



# CONGRESS AT HOME



## Securing a Meeting with Your Lawmakers: Event Formats

When your members of Congress are home, much of their time is spent meeting with constituents. These meetings help them understand what's most important to voters at home.

There are many ways to meet with your members of Congress when they are home from Washington. Some ideas to consider as you search for opportunities to meet with congressional offices:

- **District/State Office Meetings:** Each member of Congress maintains one or several offices in congressional district or state. These offices are a great place for constituent meetings when your lawmaker is at home.
- **Community Events:** Many legislators host town/citywide events throughout the year. Whether it is a pancake breakfast, a family fun day, town walk or community service event, consider suggesting that your legislator meet with you at a community event.
- **ADA Events:** Local ADA staff and advocates may be planning a Tour or Step Out event in your area. Check the calendar to see if these events will be held in your community and coordinate with ADA staff to see about inviting federal lawmakers to attend an ADA event. *\*\*Make sure to coordinate with ADA staff before confirming congressional visits at ADA events. Email us at [grassroots@diabetes.org](mailto:grassroots@diabetes.org).*
- **Congressional Coffees & Public Events:** Many members of Congress host periodic constituent events while they are home. Call your lawmakers' offices to ask if they are hosting a constituent coffee or other public event that you may attend to deliver the ADA message.
- **Host a Meeting in a Public Space:** If your legislator suggests a location where there isn't an event or district office, explore hosting the meeting at a public space like a library, town hall, or community center. Ask the public space's staff if they can accommodate your meeting.
- **Home Visits:** If you feel comfortable doing so, you may suggest that your lawmaker and their staff join you for an informal meeting in your home. A table and seating is all you'll need to host a congressional visit in your home. Make sure to recruit others to join you for the meeting to help amplify your message. Remember the ADA is here to help with meeting prep and coordination! For assistance, email [grassroots@diabetes.org](mailto:grassroots@diabetes.org).

Your meetings will help bend the curve on diabetes and help families thrive.  
THANK YOU for participating in Congress at Home.