



VESTIBULAR

DISORDERS ASSOCIATION

5018 NE 15TH AVE · PORTLAND, OR 97211 · FAX: (503) 229-8064 · (800) 837-8428 · INFO@VESTIBULAR.ORG · VESTIBULAR.ORG

Dizzy Dash Communication Templates

THANK YOU FOR PARTICIPATING IN THE DIZZY DASH!

You've set a goal and organized an event. Now it's time to tell the world! (Or at least the people you know 😊.)

Remember, your event is about YOU. So tell your story about how having a vestibular disorder has impacted your life, and why you are participating in the Dizzy Dash. When you are honest and authentic, your friends and family will want to support you.

Use these templates to communicate with friends and family through your social media channels, by sending emails, and by talking with people directly (the more personal the communication channel, the more likely it is that someone will support you).

NEED HELP?

Call VEDA at (800) 837-8428, or post your questions on the [Dizzy Dash Facebook page](#).

DIZZY DASH LOGO

Download a copy of the [Dizzy Dash logo here](#) and use it in all of your communications. You might also want to include personal photos of you preparing to reach your goal.

E-MAIL TEMPLATE

On May 20th, I will be participating in the Vestibular Disorders Association's **Dizzy Dash**. As someone who *(lives with a vestibular disorder/treats vestibular patients)*, I know how life changing they can be. I've set a goal of *(insert here)*, and I invite you to support my personal Dizzy Dash campaign!

About Vestibular Disorders

Vestibular disorders result when disease or injury affects those parts of the inner ear and brain that control balance. Symptoms include dizziness, vertigo, imbalance, nausea and visual disturbances. Vestibular disorders also affect memory and cognitive processes, and often result in anxiety and depression. It's estimated that as many as 35% of adults aged 40 years or older in the United States—approximately 69 million Americans—have experienced some form of vestibular dysfunction. Some vestibular disorders are easily diagnosed and treated, while others take years to correctly identify and result in permanent disability.

Why I am participating in the Dizzy Dash

(Healthcare Providers) As someone who works with vestibular patients on a daily basis, I want to show my support in their recovery. I am constantly amazed at what vestibular patients have to



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overcome just to lead some semblance of a normal life. Many can't perform basic tasks, such as cooking, cleaning, and self-care. Through the Dizzy Dash, patients are setting a goal and working towards it so they can eventually regain a bit of the function they have lost. I want to support them with my own Dizzy Dash personal campaign.

(Vestibular Patients) As someone who has a vestibular disorder, I know the impact it can have on a person's life. Everyday tasks are hard, often impossible, and social activities are challenging. I feel like I've lost part of me, and my life will never be the same again. *(Insert activities you can no longer do)*. I have set a goal around *(insert your goal)* and am working towards achieving that goal through my Dizzy Dash personal campaign.

How your support makes a difference

The money raised during the Dizzy Dash will go towards supporting the expansion of online support group teleconferences for the vestibular community and personal one-on-one support for patients who are still seeking a diagnosis. Many people with vestibular disorders feel isolated and misunderstood. VEDA connects them to resources and a community of support so they understand what they are going through and don't feel so alone.

Ways you can help

I would love it if you would help me reach my goal by making a contribution to my personal Dizzy Dash campaign *(insert link to your personal campaign page)*. Your support means a great deal to me, and will have a huge impact on a vestibular patient on their journey toward recovery.

Thank you!

FACEBOOK POST

I'm participating in the Dizzy Dash on May 20th! The Dizzy Dash is all about setting a goal so that vestibular patients can regain a part of their life lost due to the impacts of their disorder. This is important to me because *(insert brief description of how your vestibular disorder has affected your life or the life of someone you care for)*. My goal is *(insert activity)*. Please support me by making a contribution to my personal campaign *(insert link to your personal campaign page)*. Thank you!

TWITTER POST

I'm participating in the #DizzyDash! Please help me reach my goal! *(Insert link to your personal campaign page; you might want to run it through bitly.com to get a shorter URL so it fits within the 120 character limit.)*