



Disability Rights Legislative Day



Paraquad
Making Independence Accessible

Wednesday, February 25th
Join us in Jefferson City or
Watch the Livestream.
Go to DRLD.org for more info!



Presenters

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Today's Topics

- Where to find DRLD Information
- The DRLD Schedule
- Capitol Logistics
 - Parking
 - Entrances and Exits
 - Eating
 - What to Wear
- Capitol Accessibility Features and Barriers
- Meeting with your legislators - before, during, and after
- Contacts for DRLD Questions
- Other Advocacy Opportunities



For Info.

DRLD.org

**This is your best
resource!**

Register TODAY.



Arrival Time

- The rally begins at 11:00 am.
- Everyone **HAS** to go through security before entering the Capitol. This can only be done at the South and East entrances (more on entrances later!).
- Plan as if there will be a long line when you get there. There will be!
- Getting there early is a good thing! You can explore the Capitol, meet with legislators early, visit the exhibits, or check out the resource tables.



Feb. 25 Schedule

Time	Activity
9-11 am	• Visit the CHS Mobile Sensory and Accessibility Resource Center (Circle Drive) • Meet with Legislators (Floors 1-4) • Attend the Advocacy Resource Fair (3rd Floor Rotunda)
11- 12 pm	• Rally (1st Floor Rotunda)
12-2 pm	• Eat Lunch (Café in Basement, Bring Lunch, or Eat Downtown) • Meet with Legislators (Floors 1-4) • Attend the Advocacy Resource Fair (3rd Floor Rotunda) • Visit the CHS Mobile Sensory and Accessibility Resource Center (Circle Drive)



Drop Off Points

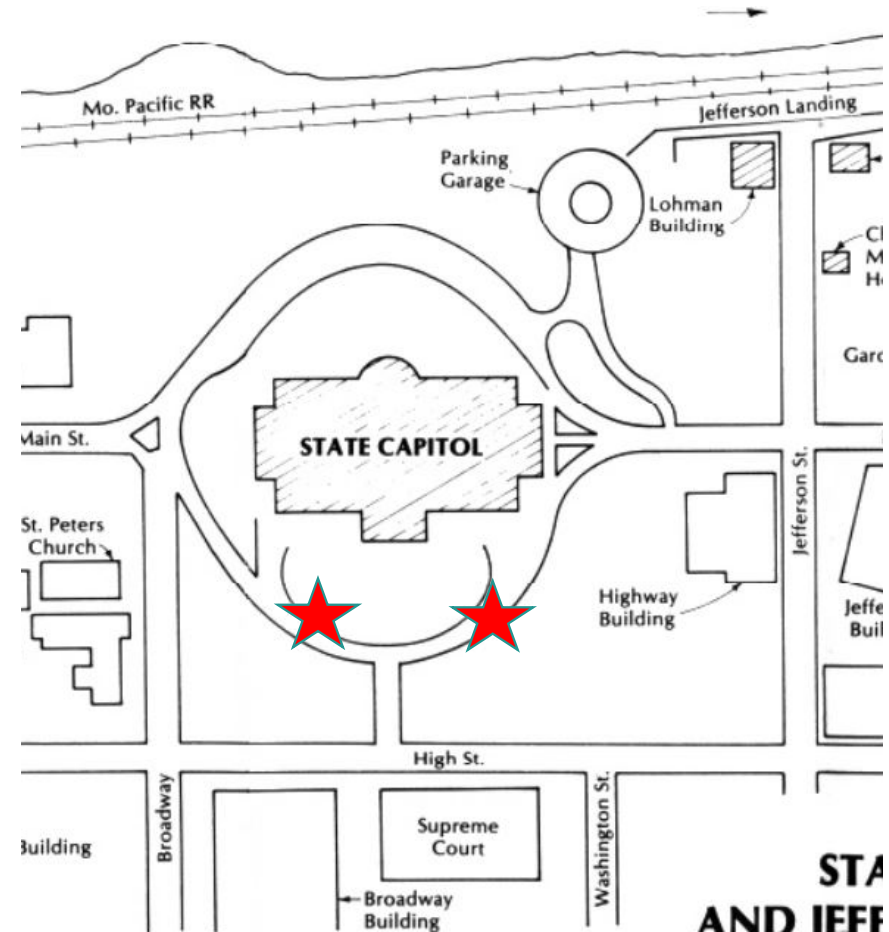


The two ★ show drop off points at the capitol.

