



## What to Know About Your Members Of Congress



A Member of Congress (Member) is a person who has been appointed or elected into an official body called a congress.

## Who Represents you in the Federal Government?

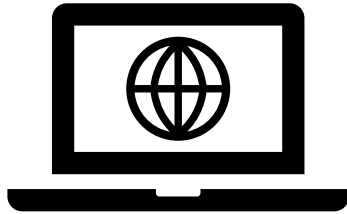


If you live in a state, you have one Representative in the House who represents the district (area) in which you live. Two Senators represent the entire state.



If you live in a territory or the District of Columbia, you have one Delegate to the House and no Senators.

## How to find your Congressional district or your House Representative



Use this website to search by your zipcode:

[www.house.gov/representatives/find-your-representative](http://www.house.gov/representatives/find-your-representative)

## How to find your State Senators



Use this website to search by your state:

[www.senate.gov/general/contact-information/senators.cfm](http://www.senate.gov/general/contact-information/senators.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.





Bill history tells you the legislation the Member wrote or supported.



Knowing this information can help you talk to your Member's office when you meet with them about disability issues.

## What Committees are your Members on?



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



## 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.



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# AUCD in Plain Language

