

How to Write to Your State Senator or House Representative

Who do you write to?

- You can call Connecticut's Legislative Offices and ask for your Senator or House Representative's name and address. Their toll free numbers are:
Democrats: House of Representatives 1-800-842-8267
Senate 1-800-842-1420
Republican: House of Representatives 1-800-842-1423
Senate 1-800-842-1421
- OR you can check the State website www.cga.state.ct.us for a list.
- OR you can call your local town hall and ask for your Senator or Rep's name and address.
- You may address your letter to him/her as: the Honorable (name), State Capitol, Hartford, CT 06106, or send it to their home address listed in the blue section of your local phone book.

What do I say?

- We encourage you to write a short letter with some personal experiences or difficulties that you have encountered with regard to obtaining services for your loved one, or fears that you may have regarding their future needs. We need our legislators to understand how this lack of service affects our lives, so please be specific if you can.
- IF you would prefer, you may use the simple letter model that is attached.

What information do I need to include?

- Your name, address, phone number, and district or town.
- Your relationship (parent, sibling, teacher, etc.) to someone who would be affected by the legislation (or lack thereof).
- If you are a member of any group (such as a support group or national group such as Autism Society of America).
- That you encourage the passing of legislation that provides services to individuals with autism spectrum disorders who are not also mentally retarded (since they already qualify for services through the Department of Mental Retardation).

What else can I do?

- Forward this letter to everyone in your family or circle of friends, and professionals that you are involved with (your child's doctors, teachers, therapists, etc.) and urge them to write as well.
- Get together with other families in your district and set an appointment to meet personally with your representative and discuss your families' situations. A little personal contact goes a long way, and they are ordinarily happy to meet with constituents on the issues that are important to them.