



The Value of Occupational Therapy

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Overview



- College of Occupational Therapists occupation-centred practice position statement
- College of Occupational Therapists occupation-centred practice briefing:
 - Occupation-centred
 - Occupation-focused
 - Occupation-based
- College of Occupational Therapists Improving lives saving money campaign

Current practice



1. What is the unique perspective of occupational therapy?
2. How do you describe your role to:
 - Adults?
 - Children?
 - Other professionals?
3. How does 'occupation' feature within your explanation?

Example explanation



- Occupational therapy improves health and wellbeing through *participation in occupation*.
- Occupational therapy enables people to participate in daily life to improve their health and wellbeing. Daily life is made up of many '*occupations*' such as getting ready to go out, cooking a meal or working. An occupational therapist will help people who may need support or advice if they are not able to do their occupations due to illness, disability, circumstances or as a result of changes in their lives as they get older.

COT position statement



- “Occupation should be considered a basic need and human right, like eating, drinking and breathing (Dunton 1919). There is a renewed understanding of how engagement in occupation is therapy and fundamental to health and wellbeing (Wilcock 2006).”
- “The focus of the practitioner in ***any setting, with any service user group*** is to maximise occupational performance and participation (World Federation of Occupational Therapists 2012).”

Available at:

<https://www.cot.co.uk/position-statements/position-statements>

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COT briefing - terminology



Occupation-centred

describes an approach where occupation is at the core. It is made up of occupation-focused and occupation-based practice

Occupation-focused

describes practice where information about the person, environment and occupation relates closely with occupational performance.

Occupation-based

describes practice where the 'doing' of occupation is the main ingredient in assessment, intervention and measure of outcomes

- Available at: <https://www.cot.co.uk/docs/briefings/professional-practice>
(you will need to be logged in)



Emergency
Department
(A&E)

**Occupational therapy
improves health &
wellbeing
through participation
in occupation.**

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College of Occupational Therapists' Campaign Programme



1. Keeping people out of hospital
2. Reducing pressure on primary care
3. Addressing over reliance on social care



- What would be **your service's** infographic?
- What **data** do you need to evidence this?

Occupational therapists in **care homes** can reduce falls by **67%**



Source: Advancing Healthcare Awards 2014

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Occupational therapists in reablement services **help 63%** of people back to independence

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Source: Urgent Care: The Value of Occupational Therapy, (2015)



>**75%**

Occupational therapists working with **paramedics** keep more than **75%** of callers at home

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Source: Urgent Care: The Value of Occupational Therapy, 2015



Urgent Care
The Value of
Occupational
Therapy
ENGLAND

Occupational Therapy
Improving Lives
Saving Money

#ValueofOT



Information: demonstrates impact

- Are you clear about the data that is collected from occupational therapy records in your organisation?
- Do you know what information can be extracted and reported which could assist you in demonstrating the effectiveness of your interventions?
- What are your organisation's plans for electronic records?
- Do you know who you need to talk to in your local IM&T team to find out more details and if there are any working groups you can get involved in?



How do I do this?

- Visit our website to download the impact data form
- Use the example template and guidance notes provided
- Attend a COT Roadshow for help calculating cost savings
- Speak to your manager about getting involved in the campaign

Visit:

www.cotimprovinglives.com





ANY QUESTIONS?

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