

Arranging Meetings in your Member's Home District or State

Every Member has at least one office in his or her home state/ district. Those from large or rural states often have more than one office. It is worthwhile to develop a Relationship with the staff of those offices and with the Member directly. To find local Senate Offices [click here](#) for House offices [click here](#).

Call the home state or district office and let them know you would like to set up a meeting- preferably with the Senator/or Representative directly or with the appropriate staffer who handles issues related to health. Let them know that you want to discuss.

Other ways to develop relationships with your Member in the home state or district:

- Be in touch with home office staff. Ask them when the Member will be there. Consult the Legislative Calendar ([Senate](#) / [House of Representatives](#)) to see when the Member will be in Washington, DC rather than at home.
- Ask the home office staff if the Member will be speaking at any public events/meetings– including town hall meetings.
- Show up at public meetings. Introduce yourself to your Member. Explain your issue and say you'd like to set up a meeting to talk. Find out who on his/her staff to contact to set up a meeting.
- If your local hemophilia chapter is hosting or participating in an event, meeting or summit, invite your Member to attend. If they come, give them an opportunity to say a few words or to be the keynote speaker.
- If you know anyone who has a personal connection with your Member, ask them to introduce you. It's also useful for that person to send an email to the Member explaining who you are and why you would like to meet with the Member. Then you can follow-up on the email and ask for a meeting.
- If your local chapter has a newsletter, include a photo and article on your Member, especially if s/he has supported a position that is helpful to people with bleeding disorders. Send a copy to the Member.