

# What to Know About Your Members of Congress

**A Member of Congress (MOC) is a person who has been appointed or elected and inducted into an official body called a congress, typically to represent a particular constituency in a legislature.**

## Who Represents you in the Federal Government

If you live in a state, you have one Representative in the House who represents the district (area) in which you live and two Senators who each represent the entire state. If you live in a territory or the District of Columbia, you have one Delegate to the House and no Senators. These are your Members.

- Not sure of your Congressional district or who your House Representative is? Use this website to search by your ZIP code: [www.house.gov/representatives/find-your-representative](http://www.house.gov/representatives/find-your-representative).
- Not sure who your Senators are? Use this website to search by your state: [www.senate.gov/general/contact\\_information/senators\\_cfm.cfm](http://www.senate.gov/general/contact_information/senators_cfm.cfm).

## What Legislation is Important to your Members?

You can use [www.Congress.gov](http://www.Congress.gov) to learn all about your Representative and Senators. Search for their name and you will see their bill history. This tells you what legislation they sponsored or introduced and cosponsored or supported. Knowing this will help you talk to your Member's office when you meet with them about disability issues.

*Tip: If you create a free account and follow your Representative and Senators on [Congress.gov](http://Congress.gov), you will get updates each time they sponsor a bill.*



## What Committees are your Members on?

You can use [www.Congress.gov](http://www.Congress.gov) to search for your Representative and Senators. Each Member will have their website linked. Visiting your Member's website will tell you about what committees they serve on and the latest news from their office.

*Tip: Each Member of Congress has a newsletter you can sign up for to learn about their efforts.*



## Talk with your Members Today!

Contact your member of Congress. Share with them about your state's center – UCEDD, LEND, IDDRC – and the work that you do. Offer to be a resource to your Member's office on disability issues. Hearing from you builds relationships that impact policy.