



Making the Most of Your Capitol Tour

Visiting the Capitol is a key first step in advocacy. Familiarizing yourself with the building, its activities, & its work will boost your confidence for future efforts. These tips will help you make the most of your Capitol tour, whether you're a current or future OT practitioner.



Wear OT Proudly

- Wear OT-branded clothing or a name badge to show unity & a strong OT presence



Use Your V.O.I.C.E.

- **V**alue their time (Be brief & respectful)
- **O**ffer a firm handshake
- **I**ntroduce yourself with your name & affiliation
- **C**learly state your reason for the visit
- **E**ngage with eye contact & confidence



Clearly Define Occupational Therapy

- Provide a brief, clear definition of OT
- Link OT to legislators' priorities (e.g., healthcare, education, mental health, workforce development)



Share Your OT Story

- Start a conversation with “Ask Me About OT”
- Share a compelling story illustrating OT's impact on individuals & communities



Follow Up & Stay Engaged

- Send a thank-you note or email (examples on next page)
- Visit the **ConnOTA Advocacy Center** for updates, resources, & policy efforts
- Share your experience—write about your visit & send photos to ConnOTA for social media

Visit us at: connota.org
Email us at: info@connota.org

Capitol Visit: Quick Email or Handwritten Note Templates

Take Action with Your Legislator

Before you reach out, start by finding your legislators:

<https://www.cga.ct.gov/asp/menu/cgafindleg.asp>

Why Reach Out?

By sending a brief note, you can help raise awareness about the importance of occupational therapy services in Connecticut and start a meaningful conversation with your legislator. Whether you're emailing or writing a note by hand, your message can have a powerful impact!

Quick Email or Handwritten Note Examples

Choose one of the templates below to personalize and send to your legislator. Each example is designed to be simple and direct, opening the door for future discussions.

Subject: Occupational Therapy Discussion

Dear [Legislator's Name],

I'm [Your Name], a resident of [Your Town/City]. I recently toured the Capitol and wanted to reach out.

As an [occupational therapist/occupational therapy assistant/occupational therapy student], I'd love to discuss how occupational therapy can better support Connecticut residents. I'd appreciate the opportunity to meet with you and share my thoughts.

Thank you for your time,

[Your Name & Credentials]

[Your Contact Information]

Subject: Sharing My Passion for OT

Dear [Legislator's Name],

I'm [Your Name], a resident of [Your Town/City], and I recently toured the Capitol. I wanted to share my passion for occupational therapy and its positive impact on Connecticut communities.

I'd love to discuss ways we can continue to support OT services in the state. I'd also be happy to include my colleagues in the conversation.

Thank you for your consideration,

[Your Name & Credentials]

[Your Contact Information]