

Learn. Connect. Advocate.
For Occupational Therapy in Texas!



TOTA
Texas Occupational
Therapy Association

☆ www.tota.org ☆





Foreword



Welcome to your TOTA OT Advocacy Coloring Book!



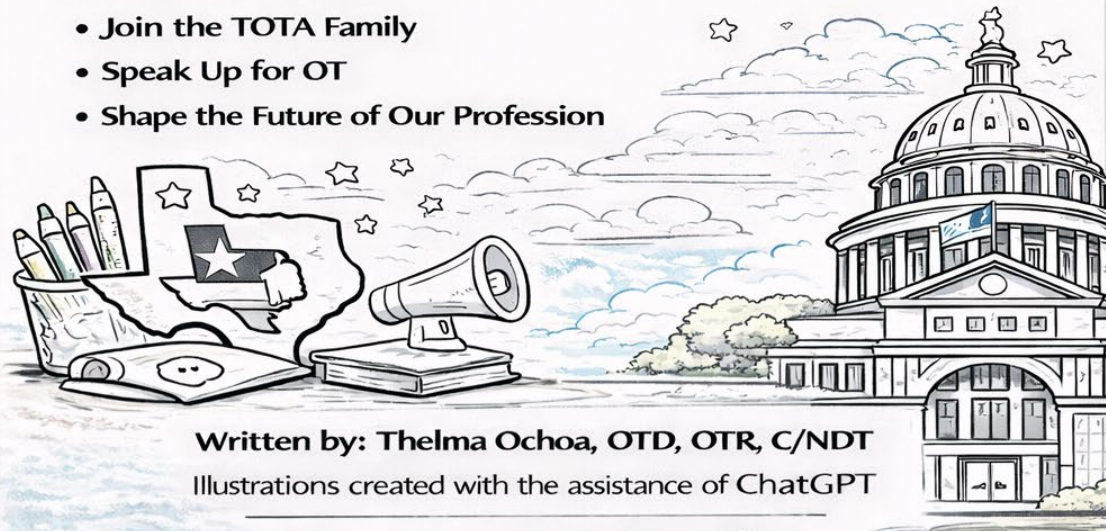
This book is designed to teach, inspire, and empower you, our future leaders, to stand up for occupational therapy and make a difference in Texas.

- **Learn about TOTA:** Discover how TOTA is working across Texas to protect, support, and advance the occupational therapy profession.
- **Connect with our Community:** Meet the incredible OTs and feel the power of our collective advocacy.
- **Advocate for OT:** Explore ways you can use your ~~own~~ **voice** and actions to make a positive impact on our field and the people we serve.

Whether you're an **OT, an OT student**, or someone who cares about occupational therapy, every page is filled with **opportunities to learn and grow**. Color, engage, and let your advocacy journey **begin!**

Let's start our OT advocacy journey by coloring and connecting over three key advocacy topics:

- **Join the TOTA Family**
- **Speak Up for OT**
- **Shape the Future of Our Profession**



Written by: **Thelma Ochoa, OTD, OTR, C/NDT**

Illustrations created with the assistance of ChatGPT

Advocacy content informed by:

John S. Luna, OTD, OTR



Roel Garcia, OTD, OTR



Thelma Ochoa, OTD, OTR, C/NDT

TOTA President



From the presentation:



**"Advocacy for Occupational Therapy Students:
Why Delay? How to Start Today."**



— Welcome to TOTA —

TOTA: Your OT Family in Texas

The Texas Occupational Therapy Association (TOTA) is your professional home in Texas.

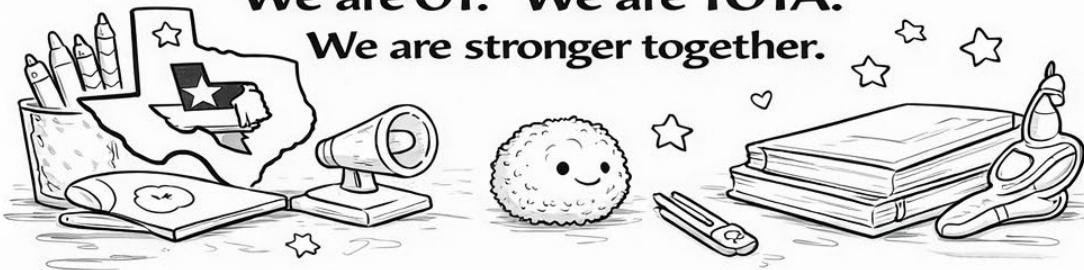
TOTA supports occupational therapists, occupational therapy assistants, and OT students by helping them **learn**, **connect**, and **advocate** for the profession we love.

Through education, advocacy, and community, TOTA works to protect occupational therapy and promote the important role OT plays in health care, education, and everyday life.

When you join TOTA, you are joining a community of professionals who stand together to make a difference — for our clients, our students, and our future.



We are OT. We are TOTA.
We are stronger together.



