Falls Prevention Alliance Australia

Tips for contacting your local Member of Parliament (MP)

As supporters of the Falls Prevention Alliance Australia (FPAA), individuals and organisations can help raise awareness of falls prevention by contacting their local, state or federal MPs and encouraging them to support the recommendations outlined in the FPAA Policy Platform.

Hearing directly from constituents and organisations helps MPs understand why an issue matters to their communities and why government action is needed.

Below are some tips to help you get started.

1. Find your local MP

You can contact your local representative at the federal or state/territory level.

- Federal MP: Represents your local electorate in the Australian Parliament and can raise issues with the Australian Government.
- State or territory MP: Can advocate for action within their state or territory, including health services, hospitals and community-based programs.
- Local council: While not an MP, your local councillors may also be interested in supporting community falls prevention initiatives.

Where to find their contact details:

- Federal MPs: Australian Parliament – Find your MP.
- State and territory MPs: Visit your state or territory parliament website and search for Find my MP or Members of Parliament.
- Unsure which electorate you live in? Use the Australian Electoral Commission website to find your federal electorate.

You can usually find your MP's email address, phone number, electorate office address and website on their profile.

2. Personalise your message

Use the FPAA email templates as a starting point but try to make your message personal and relevant.

For individuals:

- Explain why falls prevention matters to you.
- Share any personal experiences or observations, if comfortable.
- Explain why preventing falls is important for older Australians and the wider community.
- Mention that you are a supporter of the Falls Prevention Alliance Australia.

For organisations:

- Write on behalf of your organisation and identify your role.
- Briefly explain the work your organisation does and the communities it represents.
- Include how falls prevention relates to your organisation's work.
- Mention your organisation's support for the FPAA and its Policy Platform.

3. Include the FPAA Policy Platform

- Attach a copy of the Falls Prevention Alliance Australia's Policy Platform to your email. You can download it from: www.fallspreventionalliance.org.au/call-to-action-resources
- Briefly highlight the three key recommendations:
    - A national falls prevention awareness campaign
    - A National Action Plan for falls prevention
    - Better access to evidence-based falls prevention programs, including strength and balance exercise
- Encourage your MP to read the document and consider supporting its recommendations.

4. Ask for action

Don't just raise awareness of the issue – encourage your MP to take action.

For example, you could ask them to:

- Support the recommendations outlined in the FPAA Policy Platform.
- Raise falls prevention in Parliament.
- Advocate for greater government investment in falls prevention.
- Meet with the Falls Prevention Alliance Australia to discuss opportunities for action.

5. Follow up

- If you don't receive a response, consider sending a polite follow-up email after two to three weeks.
- If you receive a response, thank the MP for taking the time to consider the issue.
- Share any responses or commitments with the Falls Prevention Alliance Australia.

6. Consider requesting a meeting

For organisations, a face-to-face meeting can be a useful way to build relationships and discuss falls prevention in more detail.

- Email the MP's electorate office requesting a short meeting.
- Explain that your organisation supports the FPAA and would like to discuss the Policy Platform.
- Offer to provide further information about your organisation's work and the impact of falls in your sector or community.
- Keep the meeting focused on two or three key messages and the actions you would like the MP to consider.

You don't need to be an expert in politics to contact an MP. A clear, respectful message explaining why falls prevention matters and what action you would like to see is a great starting point.

7. Other ways to get involved

- Encourage colleagues, friends, family and professional networks to contact their MPs.
- Share the FPAA Policy Platform with your networks and encourage others to support its recommendations.
- Ask your organisation's members to raise falls prevention with their local representatives.
- Consider inviting your local MP to an event, meeting or falls prevention activity.
- Share any positive responses or commitments with the FPAA to help demonstrate growing support for national action.
- Look out for communications from your MP advertising drop-in sessions.