

## NAVIGATING THE IOWA LEGISLATURE

# WHAT CAN MY LEGISLATOR DO FOR ME?

### A LEGISLATOR'S JOB IS TO REPRESENT THEIR DISTRICT

Legislators are elected to represent the people that live in their districts (called "constituents"). They have many roles, but they are mainly problem solvers. They pass laws, decide how to spend taxpayer dollars, and help solve problems their constituents have with laws or government.

The job of a legislator is part-time in Iowa. The Legislature meets for 110 days in the first year of a two-year term (like 2023), and for 100 days in the second year (like 2024).

Your legislators work at the State Capitol from January to April, but the rest of the time they have other jobs. They are teachers, farmers, insurance agents, and small business owners. Some are retired and some are students. They really are just like the rest of us.

Your legislators work for the people living in their district. That means they work for you. They are *public servants*; their job is to serve the public.

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# HOW CAN MY LEGISLATORS HELP ME?

**Most legislators are now using social media.**

**Consider following them on Facebook, Twitter, Instagram, and YouTube.**



If you have concerns about issues that are affecting you, your family, your community, or the state, contact your legislators. They represent you. You do not need to know how to fix the problem (although it helps if you do). Some problems are tough, and your legislator can pull in experts to help find a solution. They are problem solvers.

Iowa legislators don't have big offices and a large staff. They have a desk and filing cabinet on the floor of the House/Senate and a session-only clerk that helps them file papers. That means legislators are easy to find and respond personally to calls, emails, and letters.