The star on the left is for smaller cars and vans.

Larger buses can pull past that point in the circle drive to drop off people at the star on the right. There will be a few parking spots blocked so that buses can pull in to offload.

- If a bus pulls up and the spot is being used by another bus, Capitol police would like buses to circle the Capitol until they can pull in.



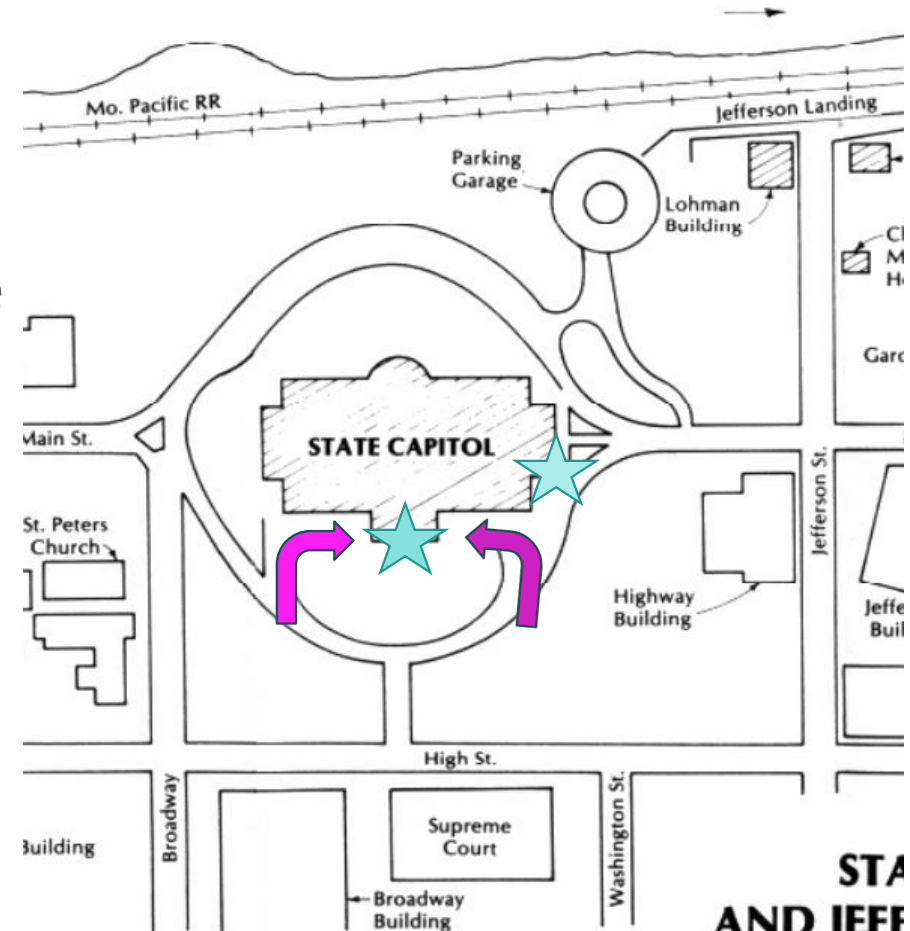


Entrances & Exits

The two ★ entrances to the capitol.

The side entrance is the garage entrance. It's close to the Capitol Police Booth.

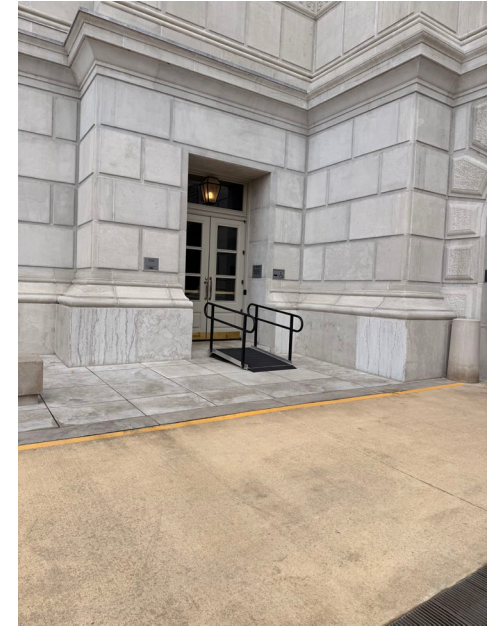
- This entrance may be easier for people who use wheelchairs or mobility aids. The ramp to the main entrance is steep.





