



Advocacy at the State House

To Find Your Legislator Go To

www.legislature.vermont.gov

In the green box click on
Legislature and type in the
name of your town.



GET READY!

Send an email to each of your legislators. Set up an appointment to meet with them at the state house. The legislators do NOT have offices. Suggest a time and place to meet. First thing in the morning or lunch time are often good times for legislators, and the cafeteria is a common meeting place.

Write down what you want to say. If you need help contact...

- Others from your Local Self-Advocacy Group
- Green Mountain Self-Advocates at 800-564-9990
or go to www.gmsavt.org and click on advocacy
- VT Council at (802) 223-1773 and look for legislative updates at www.vermontcarepartners.org

There is free parking and a free shuttle to the state house at Department of Labor.

Take Exit 8 off of Interstate 89. Take the second left onto Green Mountain Drive. Turn right into parking lot. Park near the bus stop shelter. The free bus runs every 20 minutes.



At the Statehouse



Arriving At The State House: First thing hang up your coat in the coat room across from Room 11.



Go to the place you are to meet your legislator. Be sure to be there at the time you planned with them.

If you need to find your legislator you can send them a note. Go to the Sergeant of Arms office, first floor by front of State House. Write a short note to your legislator. Remind them of the time and place of your appointment. Give it to the Sergeant of Arms and a page will deliver your message.

Share your story with your legislator. Answer questions they ask. If you do not know the answer tell them you will find out and get back to them with the answer.



Ask them to keep in touch! Make up a card with your name, email and phone number on it. Share your card - someone may call!



Go watch a committee in action. You have lots of choices.
You can NOT say anything in committee rooms.
You must be silent.

Consider taking a tour of the state house. It is free but you have to set it up at least a week before you. Call 802-828-2228.

Email or send them a thank you note and include another fact or a copy of your story. Answer any of their questions you could not answer when you were meeting.



Report back to your group and tell them about your awesome day at the state house!