

**Awareness Day - What to Know**

- Take a look at our Parking and Direction page, and print out any information you may need <https://www.biav.net/wp-content/uploads/2019/12/2019.1205-Brain-Injury-Awareness-Day-Directions-and-Parking.pdf>
- You will go through a security screening, and the lines have been quite long to get into the building. Be prepared for a wait. The line usually shortens up by 10:00.
- Pay attention to the weather forecast and be sure to prepare for the weather conditions. You may want to bring a scarf, jacket, and an umbrella just in case. You never know what Mother Nature is going to throw at you.
- Dress in layers and wear comfortable clothes and shoes. Yes, it's important to dress professionally – but it's also important to keep in mind it's a day of walking, standing and being on your feet! Make sure you have a jacket or blazer in case the rooms are chilly, and bring comfortable footwear to change into if necessary.
- Don't forget your cell phone charger (plug and cord)
- Feel free to bring personal ways to share your story with representatives, such as photos or written statements
- You may want to bring something to write down what you remember about your visit right after it happens; it makes it easier to write a thank you note after your visit. They are key to building relationships and reminding the elected official or legislative aide of key points you discussed in your meeting
- Write/print out extra copies of your personal schedule
  - We will have packets for you to take to your legislative visits, and we will have a list of legislators you can visit. However, if you have scheduled a legislative visit, make note of it so you're not late!

Portions of this document were inspired by a "Brain Injury Survivors' Survival Guide to Capital Hill" document produced by the Brain Injury Association of America Advisory Board. Special thanks to them, for allowing us to use the helpful information they laid out!