Tips for presenting yourself to Legislators as a Self-Advocate

By Joseph Damiano
“Never be bullied into silence. Never allow yourself to be made a victim. Accept no one's definition of your life, but define yourself.”
Harvey Fierstein
Tip #1

- Have a group discussion to identify the issues
Tip #2

- Research the Issues
Tip #3

- Invite others to be involved in the process
Tip #4

- Discuss every one’s view points on an issue
Tip #5

- If going as a group decide who is going to present on what issue, if there is a lot of issues being presented
Tip #6

- Dress professionally (dress to impress)
Tip #7

- Be prepared to address the issue
Tip #8

- Arrive to your appointment early
Tip #9

- Get to know your legislator and know the issues he/she supports or doesn’t before you go to the meeting
- What you have in common with him/her
Tip #10

- Upon meeting your legislator give a firm handshake
Tip #11

- Present your issue
Tip #12

- Exchange contact information
Tip #13

- Always write a thank you card after meeting your legislators
Tip #14

- Follow up with your legislators by phone, email or letter
Additional Info

- Hart Senate Office – 1–202–224–3121
- Russell Senate Office – 1–202–226–8000

[http://www.senate.gov/general/contact_information/senators_cfm.cfm](http://www.senate.gov/general/contact_information/senators_cfm.cfm)

Check Mapquest for directions to Buildings
Hart Senate Office Building – 104 Hart Senate Office Building Washington, DC
Russell Office Building – 2 Constitution Ave NE Washington DC