— Every Day and at the Capitol! —

— Advocacy Happens Everywhere —

Every Day: Show the value of occupational therapy in your classroom, clinic, workplace, and community.

Advocacy can be as simple as explaining what OT is, sharing success stories, or mentoring a future OT.

At the Capitol: Tell lawmakers why occupational therapy matters in health care, education, and everyday life.

Your voice helps protect services, support clients and **strengthen** our profession.

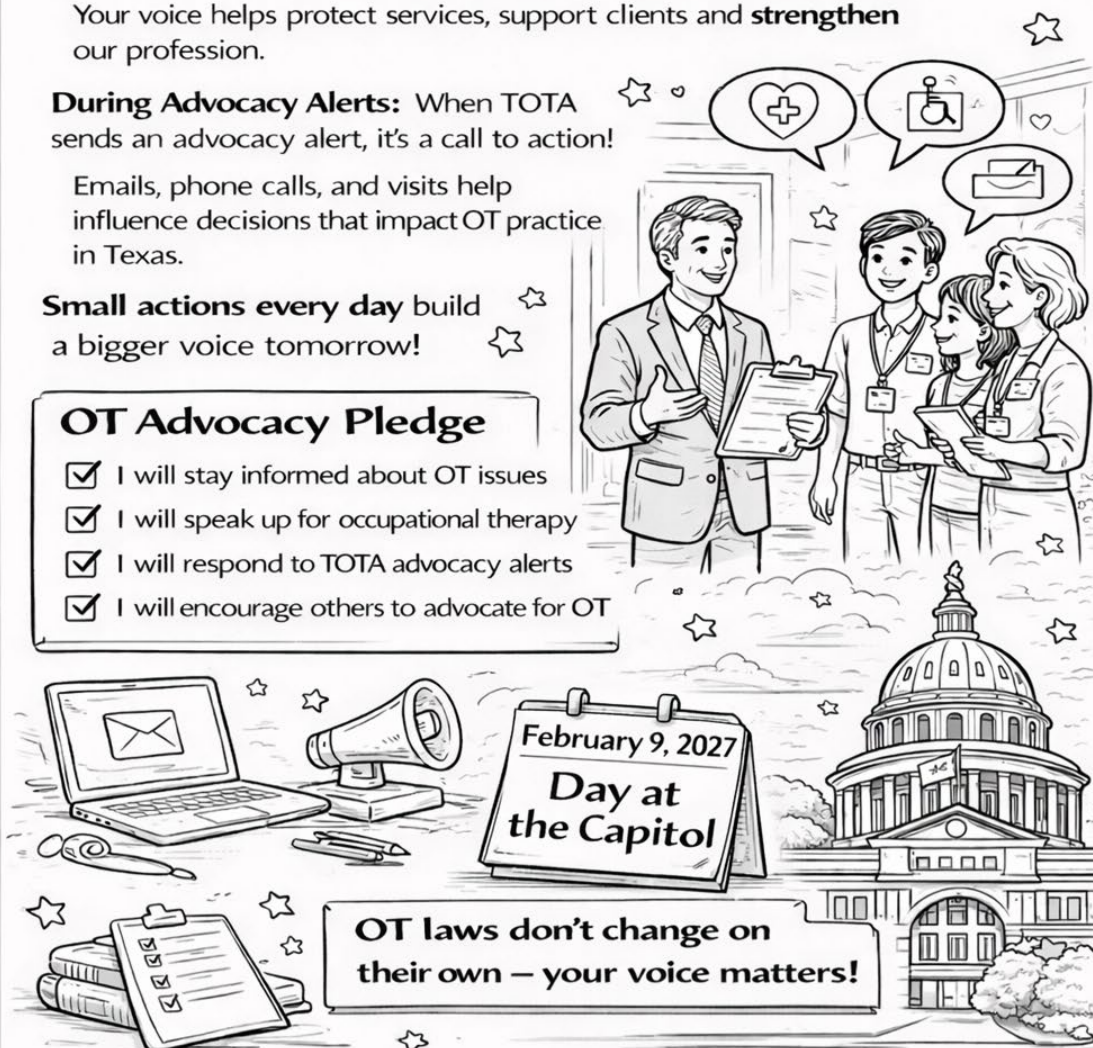
During Advocacy Alerts: When TOTA sends an advocacy alert, it's a call to action!

Emails, phone calls, and visits help influence decisions that impact OT practice in Texas.

Small actions every day build a bigger voice tomorrow!

OT Advocacy Pledge

- ☒ I will stay informed about OT issues
- ☒ I will speak up for occupational therapy
- ☒ I will respond to TOTA advocacy alerts
- ☒ I will encourage others to advocate for OT



Shape the Future of Our Profession

Small Actions Make a Big Impact!

Stay Informed



Keep up with relevant news so you know how to advocate.

Share Your Voice



Educate others about OT and why it matters.



Speak up to legislators and answer OT advocacy alerts.

How can YOU shape the future of OT?

- ✓ Support TOTA and become a member
- ✓ Talk to your community about OT
- ✓ Share success stories of OT clients
- ✓ Respond to Advocacy Alerts.



