

# Looking Up Your Legislator and Current Legislation

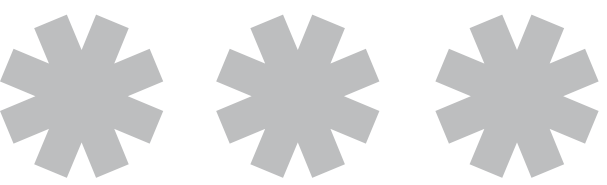


## Legislative Advocacy Series, Session 3

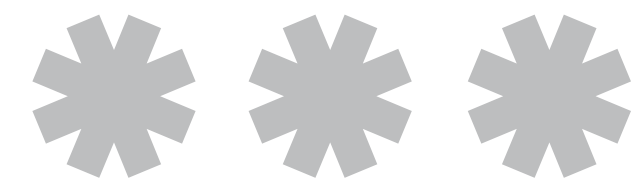


# Housekeeping

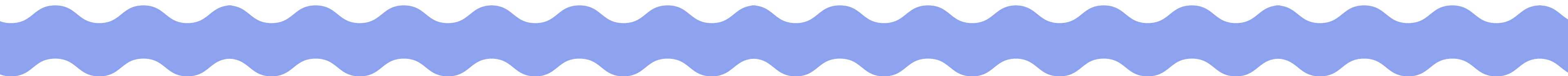
- A recording of this meeting will be sent out along with notes and a link to the presentation within the week.
- Please keep yourself muted while our presenter is talking. Please leave questions until the end of the presentation.
- Captioning is available by pressing the “CC” button at the bottom of your zoom screen.
- Please be respectful.



# Knowledge Check



- Do you know the three levels of government?
- Do you know what information you need to look up your legislators?
- Do you know one website you can use to look up your legislators?
- Do you know how to find the contact information of your elected officials?



# Jae Jin Pak (he/him)

**Research Associate for the Institute on Disability and Human Development and Self Advocacy  
Training Mentor for Illinois LEND at the University of IL Chicago (UIC)**



- Social justice advocate, educator, and ally with 30 years of experience
- Identifies as an Asian immigrant with disabilities
- Has worked on issues of gender-based violence, anti-trafficking prevention, mental health, disability, immigration justice, and anti-oppression
- Has conducted thousands of hours of training with diverse communities and professionals nationally
- Core values of collaboration and recognizing intersectionality has allowed him to build strong connections with diverse communities and providers
- Co-founder of the Chicagoland Disabled People of Color Coalition (Chicagoland DPOCC)
- Serves on the Quality Care Board, Access & Functional Needs Advisory Committee, Disability and Immigration Taskforce of IL, and The National Human Trafficking & Disability Working Group
- He has served on various non-profit boards and is a member of the Asian Giving Circle

# T.J. Gordon

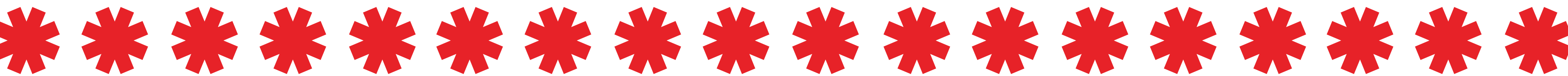
**Research Associate at the Institute on Disability and Human Development at University of Illinois Chicago**



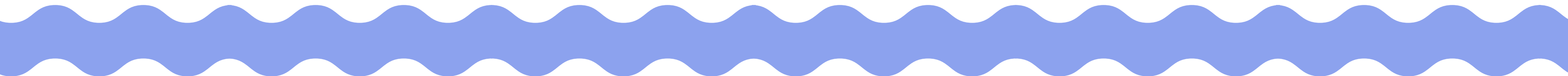
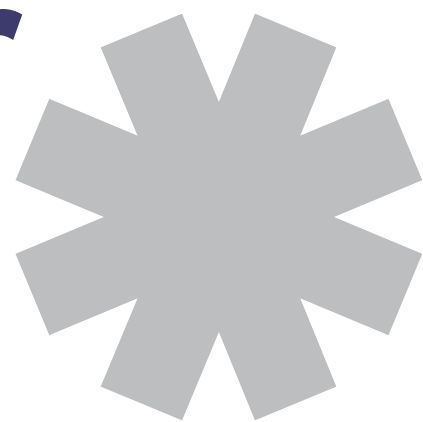
- Uses his passion for self-advocacy, racial equity, disability culture, and autism acceptance to create webinars, training sessions, and publications on:
  - Autism and race
  - Inclusion in communities of color
  - Exploration of sexuality in the disability community
  - Coping with the COVID-19 pandemic
  - Mental health emergency services
- Co-founder of Chicagoland Disabled People of Color Coalition (Chicagoland DPOCC)
- Has written essays and reviews on disability and race, which have appeared in the Disability Studies Review, the “All the Weight of Our Dreams: On Living Racialized Autism” anthology, "Code of the Freaks" documentary, and ADA 30 in Color



**Chicagoland DPOCC is a group of disabled people of color in the Chicagoland area that promotes disability pride, self-advocacy, and inclusion in communities of color.**



**Looking Up Your Legislator  
and Current Legislation**



# Advocacy

Advocacy is any action that speaks in favor of, recommends, argues for a cause, supports or defends, or pleads on behalf of others



Taking the Rotunda, ADAPT ADA Protest One Day After the Capitol Crawl.  
Washington DC Capitol Rotunda March 13, 1990. Photo by Tom Olin.