Entrances & Exits

Front Entrance and Exit

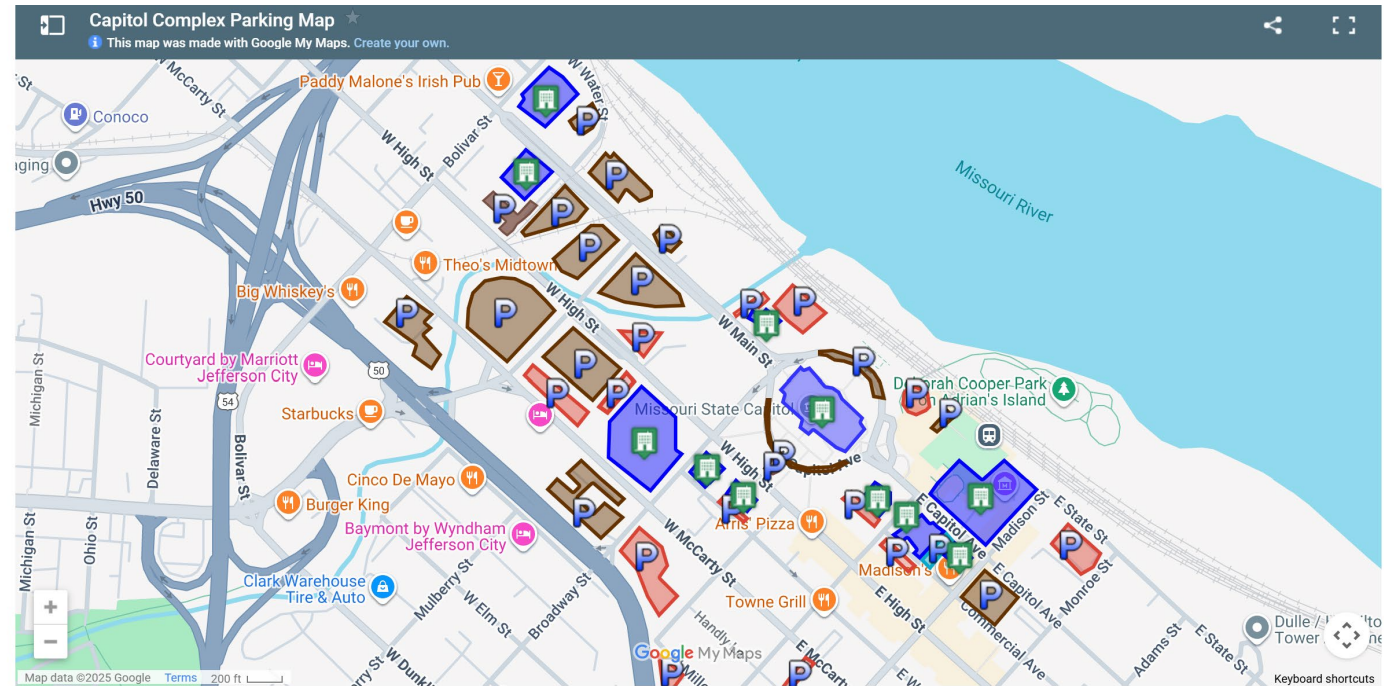


Side/Garage Entrance and Exit

- Continue along the circle drive until you see the free-standing Capitol Police booth. The entrance through the garage is there.
- You cannot pull a car or vehicle into the garage
- You can drop someone off right by the Garage door. (There's a regular door right next to it.)



