Congressional Recess

**Terms to Know**

**Recess** – Also called a "District work period" – is when Members of Congress are in their home districts rather than in Washington D.C. The Members of Congress are working and meeting with constituents, which is you!

**Members** – Elected Senators and Representatives. There are 100 members in the Senate and 435 in the House of Representatives.

**Why is a Recess Important?**

A recess is an opportunity for you to be able to actually meet with your Members of Congress in your community when they are less busy. A recess is a good time to talk to Members of Congress or their staff. (Sometimes, meeting with staff is just as productive, if not more!)

**Meet in D.C. vs. Home Offices**

What’s the difference between meeting Members of Congress in D.C. versus their home office? Often if in D.C., you would be meeting with your Member’s staff, but the recess is a possible chance to frequently meet directly with the Member of Congress at their home office or at events. Meeting during a recess is just as important as a meeting in D.C.

**How to Make a Difference During a Recess**

- Find out who your Members of Congress are and what issues they are currently working to address. To learn more, use congress.gov.
- Set-up a meeting. Practice what you are going to say. Keep it short and to-the-point. If you get to meet with them, thank them on social media and tag @AUCDnews on Twitter; @AUCDnetwork on Facebook.
- Attend an event that they will be in attendance at or hosting.
- Invite the Member of Congress to visit your Center or Program.
- Invite them to speak at one of your events in the coming months.

This document was prepared by the Association of University Centers on Disabilities. For more information, visit [www.aucd.org](http://www.aucd.org) or email policy@aucd.org.