Advocating at the state level is an important form of advocacy that has the power to impact local communities and states as a whole. This one-pager provides an overview of what to expect during the advocacy process and outlines key steps, challenges, and potential outcomes.

1. **Research and Prepare**
   Research existing laws, policies, and data related to the issue in your state. Contact NDSS for data and guidance.

2. **Coalition Building**
   Look for local like-minded organizations, professionals, and legal experts. NDSS’ policy team can help you find the best state affiliate groups to speak with.

3. **Identify Champions**
   Seek lawmakers who have shown interest in disability issues.

4. **Crafting the Bill**
   Collaborate with the legislator and the NDSS policy team to draft a comprehensive bill that effectively addresses the issue. NDSS can provide support and guidance in this process.

5. **Building Public Support**
   Utilize social media, community events, and awareness campaigns to garner support for your position.

6. **Facing Opposition**
   Be prepared for opposition, understand their concerns, and develop counterarguments to respectfully address them.

7. **Navigating the Legislative Process**
   It can be complex. Prepare for committee hearings, public testimonies, and amendments to the bill. Stay proactive in maintaining support and addressing lawmakers’ concerns.

8. **Media and Public Relations**
   Highlight stories of individuals affected by the issue to humanize the issue, generate positive coverage, and maintain public interest.

9. **Monitoring Progress**
   Track the bill’s progress. Understand adjustments to the timeline may be made to accommodate changing circumstances.

10. **Celebrate Milestones. Stay Resilient.**
    Persistence, resilience, and adaptability are key. Every step brings us closer to a future where individuals with Down syndrome are welcomed into more inclusive societies that assure them of their human rights.