

## Virginia's Legislative Information System

- To track bills, find information on legislators, or for the meeting schedule:  
<http://lis.virginia.gov/lis.htm>.
- Free legislative tracking service: Lobbyist in a Box <http://lis.virginia.gov/h015.htm>

## Who's My Legislator?

- Computer Access: <https://whosmy.virginiageneralassembly.gov/>. Click on "Who's My Legislator" in the lower right corner of the screen. Then type in your address. From here, it's easy to send an email
- No computer access: Clerk of Senate **(804) 698-7400** or Clerk of House **(804) 698-1502**

## To contact legislators during the General Assembly session...

- Constituent Viewpoint: 1-800-889-0229; toll free telephone message center during session. Operators will take calls from people who are interested in expressing an opinion on legislation. You can request to have your message forwarded to multiple legislators

## Pay a visit

- The best way to communicate with legislators is through visits to their district offices
- They will have more time to talk with you if you visit while they are not in session When visiting a legislator, a group of 2-4 people is a good size

## If you do visit, to be successful...

- Make an appointment: Briefly explain why you'd like to meet with your Delegate or Senator
- After you have an appointment set, plan what you will say during the appointment:
  - Be prepared; practice telling your story, and know your key messages
  - Know your legislator's history of supporting brain injury
  - If you are going with a group of people, decide who will say what and ***practice***

## When you get there...

- Identify who you are and briefly tell your story
- Make sure everyone understands who you are speaking for, and don't speak for anyone else
- Discuss concerns, issues, and needs about brain injury services that are specific to YOU and YOUR area;
- If you are receiving services, talk about how the services help you
- If you're asked a question you can't answer, tell them you will find the answer and get back to them, or refer them to BIAV
- End your visit by repeating your key points and what you're asking for, and thank them for their time