# \* \* \* Different Ways to Advocate \* \* \*

- Tell your story:
  - In person
  - Online
  - On the news
  - Radio
- Vote
- Meet with your legislators



# \* \* \* Three Levels of Government: \* \* \*

## Federal

Made up of three branches:

- **Executive:** Our President and their Cabinet Members
- **Judicial:** Judges
- **Legislative:** Congress has two “chambers”, the House of Representatives and the Senate
  - House of Representatives: 435 Representatives
  - Senate: 100 Senators

# The 3 Branches of Government



**LEGISLATIVE**



*makes laws*

**EXECUTIVE**



*carries out laws*

**JUDICIAL**



*evaluates laws*

# \* \* \* Three Levels of Government: \* \* \*

## Federal

### Legislative Branch

#### Senate and House of Representatives

- Write and Vote on laws
- Confirm or reject Presidential nominations for heads of agencies, federal judges, and Supreme Court
- Survey budget
- Declare war

# \* \* \* Three Levels of Government: \* \* \*

## Federal

### Executive Branch

#### President, Vice President, and Cabinet

- President is the Head of State and Commander of the Armed Forces
- Vice President supports the President
- Cabinet members serve as advisors to the President

# \* \* \* Three Levels of Government: \* \* \*

## Federal

### Judicial Branch

#### Supreme Court and other Federal Courts

- Interpret meaning of laws
- Apply laws to individual cases
- Decide if laws violate the Constitution

# \* \* \* Three Levels of Government: \* \* \*

## State

- Governor
- Legislature consisting of State Senators and State Representatives
  - Nebraska is the only state with a unicameral (one chamber) legislature
- States cannot pass laws that conflict with federal laws

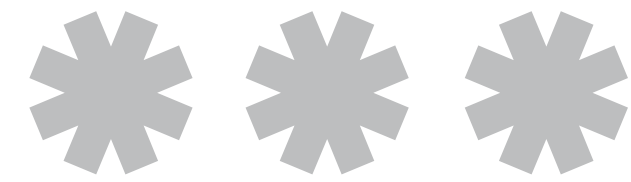
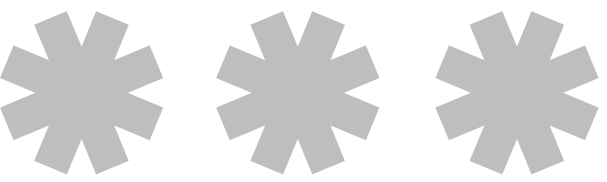
# \* \* \* Three Levels of Government: \* \* \*

## Local

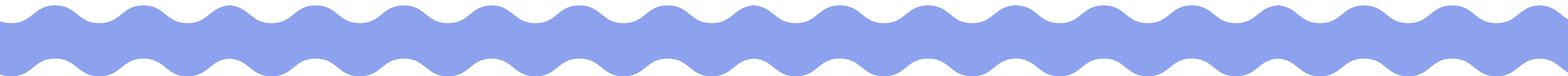
- Cities are usually run by:
  - A Mayor or City Manager
  - City Council
    - made up of elected officials from each “ward” or region within a city, called Aldermen in Chicago

# \* \* \* How to Look Up Your Legislator \* \* \*

- Congress.gov
- Illinois General Assembly Find My Legislator Tool



**Congress.gov**



Current Congress

Examples: hr5, sres9, "health care"



MORE OPTIONS

Most-Viewed Bills | Top 10

H.R.22 [119th] SAVE Act

H.Res.353 [119th] Impeaching Donald John Trump, President of the United States, for high crimes and misdemeanors.

H.R.6938 [119th] Commerce, Justice, Science; Energy and Water Development; and Interior and Environment Appropriations Act, 2026

Bill Searches and Lists

Introduced | By Sponsor: House | Senate

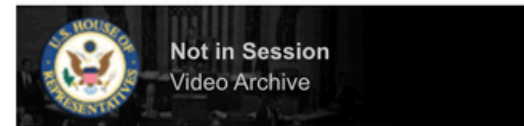
Public Laws and Statutes | U.S. Code | Statute Compilations

Appropriations: Status Table | Search FY26

Current Legislative Activities

119th Congress (2025-2026)

House of Representatives



Next Meeting: Jan. 30, 2026 at 10:30 AM EST

Previous Meeting: Jan. 23, 2026

House Links

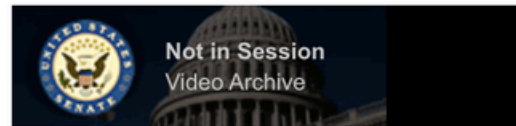
House Floor Activities

Committee Hearings Video

Communications to the House

Bills to be Considered

Senate



Next Meeting: Jan. 27, 2026 at 3:00 PM EST

Previous Meeting: Jan. 26, 2026

Senate Links

On the Senate Floor

Communications to the Senate

Nominations

Treaty Documents

Upcoming House and Senate Committee Meetings

Jan. 28, 2026 at 10:00 AM (EST) Senate Commerce, Science, and Transportation Subcommittee on Telecommunications and Media

