

Rosa L. DeLauro is the Congresswoman from Connecticut's Third Congressional District. Rosa serves in the Democratic leadership as Co-Chair of the Democratic Steering and Policy Committee, and she is the Chairwoman on the Labor, Health and Human Services, and Education Appropriations Subcommittee, where she oversees our nation's investments in education, health, and employment. Rosa also serves on the subcommittee responsible for the U.S. Department of Agriculture and the U.S. Food and Drug Administration, where she oversees food and drug safety.

For Rosa, her work has been and will always be about helping people. That is why congresswoman DeLauro believes our first priority must be to strengthen our economy and create good paying jobs. She supports tax cuts for working families, fought to expand the child Tax Credit to provide tax relief to millions of families, and introduced legislation to help grow our economy by making smart innovative investments in our infrastructure and helping manufacturing businesses to succeed. She is the leader in the Congress on helping working families with paid sick days and family and parental leave, universal child care and women being insured equal pay with men.

Rosa believes that we have a moral obligation to our nation's veterans and their families, and her concern for these heroes extends to both their physical and mental well-being. Rosa supports a transformation in how the Department of Veterans Affairs is funded, including advanced appropriations for health services, to ensure its fiscal soundness; and she successfully championed legislation to guarantee that troops deploying to combat theaters get the mental health screening they need both before and after deployment, as well as championed legislation that now provides assistance to today's Post-9/11 veterans choosing to pursue on-the-job training and apprenticeship programs.

District Office

59 Elm Street, Suite 205
New Haven, CT 06510
Phone: (203) 562-3718
Fax: (203) 772-2260
www.delauro.house.gov

Legislative Office

2413 Rayburn HOB
Washington, DC 20515
Phone: (202) 225-3661
Fax: (202) 225-4890



Services



Casework generally consists of a problem involving a federal program, rule, regulation, or administrative decision resulting from the implementation of public law. If you live in Connecticut's Third Congressional District and need assistance in matters involving the federal government, my staff and I are here to help you. From answering a question about eligibility, to interceding on your behalf with a specific grievance against an agency, I am dedicated to working with you in resolving your issue.

My office can assist **veterans** with a number of issues usually pertaining to medical issues, medals or record requests, and difficulties with receiving disability benefits.

We can also assist **active members of the armed services** with hardship separations, financial matters, and compassionate reassignments. I can also help with:

- Discharge Upgrades
- Correction of Records
- Obtaining Personnel Files

These are the services that we most commonly provide. If your issue is not listed, please feel free to contact my District Office.



Frequently Asked Questions

How can I get VA healthcare?

For most veterans, entry into the VA health care system begins by applying for enrollment. To apply, complete VA Form 10-10EZ, Application for Health Benefits, which may be obtained from any VA health care facility, any Regional Benefits Office, online or by calling 1-877-222-VETS (8387). Once enrolled, veterans can designate a primary VA healthcare facility to receive care.

How can I get a VA pension?

Veterans with low incomes who are permanently and totally disabled or are age 65 and older may be eligible for assistance if they have 90 days or more of active military service, at least one day of which was during a war period. Surviving spouses may also be eligible for death Pension benefits. To apply, please submit an Application for Pension, VA Form 21P-527EZ, to the Philadelphia VA Pension Management Center.

How can I receive VA service-connected compensation?

Disability compensation is a monetary benefit paid to veterans who are disabled by an injury or disease that was incurred or aggravated during active military service. An Application for Compensation, VA Form 21-526EZ, should be submitted to the Hartford VA Regional Office. My office can also assist with the status updates of claims and appeals.

How can I request military service records?

Most veterans and their next-of-kin can request copies of their DD-214 and their Official Military Personnel File, via eVetRecs at <https://vetrecs.archives.gov/VeteranRequest/home.html>. Otherwise, please use the Standard Form (SF) 180, Request Pertaining to Military Records to submit a request.

Resources

VA Connecticut Healthcare System

950 Campbell Avenue
West Haven, CT 06516
(203) 932-5711

Hartford VA Regional Office

555 Willard Avenue, Bldg 2E
P.O. Box 310909
Newington, CT 06111
(800) 827-1000

CT Department of Veteran Affairs

287 West Street
Rocky Hill, CT 06067
(860) 616-3600

Soldiers, Sailors, and Marines Fund

864 Wethersfield Avenue
Hartford, CT 06114
(860) 296-0719

National Personnel Records Center

1 Archives Drive
St. Louis, Missouri 63138
(314) 801-0800