

**You Can Make A Difference: You can become involved in the political process and advocate for your brain injury-related causes. You can do this by:**

- Registering to receive news and events from your respective Congressman. Over the course of the past several months, members of the New Jersey congressional delegation have been holding town hall meetings, mobile office hours, and web-based town hall meetings. These congressmen typically promote these events to those who register to receive their news. To receive their news: a) determine who your congressman is; b) visit their respective website; and c) look for language which asks people to register for their newsletter (which should be on the home page).
- Become a “friend” with your elected officials on Facebook.
- Become involved with the Council for the Head Injured Community (CHIC). The mission of CHIC is “*to champion and publicize the advocacy, rights, and needs of people who have survived a brain injury.*” To learn more about CHIC, click [here](#).
- Register for the Brain Injury Association of America’s *Policy Corner* in an effort to learn first hand what issues they are addressing. With the information you gain, you may be able to advocate for federal policies here in New Jersey.