

Advocacy Levels

Junior Ambassador



IS SOMEONE WHO: A Junior Ambassador is someone who is 13-17 years old. Junior Ambassadors will receive advocacy training, help raise awareness with policymakers about their disease and receive our Junior Ambassador Newsletter.

TIME COMMITMENT: Up to 1 hour per month on Arthritis Foundation Advocacy.

Advocate



IS SOMEONE WHO: An Advocate is someone who could advocate via online platforms, emails, texts, social media, and phone calls. These Advocates are able to be active in local markets through advocacy.

TIME COMMITMENT: Up to 2 hours per month on Arthritis Foundation Advocacy.

Ambassador



IS SOMEONE WHO: An Ambassador does everything an advocate does, AND, engages directly and consistently with advocacy efforts. An Ambassador could recruit advocates in their state, be involved in the state advocacy committee, or coordinate in-person meetings with their legislators. Ambassadors also may attempt to make it to a State Lobby Day. Veteran Ambassadors could be mentors to other ambassadors and help guide them through the process of sharing their story and feeling confident doing so.

TIME COMMITMENT: Up to 3 hours per month on Arthritis Foundation Advocacy.

Platinum Ambassador



IS SOMEONE WHO: A PA Platinum Ambassador does everything an Ambassador does AND completes bonus assignments. Platinum Ambassador is an earned title as a leader in our advocate community -- they may volunteer to lead advocacy committees, serve to help guide National Advocacy projects, they may coordinate state lobby days, write testimony, and participate in op-eds.

TIME COMMITMENT: Up to 4 hours per month on Arthritis Foundation Advocacy.

advocacy@arthritis.org | @AFAdvocacy | www.arthritis.org/advocate