Your Voice. Your Future.
Learn. Connect. Advocate.

www.tota.org



Your Voice. Your Future. Learn. Connect. Advocate.

Do You Know Who Represents You?

Who is Your U.S. and State Representative?

Find out who represents you in
the U.S. Congress and the Texas
Legislature.

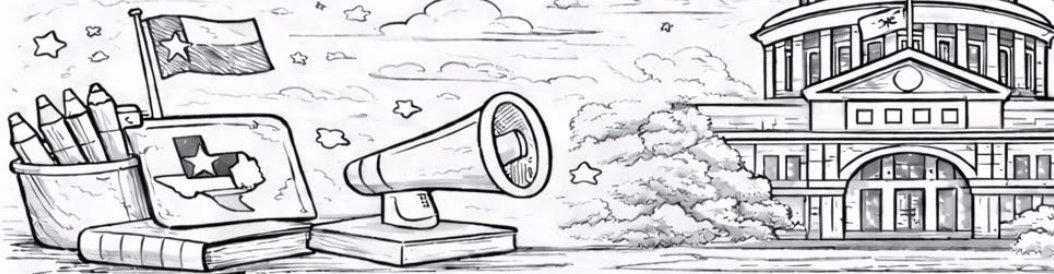
<https://wrm.capitol.texas.gov/home>



Do You Know Your TOTA District?

Visit TOTA's website to learn more
about your district and get involved.

www.tota.org



<https://wrm.capitol.texas.gov/home>

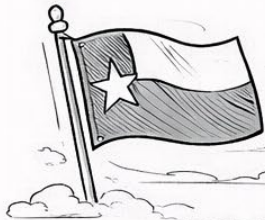
www.tota.org

<https://wrm.capitol.texas.gov/home>

www.tota.org



Learn. Connect. Advocate.



Your Voice Matters!

OT laws don't change on their own.

It's up to us to make a difference!

☒ **Join TOTA**

Stand up for occupational therapy in Texas by becoming a TOTA member.

☒ **Stay Informed**

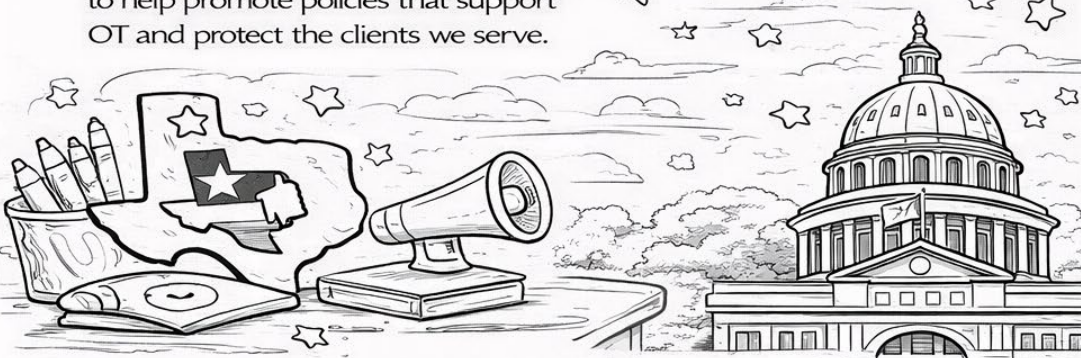
Keep up with OT issues and advocacy alerts, so you can speak out and take action when it counts.

☒ **Speak Up for OT**

Share why occupational therapy is essential for health, education, and our communities.

☒ **Shape the Future**

Use your voice and actions to help promote policies that support OT and protect the clients we serve.



Learn. Connect. Advocate.

www.tota.org



Thank You for Coloring and Advocating for OT!

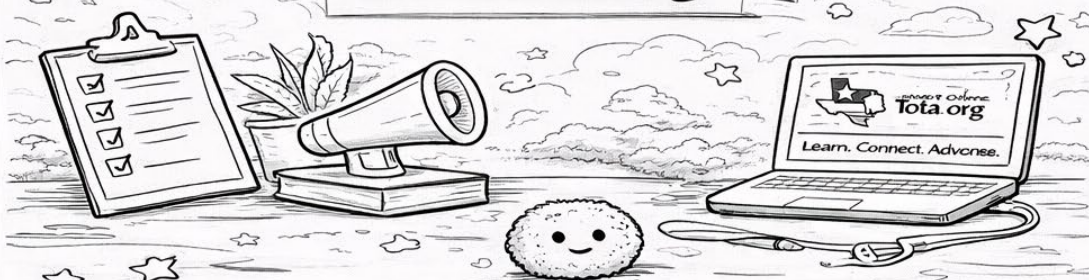
— Every Effort Counts. Your Voice Matters. —



Together, we are building a powerful future
for occupational therapy in Texas!

Visit TOTA online for ways to stay informed

www.tota.org



Your Voice. Your Future.

Learn. Connect. Advocate.

www.tota.org