

Occupational Therapy gets people Living Their Best Lives



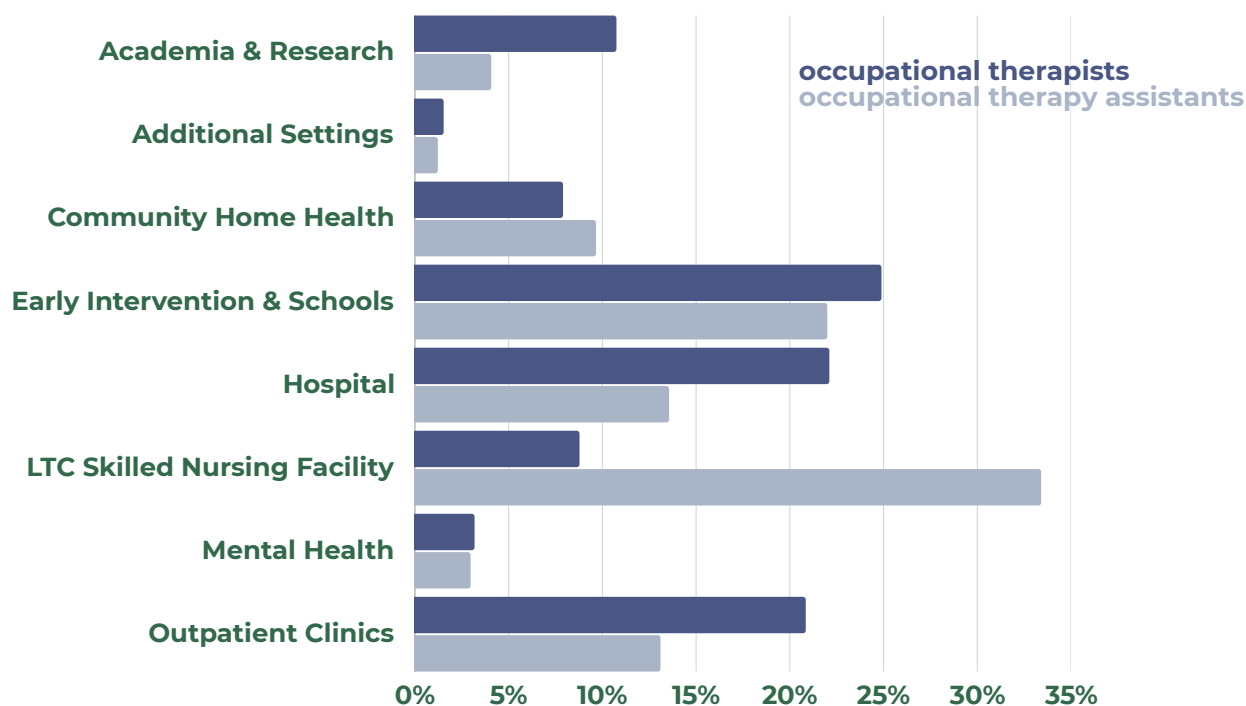
Helping Connecticut Thrive



Empowering All Ages, All Abilities



In Every Setting



Connecticut Occupational Therapy Association

Supporting Meaningful Participation Everyday



Regaining Independence Living Safely At Home

- Modify your home to make activities like cooking, cleaning, or dressing safer & easier
- Improve strength & mobility for tasks that matter most
- Develop routines that conserve energy & reduce stress



Enhancing Productivity Thriving At Work

- Design ergonomic workspaces & tools to reduce strain & enhance productivity
- Develop strategies to manage stress, improve focus, & maintain work-life balance
- Encourage participation in work-related tasks that are meaningful & fulfilling



Promoting Success Supporting Students

- Improve fine motor skills for hands on learning activities
- Support students with sensory processing challenges for better classroom participation
- Encourage emotional well-being through peer interactions & self-regulation skills



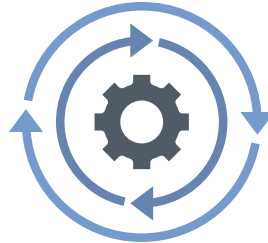
Supporting Active Living Living Fully, Every Day

- Support engagement in meaningful occupations that bring purpose & fulfillment
- Empower individuals to live fully in the settings that matter most
- Enable participation in daily routines, work, & social activities with confidence & independence

OT in Mental Health Essential, Not Optional



**Manage
anxiety**



**Rebuild
routines**



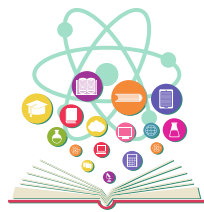
**Reengage
with life**

*Occupational therapy practitioners are trained to address the **full spectrum of mental health needs—body, mind, & daily life.** We help people rebuild their routines, manage anxiety, connect with meaning, & reengage with the world.*

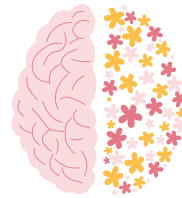
Yet too often, we're overlooked as mental health professionals. In the face of a national provider shortage & growing mental health crisis, recognizing OT's role isn't optional—it's essential.

— Mental Health OT, Connecticut

OT in Schools More Than Handwriting



**Promoting
Access**



**Supporting
Mental Health**



**Enhancing
Independence**



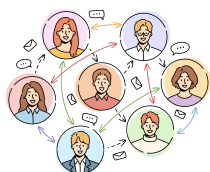
**Building
Inclusive Schools**

*As school occupational therapy practitioners, we don't just support individual students—we support systems. We are educators & public health advocates, **helping schools create environments where all children can thrive physically, emotionally, & academically.***

— School Occupational Therapist, Connecticut

Aging Well

Aging in Place with OT



Reducing Social Isolation & Promoting Meaningful Engagement



Preventing Falls through Environmental Modification & Personal Strategies



Supporting Family & Caregivers for Sustainable Aging in Place

*As an occupational therapy assistant, I see every day how much older adults in Connecticut want to stay active & independent in their own homes. Our aging population is growing—and so is the need for support. **We help create safe, healthy living environments, promote routines that match each person's lifestyle, & guide caregivers stepping into new roles.** It's not just about aging—it's about aging well, with dignity & purpose.*

— Occupational Therapy Assistant, Connecticut

OT Workforce = Healthcare Access



OT & OTA Jobs Growing Faster than the Average for All Occupations



New Graduates Face Higher than Average Student Debt

Investing in the OT Workforce Means

- Expanding care in rural & underserved areas
- Strengthening mental health, aging, & school supports
- Building a diverse equity-driven practitioner pipeline

*OT & OTA jobs are growing faster than the national average, yet students enter this high-demand field burdened by debt & barriers. As an educator, I see future practitioners questioning how they can build a sustainable career when licensure is costly, productivity demands are unmanageable, & reimbursement rates--both insurance & Medicaid--fail to reflect the value of their work. **If we want accessible, high-quality care across all communities, we must invest in the people trained to deliver it.***

— Occupational Therapy Educator, Connecticut

Occupational Therapy in every Policy Conversation

