



## **Tips for meetings with Members of Congress and Congressional staff**

If the House or Senate is in session, your Member is most likely in Washington, DC.

See Legislative Calendar.

## **Arranging Meetings on Capitol Hill**

To set up a meeting, contact the Capitol Hill office of your own Senator or Congressman/woman by phone or email. See [Locate Your Senator](#) [Locate Your Congressman/woman](#).

If you can arrange a meeting directly with your Member, that is terrific but rare.

Meetings with Members are arranged through their scheduler, and busy Members are often late for such meetings, and may just meet with you for a few minutes when they arrive. You will most likely meet with a Member's staffer. See [Congressional Staff Roles](#).

Note which committees your Senator or Congressman/woman is on.

Of particular importance to the DD Councils are

- Committees with jurisdiction over the DD Act:

Senate Health, Education, Labor & Pensions (HELP) Committee

<http://help.senate.gov/>

House Energy & Commerce Committee

<http://energycommerce.house.gov/about/members.shtml>

- Appropriations Committees, especially Labor-HHS-Education Appropriations Subcommittees

Senate Appropriations Committee <http://appropriations.senate.gov/sc-labor.cfm>

House Appropriations Committee

<http://appropriations.house.gov/index.cfm?FuseAction=PressReleases.Home>