Parking



View [Capitol Complex Parking Map](#) in a larger map

- Will be tricky! Construction in the area, and one public garage is closed.
- Please be sure to register to get any big parking updates.
 - <https://bit.ly/parkingDRLD>
 - Lots of street parking – coin meters or Passport App

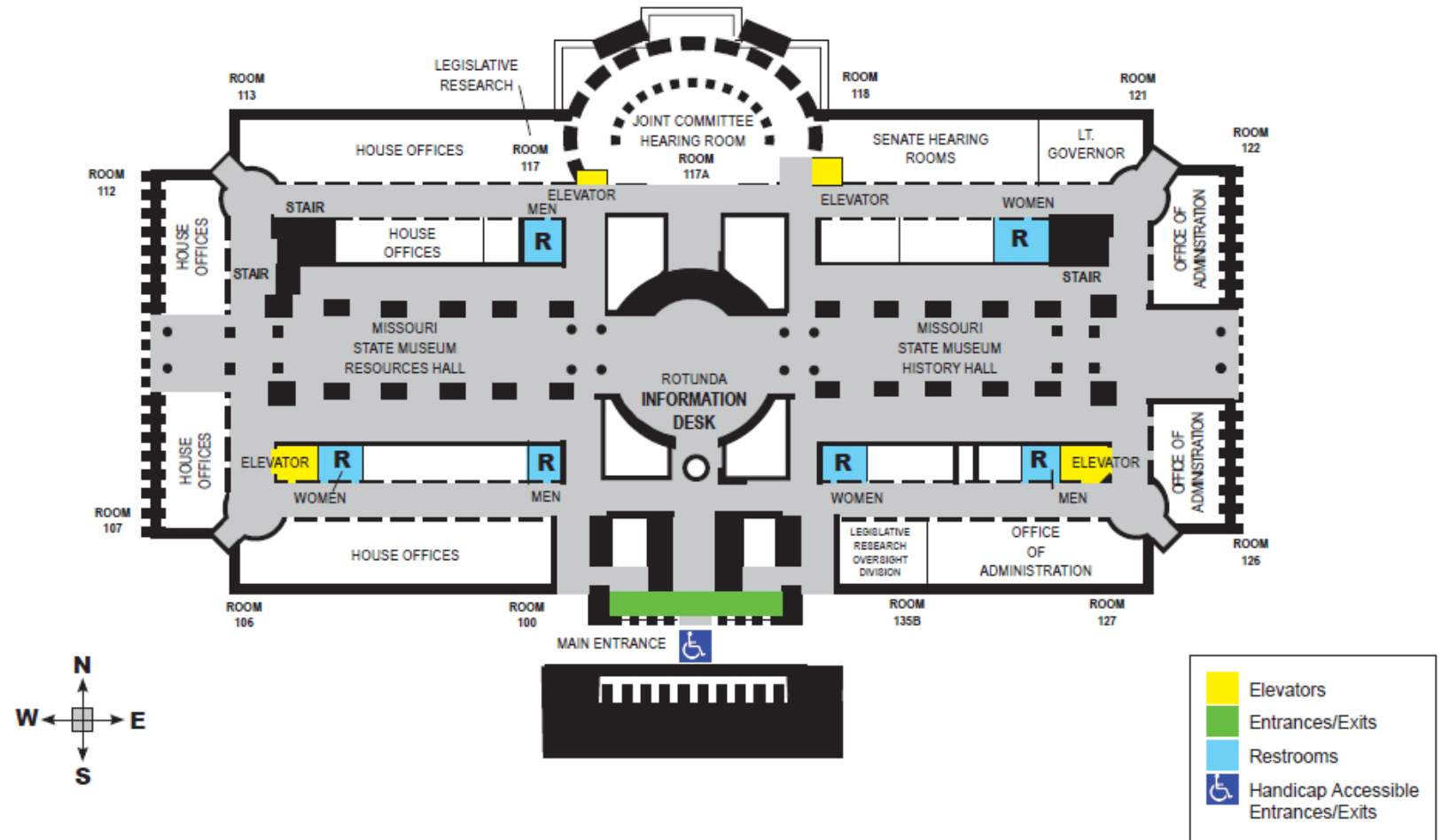


Disability Rights
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Capitol Map 1st Floor

FIRST FLOOR

<https://bit.ly/MapsbyFloor>





Eating

- We suggest bringing your lunch. There will be some tables available on the Second floor, but they are first come first served.
- There is a cafeteria in the basement that accepts cash, credit card, and Apple Pay. They have one hot lunch option and sandwiches and salads.
- There are a number of restaurants around the Capitol
 - We suggest calling ahead to see if they take reservations or give them a heads up if you are bringing a large group



What NOT to Wear



Here are some “probably nots”



What to Wear



- Be comfortable!



