What to Know About Your Members of Congress

person who has been appointed or elected to Congress. Congress is part of the federal government. It makes laws. A Member of Congress (Member) is a

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

How to find your Senators

Use this website to search by your state:
www.senate.gov/general/contact_information/senators.cfm

What Legislation is Important to your Members?

You can use 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.

This document was funded by the Administration on Community Living through technical assistance contract # HHSP233201600066C. The contents do not necessarily reflect the views or policies of the Administration on Community Living, US Department of Health and Human Services, or the US Government.

This document was prepared by the Association of University Centers on Disabilities. For more information, visit www.aucd.org or email policy@aucd.org.