Jan. 28, 2026 at 10:00 AM (EST) Senate Committee on Environment and Public Works

Jan. 28, 2026 at 10:00 AM (EST) Senate Committee on Health, Education, Labor, and Pensions

More: Daily View | Weekly View

Recent

Yesterday in Congress

Bill Texts [2]

Committee Schedule

Floor Calendars

Days in Session

Roll Call Votes

Presented to President [0]

Get Email Alerts and Updates

The Congressional Record

Daily Digest of latest legislative activity.

Browse by Date

Library of Congress Reports

Search CRS Reports Congressional Research Service Reports are available to the public.

The Law Library of Congress Reports are produced primarily for Members of Congress.

The Constitution Annotated

Official Senate Print providing comprehensive legal analysis of the U.S. Constitution.

Contact Your Member

Find your member by address:

Find address or place



Contact by email and telephone.

Representatives >>

Senators >>

News from the Law Library

January 22, 2026 by Taylor Gulatsi Watch a Recording of the 2025 Congress.gov Public Forum

You can now watch the 2025 Congress.gov Public Forum that was hosted on 9/30/25 ...more

More from the Law Library Blog >>

The Legislative Process



1. Go to Congress.gov
2. Enter your address in the search bar

Members

Examples: Don Bacon, Wyden



Home > Members > Your Members

Citation | Subscribe | Share/Save | Site Feedback

Your Possible Members

This search shows two Representatives. Each district has only one.

Enter street address for exact district:

Find address or place

Click on the pin for the correct

District / Representative

1. Representative Casten, Sean



State: Illinois  
Party: Democratic  
Served: House: 2019-Present  
Contact: 2440 Rayburn House Office Building  
(202) 225-4561  
[Contact](#)

2. Senator Durbin, Richard J.



State: Illinois  
Party: Democratic  
Served: House: 1983-1997  
Senate: 1997-Present  
Contact: 711 Hart Senate Office Building Washington, DC 20510  
(202) 224-2152  
[Contact](#)

3. Senator Duckworth, Tammy



State: Illinois  
Party: Democratic  
Served: House: 2013-2017  
Senate: 2017-Present  
Contact: 524 Hart Senate Office Building Washington, DC 20510  
(202) 224-2854  
[Contact](#)

4. Representative Jackson, Jonathan L.



State: Illinois  
Party: Democratic  
Served: House: 2023-Present  
Contact: 1632 Longworth House Office Building  
(202) 225-4372  
[Contact](#)