**Volunteers and
Support**

- There will be an Access Team in bright teal T-shirts. This team can help you:
 - Know what to do next
 - Look up your legislator
 - Help you get to appointments with your legislator, as they can
 - Find accessibility features
 - Know where to go



Disability Rights
Legislative Day

Accessibility



- Basement: large family restroom across from Hearing Room 6 – not far from Cafe
- Hoyer Lift – check your sling!
- Stationary table, toilet, lots of clearance for wheelchairs and support



Noise

The Capitol can get really LOUD, especially during the rally. Some ideas:

- Make a plan to bring headphones
- Contact your legislator ahead of time and ask if you can use their office for some space and a break from the noise
- Grab a mobile sensory kit from the CHS trailer on your way into the Capitol



**Accessibility:
New Rally
Features!**

- Large screen above speakers in the rotunda with large captions!
 - Will also show a slide show before and after rally
- FM transmission of sound for those with cochlear implants or hearing aids
- A few info handouts that will also be in Braille



**Accessibility:
CHS Trailer**



The CHS Mobile Sensory and Accessibility Resource Center

(Circle Drive – parked in front of Thomas Jefferson)

- Has a quiet/sensory room
 - You can also ask for sensory kits from them before going into the Capitol
- Accessible restroom side
 - Toilet, universal changing table that moves up and down, and more.
 - NO Hoyer lift





Questions to Think About Before DRLD

- What is your name and where are you from? What connections do you have with your legislator?
- What is important to you?
- What do you want your legislator to know about your life?
- How can your legislator help you?



Meeting Focus

- There are many issues you could bring up. **Pick 1 or 2 at most.**
- Ideas:
 - Protecting Medicaid funding and services
 - Competitive Employment Opportunities
 - Lack of accessible transportation
 - State Budget concerns



**Look
Them Up!**

You can look up profiles of your legislator by:

- Going to their Profile Page on [House](#) or [Senate](#) Websites
- Google them!
 - See if they are in the news
 - Have they made public statements
 - Look them up on Social Media



Set Up Leg. Meetings

Email or call your legislators' offices
<https://bit.ly/MOLegLookUp>

Tell them who you are and that you are their constituent (you live in their district).

Tell them what's important to you (the general topic of your meeting).

Give them your contact information. (They may need to contact you on the meeting day!)



Build a Relationship

Ten Easy Ways to Connect With Legislators

1. Find out who your legislator is <https://bit.ly/MOLegLookUp>
2. Save the contact info for easy access
3. Email, call or write to your legislator
4. If you are going to be at the Capitol, let them know
5. If you can't make it to the Capitol, you can request a meeting in the district
6. If you make an appointment at the Capitol, map out where you are going and be prepared
7. Check their schedule for time in their district, Spring Break and after the session are good
8. Prepare your story and talking points to share with them
9. After you meet with them, thank them
10. Keep contacting them all session and all year



Legislators' Contact Information

- Save it!
- Make sure it's easy to access
- Be prepared to continue talking to them



For DRLD in-person attendees

- If you are coming with a group, talk to the leader before making an appointment.
- If you make an appointment, call or email to see if they have time to meet with you **before or after the rally (11:00 am to 12:00 pm).**
- When you call, ask if their office is accessible. If it isn't, ask where else they can meet.



Know How to Get There

<https://www.senate.mo.gov/capitol-maps/>

- Take the info with you
 - Their name
 - Office (or meeting) information and location



Prepare Your Story

- Use the questions and tips we shared.
- Be prepared! You might only get 3 minutes. You might get 30.
 - Plan for less but be ready for more!



**Meetings
Outside of the
Capitol**

If you are not going to the Capitol you can still meet with your legislators.

The preparation pieces are the same!



**Spring Break:
March 16th-20th**

- This is a great time to meet with legislators in your home district.
- Great opportunity whether you are attending DRLD in person or not.
- Invite them to your work, church, meeting or home. Show them more about your life, your services, and what matters to you.



**Thank
them!**

- Any time you meet with a legislator, send a follow-up email or make a phone call to say thank you!
- If there is a bill you care about, let them know that and give them the bill number and whether you want them to vote for it or to oppose it.



Stay in Touch

- Legislators will be in session until May.
- June through December they will be home, keep in contact with them.
- Find ways to talk with them or see them at events.



Questions?

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