



**RESOURCE GUIDE FOR  
COMMUNITY & ADVOCACY**

**COMPANION TO THE GREAT IMITATOR**

**Whether you have Lyme Disease, know someone with Lyme, or just want to help Lyme patients, you can make a difference to a community in need. We have compiled basic steps you can take with whatever energy, time and resources you may have.**

## **IMPORTANT NOTES:**

**Take care of yourself.**

Whether you are a patient, caregiver, doctor, or loved one, your health and well-being hold priority over any advocacy. As the saying goes: you can't pour from an empty cup.

**Start small.** It's

better to approach one action that feels achievable than become overwhelmed trying to juggle twenty at once!



**LET'S GET STARTED**



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 **COMMUNITY**

### Join a group

- **There are many groups available for you to join, whether it's a one-time thing for you or long-term involvement. It's important and immensely helpful to find a support system of people who understand what you're going through**
  - Examples: ([San Diego Lyme Alliance Empowerment Circle](#), [Generation Lyme](#), [BIPOC Chronic Illness](#))

### Join [The Great Imitator](#) movement

- **Watch the play and invite friends to join you!**
- **Host a performance or reading in your community**
  - This can include medical schools, health centers, non-profits, and universities
- **[Subscribe](#) to learn about performances and opportunities to become involved**

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 **ADVOCACY**

### Write to [your state representatives](#)

- If you want a service to simplify this process, consider [Advocacy Express](#)

Follow the [Center for Lyme Action \(CLA\)](#), the leading group advocating for federal funding

### Support single-issue groups that interest you

- Example; [Mothers Against Lyme](#) (advocacy and education about congenital and childhood Lyme)

Engage in thoughtful conversations with friends and family about the realities of Lyme disease



## RESEARCH

Support the scientific process

- **Add your data to [MyLymeData](#)**
- **Donate samples to a [biobank](#)**
  - [See here](#) for a list of collection sites



## PHILANTHROPY

Donate to an organization whose cause speaks to your interests

- **Examples:**
  - Research, advocacy, education, awareness, community-building:
    - Bay Area Lyme (research)
    - LymeDisease.org (policy advocacy)
    - Project Lyme (research, education, advocacy, community)
    - Lyme Disease Challenge (awareness)
  - Treatment Grants:
    - Ride Out Lyme (adults over 26)
    - LymeLight Foundation (ages 25 and under)
    - LivLyme Foundation (ages 21 and under)
- **Donate time by volunteering at an organization of your choosing**

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# AWARENESS

## Spread the word on social media

- **Share your story**
  - Consider seeking an outlet where you feel comfortable sharing your Lyme disease experience. However small or large, there are many platforms where you can share
    - Example: [Generation Lyme](#)
- **Share The Great Imitator**
  - Post your reflections, share what you learned, and invite people to check it out for themselves!
    - Tag [@greatimitatorplay](#) and use #thegreatimitator and #lymediseaseawareness
- **Share this guide**
  - Post what actions you intend to take and invite friends to join you
    - Tag [@greatimitatorplay](#) and use #lymeactionguide and #lymediseaseawareness

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# STAY INFORMED

## Advocacy, Research, and Educational Developments

- **Stay up-to-date with ILADS, a nonprofit, multidisciplinary medical society dedicated to the appropriate diagnosis and treatment of Lyme and associated diseases**
- **Subscribe to informational newsletters from organizations that regularly share the latest in Lyme disease research, education, and awareness**
  - Examples: [Bay Area Lyme](#), [LymeDisease.org](#), [Project Lyme](#)

## Community news

- **Subscribe to newsletters and social media platforms of the communities of your choice to stay connected with Lyme patients in your area and around the world**
  - Examples: [The Great Imitator](#), [Generation Lyme](#)

## Keep learning

- **There are multiple ways to learn about Lyme disease – everything from the science behind it to the experience of having it – from a variety of books, documentaries, podcasts, and social media accounts**
  - Example Podcasts: [The Generation Lyme Podcast](#), [Lyme 360°](#), [Tick Bootcamp](#), [Ticktective](#), [The Tick Chicks](#), [In It Together by Ride Out Lyme](#) (not all episodes focus on Lyme, but they are closely connected to our community)

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To find a Lyme organization in your area, [click here](#).  
If you want your Lyme resource and/or organization to be included in this guide, email Patricia at [inthelymelightmonologues@gmail.com](mailto:inthelymelightmonologues@gmail.com) or DM [@greatimitatorplay](https://www.instagram.com/greatimitatorplay).

**\*\*Please note the list of nonprofits and media is in no way comprehensive and that this guide is not sponsored by any nonprofit organization or media outlet. It's a working list meant to be added to and customized by each individual who reads it.**