Back to top

This search shows two representatives; each district only has one

3. Click on the pin for the correct District/Representative

Members

Examples: Don Bacon, Wyden



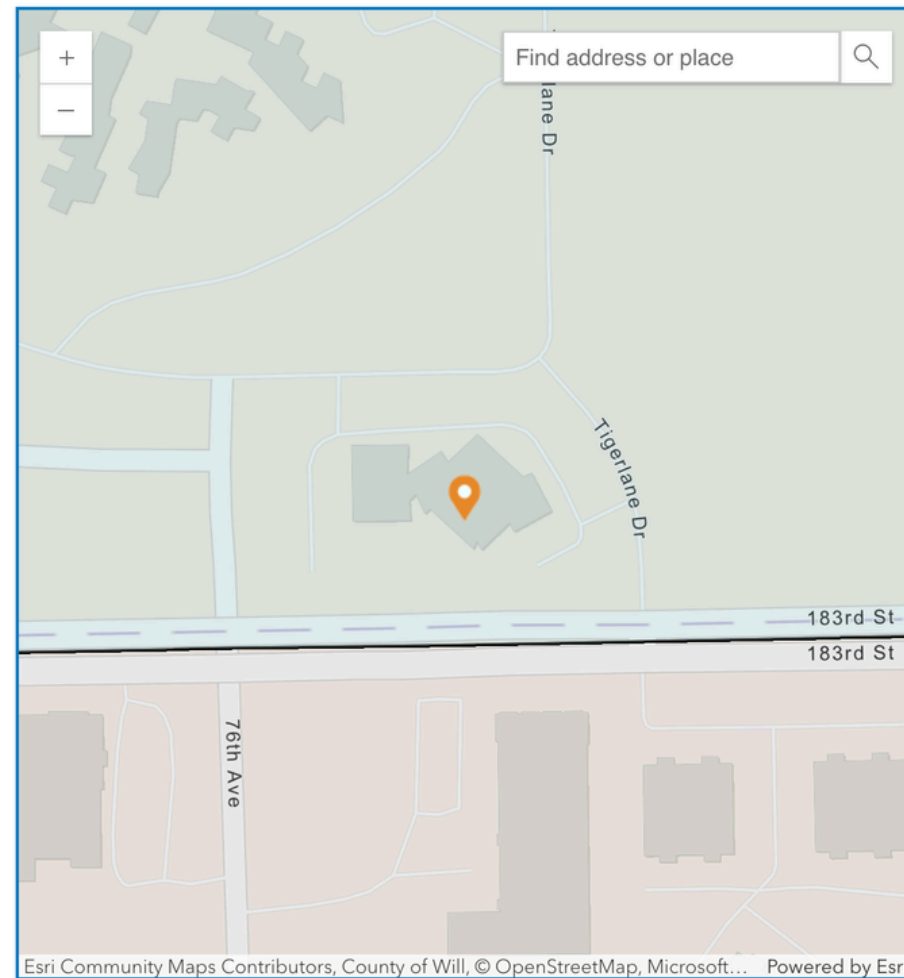
Home > Members > Your Members

Citation | Subscribe | Share/Save | Site Feedback

Your Members

These are the correct Legislators for this address.

Alerts for These Members



1. Representative Casten, Sean



State: Illinois
Party: Democratic
Served: House: 2019-Present
Contact: 2440 Rayburn House Office Building (202) 225-4561

2. Senator Durbin, Richard J.



State: Illinois
Party: Democratic
Served: House: 1983-1997 Senate: 1997-Present
Contact: 711 Hart Senate Office Building Washington, DC 20510 (202) 224-2152

3. Senator Duckworth, Tammy



State: Illinois
Party: Democratic
Served: House: 2013-2017 Senate: 2017-Present
Contact: 524 Hart Senate Office Building Washington, DC 20510 (202) 224-2854

- 4. After you click the pin, the correct Legislators will be brought up
5. Click a Legislator's name to learn more information about them

This Member

Examples: education, "post office"

Search Within

Home > Members > Representative Sean Casten

Citation | Subscribe | Share/Save | Site Feedback

### Representative Sean Casten (1971 - )

In Congress 2019 - Present | [Get alerts](#)

MEMBER Hide Overview



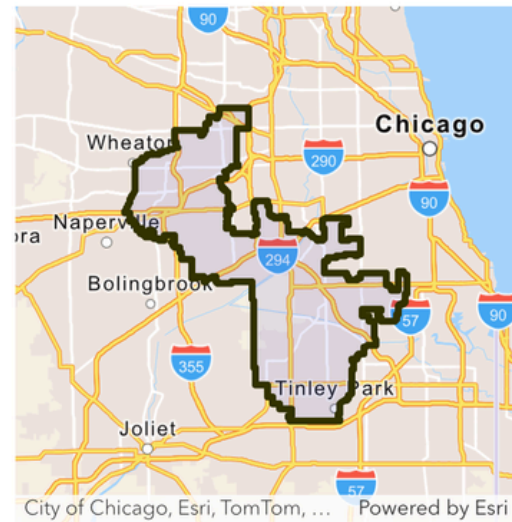
Image courtesy of the Member  
[Read biography](#)

Website <https://casten.house.gov>

Contact 2440 Rayburn House Office Building  
(202) 225-4561  
[Contact](#)

Party Democratic

House Illinois, District 6 116th-119th (2019-Present)



[View Full Map](#)

#### More on This Member

[View Member Committee Assignments and Recent Votes](#) (House.gov)

#### Member Activity by Sean Casten

[Download Results](#)

Hide Filters | Hide Tracker | 1-100 of 3,651 | 100 per page | 1 of 37

Sort by Number - Descendir | View Expanded

6. The Legislator's profile will include their website, their contact information, their party, and their district information

This Member  Search Within

Home > Members > Senator Tammy Duckworth

Citation Subscribe Share/Save Site Feedback

### Senator Tammy Duckworth (1968 - )

In Congress 2013 - Present | [Get alerts](#)

MEMBER Hide Overview X



Courtesy U.S. Senate Historical Office  
[Read biography](#)

**Website** <https://www.duckworth.senate.gov>  
**Contact** 524 Hart Senate Office Building Washington, DC 20510  
(202) 224-2854  
[Contact](#)  
**Party** Democratic  
**Senate** Illinois 115th-119th (2017-Present)  
**House** Illinois, District 8 113th-114th (2013-2017)

#### More on This Member

[View Member Committee Assignments](#)  
(Senate.gov)

### Member Activity by Tammy Duckworth

[Download Results](#)

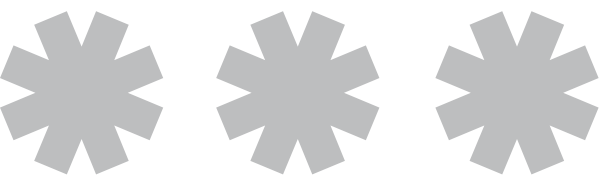
Hide Filters Hide Tracker 1-100 of 4,160 100 per page 1 of 42 Sort by Number - Descendir View Expanded

| Member Activity                                    |         |
|--|---------|
| <a href="#">Sponsored Legislation</a>              | [534]   |
| <a href="#">Cosponsored Legislation (All)</a>      | [3,157] |
| <a href="#">Cosponsored Legislation (Original)</a> | [2,024] |

