolation and loneliness through screening, prevention, research, and long-term planning.

✓ **Brief Issue Description & Key Statistics:**

- Over 1 in 2 Americans - or 58% - report experiencing loneliness.
- Loneliness and social isolation increase the risk for premature death by 26% and 29%, respectively, while social connection reduces our risk of early death by 50%.
- Isolation and loneliness can be associated with reduced community trust in government institutions, mistrust among neighbors, and low levels of perceived social support.
- Communities with strong social networks and higher levels of social capital are more equipped to handle natural disasters and coordinate emergency response plans.
- People who volunteer in their communities are 27% more likely to be employed within one year of losing their job.

✓ **Key Priorities for the Older Adults Act Reauthorization:**

To continue building on the strengths of the OAA's role in addressing social isolation and loneliness and fostering social connection, we urge Congress to:

- Safeguard the core mission of the OAA to maximize the independence, wellbeing, and health of older adults and their caregivers while modernizing the Aging Network's systems and programs to meet current and future needs.

Sample Talking Points

Key Priorities for the Older Adults Act Reauthorization (cont.)

- Significantly increase the authorized funding levels for all OAA programs and invest in the Aging Network's capacity to reduce social isolation and loneliness among older adults and caregivers by:
 - Increasing funding for OAA nutrition programs and supportive services to enhance community-based assistance and community service programs
 - Dedicating funding to expand multigenerational support services as a part of community programs;
 - Expanding access to evidence-based disease prevention and health promotion services and advance care planning; and
 - Extending the RAISE Family Caregivers Act and allocating additional funding to the National Family Caregiver Support Program to bolster its capacity to provide resources, access to services, respite, education, and training
- Codify directed funding to Aging Network organizations to provide resources to support training, technical assistance, and evaluations. These resources would proliferate innovative interventions, evaluated by scientific experts to address social isolation and loneliness and promote social connection, including the use of emerging technologies.
- Direct ACL to provide guidance and technical assistance, informed by research and practice experts, to help states incorporate screening tools and measures on social isolation, loneliness, and social connection in their aging plans.

Prepare for Meetings by Reviewing Our 2025-2027 Policy Priorities



Prioritize Social Connection as a Health Imperative

Recognize and embed social connection into national health and well-being strategies.



Promote Cross-Sector Collaboration

Align efforts across government, healthcare, and communities to reduce isolation.



Advance Research and Proven Solutions

Invest in data, evaluation, and evidence-based interventions that foster connection.



Ensure Equitable Access to Connection

Remove barriers and expand opportunities for all to build meaningful relationships.



Build a Culture of Belonging

Support inclusive design, public awareness, and everyday practices that strengthen social bonds.