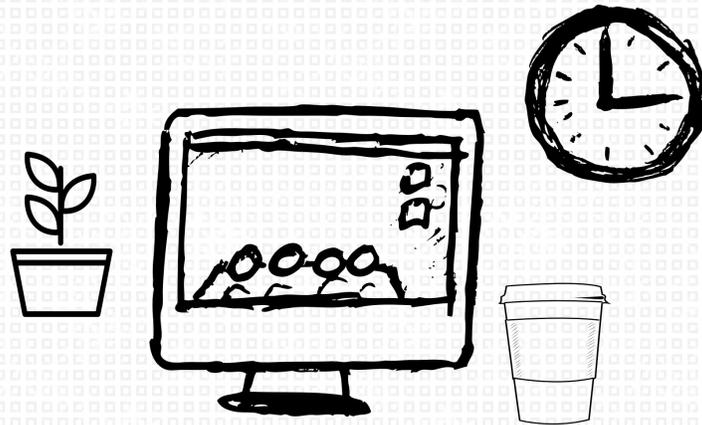


Member of Parliament

During COVID-19



Meeting with your Member of Parliament (MP) is one of the most powerful and effective means of having government listen, understand, and act. Most MPs are quite willing and interested in meeting with their constituents.

MPs are making decisions impacting people with disabilities and their families regularly, although they might not be intimately familiar with life with a disability. It is crucial that our MPs understand that life with a disability can be a life worth living, and that suffering and flourishing can coexist.

Bill C-7, currently being studied by Parliament. Our MPs are considering providing assisted dying to people who have a disability **because** they have a disability. This paints life with a disability as a life worse than death. It is important that our MPs know that a life with a disability can be a life worth living.

1

Meet Virtually.

During the COVID-19 pandemic, the best way to meet with your MPs is likely virtually by teleconference (like Zoom) or over the telephone. Reach out to their constituency office to set up a meeting.

2

Bring a Friend.

It can be effective to bring up to two supportive people with you to the meeting. The first preference would be to bring other constituents with you. That way the MP gets to see that other Canadians share your view.

3

Share about Yourself.

Take the time to introduce yourself. It is important that your MP sees that you play many roles in your community. Share why you're concerned that life with a disability is being framed as a life worse than death, not a life worth living.

4

Tell your Story.

Do you have a Life Worth Living story? A Life Worth Living story is a story that conveys that a person can suffer and also live a good life! It can feature disability, but doesn't have to!

5

Promote Life Worth Living.

Point your MP to the stories page of the Life Worth Living website (<http://worthliving.ca/stories/>) Encourage them to challenge their assumptions and stereotypes about what a life worth living looks like!

6

Promote Inclusion.

It's probably best to assume that your MP has good intentions and is trying to make good policy. Sadly, when marginalized people aren't at the heart of the policy making process, the way a new law will impact them isn't well thought out.