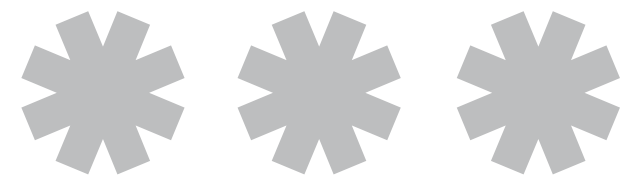
**BILL**

1. [S.3687](#) — 119th Congress (2025-2026)  
**A bill to amend title 5, United States Code, to prohibit the appointment of political appointees as Inspectors General, and for other purposes.**  
**Sponsor:** [Duckworth, Tammy \[Sen.-D-IL\]](#) (Introduced 01/15/2026) **Cosponsors:** (5)  
**Committees:** Senate - Homeland Security and Governmental Affairs  
Let's Action Senate - 01/15/2026 Read title and referend to the Committee on Homeland Security and Governmental Affairs (All Actions)

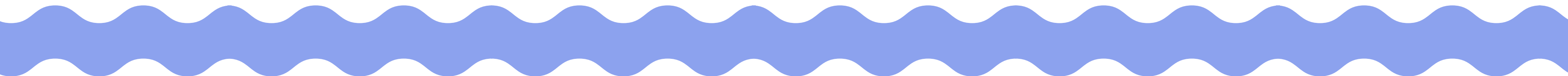
7. You can also read more about the legislation they've been involved with

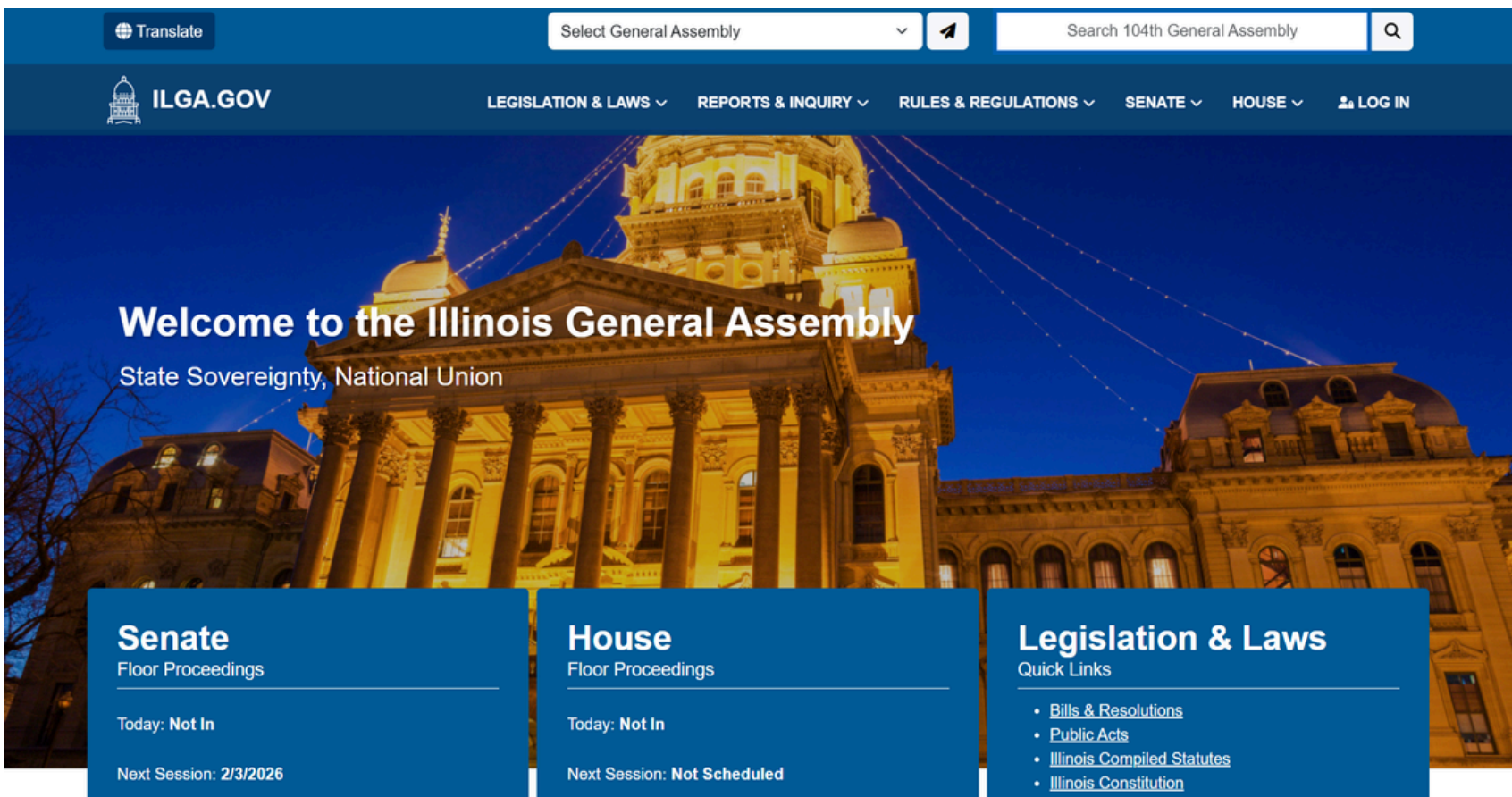


**IL General**

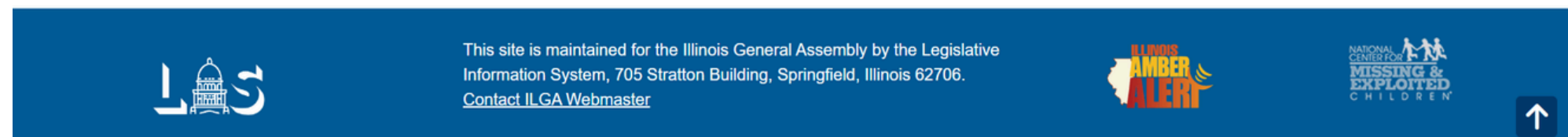
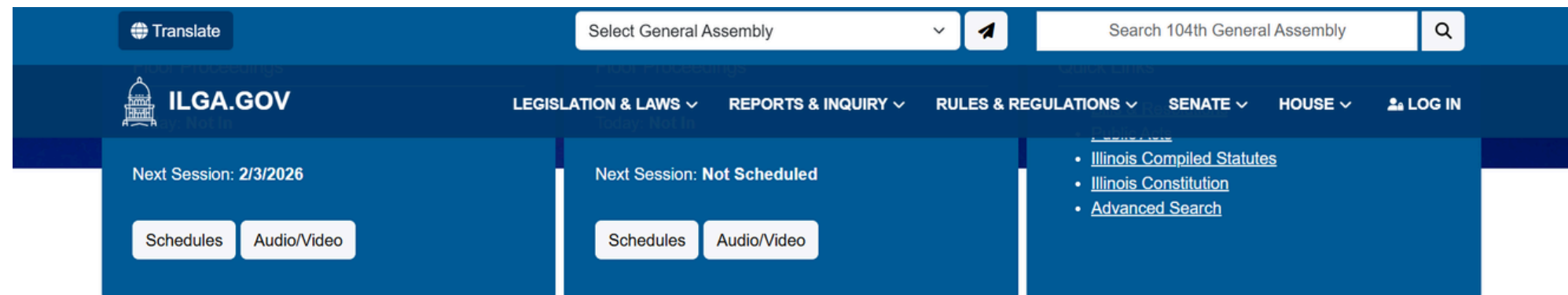


**Assembly Find My  
Legislator Tool**





1. Go to [ILGA.gov](http://ILGA.gov) and scroll to the bottom of the page
2. Click on the magnifying glass to search



Translate

Select General Assembly

Search 104th General Assembly



LEGISLATION & LAWS | REPORTS & INQUIRY | RULES & REGULATIONS | SENATE | HOUSE | LOG IN

### Find My Legislator

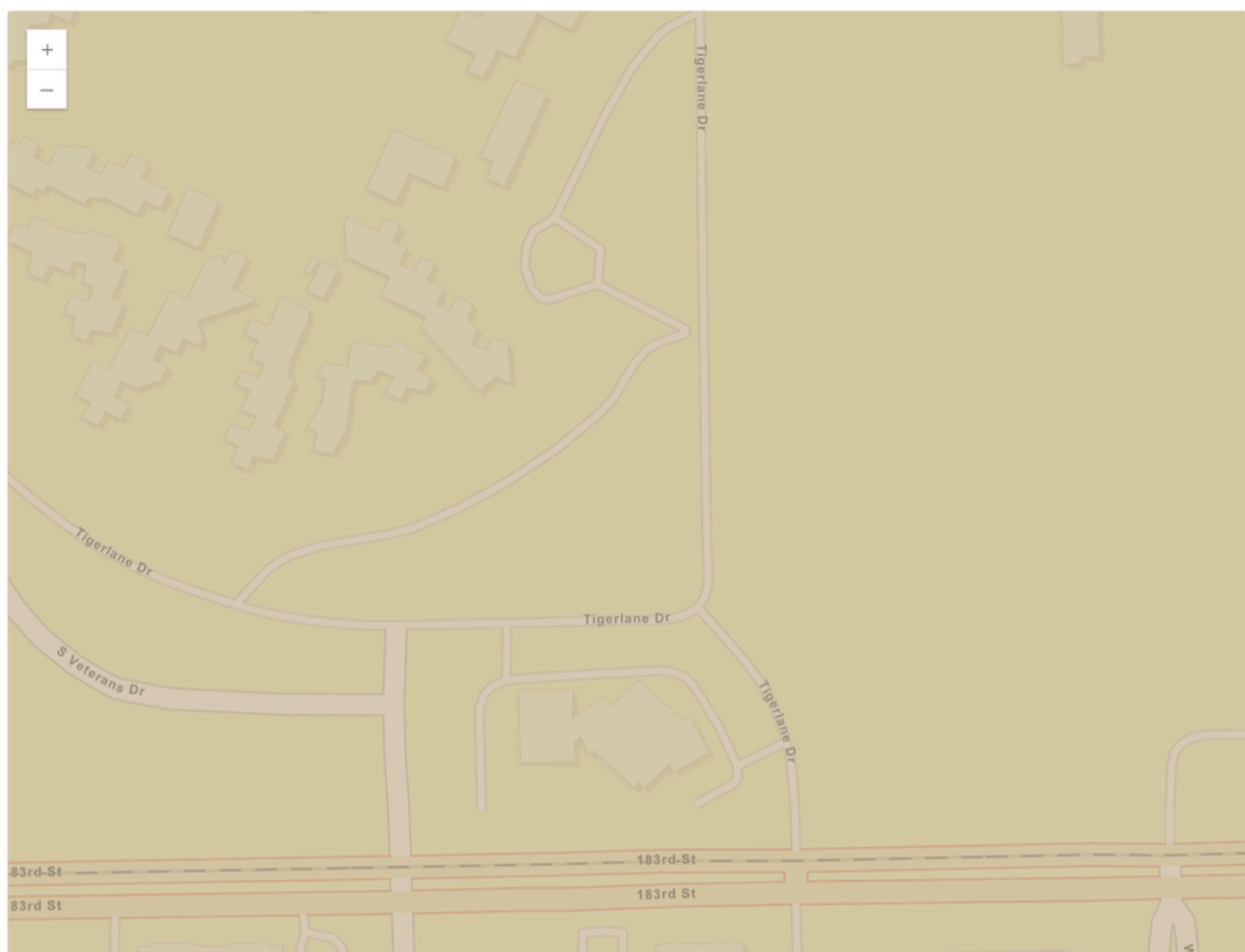
Home / Members / Find My Legislator

Find My Legislator

Type your address here




Search Illinois




- Show Senate
- Show House

Additional Officials

U.S. Senators



**Dick Durbin (D)**  
United States Senate



**Tammy Duckworth (D)**  
United States Senate

3. Type your address into the search bar

Translate Select General Assembly Search 104th General Assembly

ILGA.GOV LEGISLATION & LAWS REPORTS & INQUIRY RULES & REGULATIONS SENATE HOUSE LOG IN

### Find My Legislator

Home / Members / Find My Legislator

Find My Legislator

7550 183rd St, Tinley Park 7550 183rd St, Tinley Park, IL, 60477, USA

Show Senate  Show House

**Your State Senator** →

**Your State Representative** →

Senate

Michael E. Hastings (D)  
Senator  
19th District

House

Debbie Meyers-Martin

4. Your State Senator and State Representative will appear first

The screenshot shows the ILGA.GOV website interface. At the top, there is a navigation bar with a 'Translate' button, a dropdown menu for 'Select General Assembly', and a search bar for 'Search 104th General Assembly'. Below the navigation bar, the ILGA.GOV logo is on the left, and a menu with 'LEGISLATION & LAWS', 'REPORTS & INQUIRY', 'RULES & REGULATIONS', 'SENATE', 'HOUSE', and 'LOG IN' is on the right. The main content area is split into two parts: a map on the left and a sidebar on the right. The map shows a street named 'Tigertown Dr' and has three red arrows pointing to the sidebar with the text: 'Scroll to see your additional elected officials', 'Your Federal (U.S.) Representative', and 'Your Federal (U.S.) Senators'. The sidebar contains three sections: 'House' with a photo of Debbie Meyers-Martin (D), Representative, 38th District; 'Additional Officials' with a photo of Sean Casten (D), United States House of Representatives; and 'U.S. Senators' with a photo of Dick Durbin (D), United States Senate.


5. Scroll down to see your other elected officials like your Federal (U.S.) Representative and your Federal (U.S.) Senators

Translate | Select General Assembly | Search 104th General Assembly

ILGA.GOV | LEGISLATION & LAWS | REPORTS & INQUIRY | RULES & REGULATIONS | SENATE | HOUSE | LOG IN

Member  
Home / Senate / Member

Michael E. Hastings (D) - 104th General Assembly



Michael E. Hastings (D)  
Senator

### Member Details

|                            |   |
|----------------------------|---|
| <b>Springfield Office:</b> | 121 D Capitol Building<br>Springfield, IL 62706<br>(217) 782-9595             |
| <b>District Office:</b>    | 20855 S. LaGrange Rd.<br>Suite 102<br>Frankfort, IL 60423<br>(815) 464-5431   |
| <b>Other Contact Info:</b> | <b>Additional District Addresses</b><br>813 School Road<br>Matteson, IL 60443 |

### Biography

Practicing Attorney; Former US Army Captain; Served in Operation Iraqi Freedom, Bronze Star recipient; Former Vice President of High School District #230; Holds B.S. in Leadership and Management, Civil Engineering from the United States Military Academy at West Point; MBA with Honors, University of Illinois at Urbana - Champaign; and J.D., The John Marshall Law School.

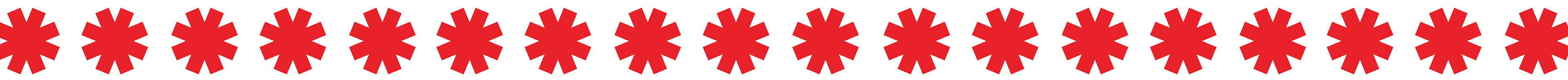
6. Click on your official's name to pull up their profile
7. It will list their address, contact information, biography, and other important information



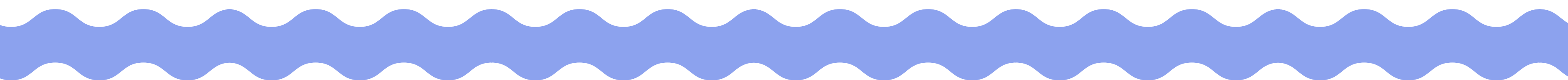
# Knowledge Check

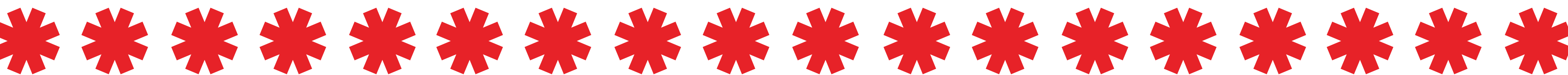


- What are the three levels of government?
  - **Federal, State, Local**
- What information you need to look up your legislators?
  - **Your address**
- What websites can you use to look up your legislators?
  - **Congress.gov**
  - **IL General Assembly**
- How do you find the contact information of your elected officials?
  - **all the websites we've shared include contact information**



# Questions and Answers

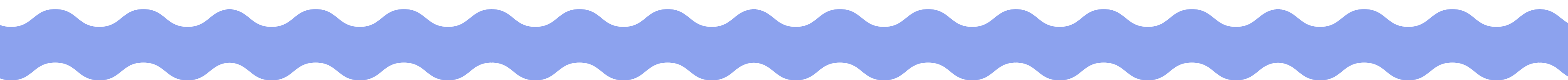


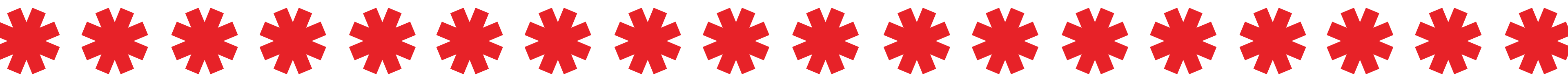


# Let Us Know What You Thought!



[https://s.zoom.us/m/bZInyms3w](https://s.zoom.us/j/bZInyms3w)





# Thank you!

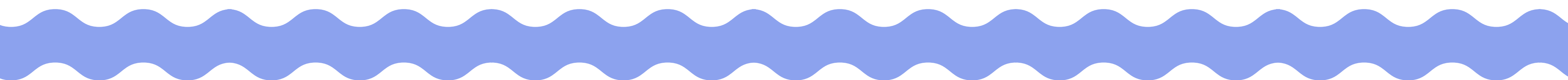
## Contact Information:

**T.J. Gordon:** [tgordo7@uic.edu](mailto:tgordo7@uic.edu)

**Jae Jin Pak:** [jjpak@uic.edu](mailto:jjpak@uic.edu)

**Jennifer Thibodeaux Sands:** [jennifer@thearcofil.org](mailto:jennifer@thearcofil.org)

**Rio Goodwin Perez:** [rio@thearcofil.org](mailto:rio@thearcofil.org)

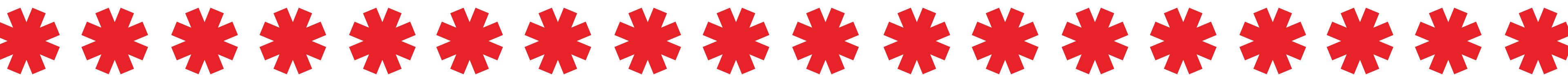




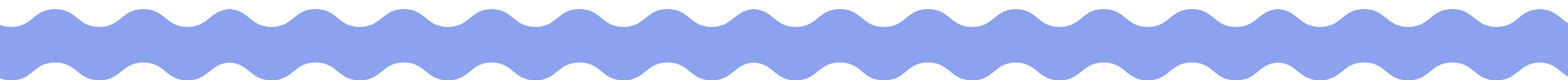
# Coming Up Next



- How To Submit a Witness Slip, **February 9 at 10:00 am**
- Crafting an Elevator Speech, **February 17 at 10:00 am**
- Arranging a Meeting with Your Legislator, **February 23 at 10:00 am**
- Discussing Political Issues with Civility, **March 2 at 10:00 am**
- How a Bill Becomes a Law at the Federal and State Levels, **March 9 at 10:00 am**



**We will send out the meeting  
recording, slides, resources,  
and vocabulary words after the  
session**





# Thank you to our sponsor!



Illinois Council on  
**Developmental**  
**Disabilities**

“In partnership with the Illinois Council on Developmental Disabilities. This communication is supported in part by grant number CFDA 93.630 from the U.S. administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects with government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official ACL policy.”