

# ANNUAL REVIEW 2016

College of  
Occupational Therapists

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Occupational  
Therapists





# A MESSAGE FROM THE CHIEF EXECUTIVE

The year 2016 was a seminal one for the College of Occupational Therapists. We have celebrated many milestones and achievements, not least our 40th annual conference and exhibition, which saw the largest ever number of delegates walk through the doors, Her Royal Highness the Princess Royal celebrating 30 years as our patron, and our membership edging close to 32,000 for the first time ever, which is three quarters of all qualified occupational therapists in the UK.

The year may also go down as a watershed for the profession, because in November 2016, we published the first report in our Occupational Therapy: Improving Lives, Saving Money campaign.

The result of a year-long campaign to gather evidence focusing on how occupational therapists help keep people out of hospital, it was launched in the Parliament buildings of all four countries, with a wave of political support and significant national media coverage.

Members have been delighted by both the contents of the report and its impact. But more than that, for the first time, the College has raised the profile of the work done by its members and the related savings their interventions deliver with policy makers and influencers across the UK. And slowly but surely, awareness of occupational therapy and its value is growing.

As I have often said to members, our profession comes from a culture of being somewhat self-effacing and low key. But over the years, our confidence has grown and now is the time for us to be 'loud and proud'.

We need to ride the crest of the wave and ensure it pays dividends for both the profession and its service users in years to come.

Today we have a profession that is gaining confidence, adapting to change, being taken seriously and prepared for a greater role in supporting citizens' health and wellbeing, and I believe occupational therapists will have the opportunity to work differently in future to ensure their skills are used to maximum advantage.

So, I am asking you, all 32,000 of our members, to celebrate and champion the vital work of occupational therapists and promote the value, excellence and innovation that is taking place across the profession.

The world of health and social care is complex and demanding, and while our membership is at its highest ever, we know that that working alone is not enough to deliver impact. I also ask that you cultivate partnerships and encourage others to be our ambassadors and representatives, to make sure occupational therapists are not forgotten when we are absent from proceedings.

Our annual review will enable you to have an idea of all the work your professional body has done over the last year. Like those in practice and other fields, we have worked hard to deliver more with less, and I think you will agree that our efforts have been significant.

We recognise that all these achievements would not have been possible without the support and input from you, our members. So we thank you for being engaged with the organisation, for volunteering for various areas of activity and for giving so freely of your time and knowledge.

There are 66 members of staff at COT, but there are almost 32,000 of you, our members. If we all work together the profession will be stronger than ever and our profile will increase.

Now, more than ever, it is time for occupational therapy to take centre stage in supporting our citizens' wellbeing and enabling high quality services to be delivered to those in need across a range of sectors.

Julia Scott



COT'S ANNUAL CONFERENCE AND EXHIBITION  
IN HARROGATE ATTRACTED OVER

**1,079** ATTENDEES - UP **194%**  
ON THE PREVIOUS YEAR

HER ROYAL HIGHNESS THE PRINCESS ROYAL  
ATTENDED TWO EVENTS IN 2016 AS PATRON  
OF COT, ATTENDED BY **225** GUESTS  
WHICH INCLUDED MANY COT MEMBERS

# 2016 HIGHLIGHTS OF THE YEAR



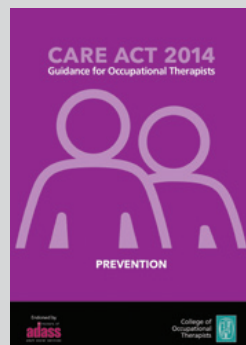
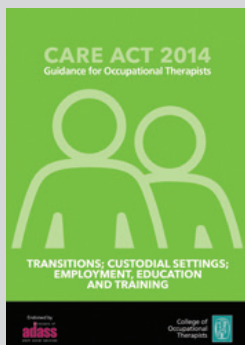
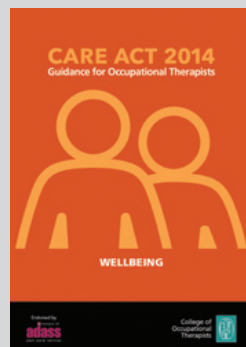
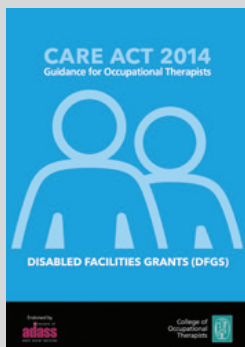
Dr Sidney Chu



Professor Suzanne Martin



Professor Gail Mountain



## JANUARY 2016

COT joins new national network of more than 50 organisations, Think Local, Act Personal, to promote community support.

COT announces its three new Fellows for 2016: Dr Sidney Chu, Professor Suzanne Martin and Professor Gail Mountain.

## FEBRUARY 2016

COT calls for 'political consensus' ahead of the Northern Ireland elections, with COT policy officer Kate Lesslar representing the professional body at the parliamentary launch of the Northern Ireland Confederation of Health and Social Care's election briefing launch.

## MARCH 2016

COT helps develop new adaptations system in Wales, having been key to a government taskforce set up to tackle the issue and develop the 'Enable – Support for Independent Living Service', which launched the following month.

## APRIL 2016

COT and Foundations UK respond to the *Making a house a home* report from the Local Government Ombudsman, which highlights the number of complaints received due to delays in Disabled Facilities Grants and says all councils should have clear procedures and policies that ensure a continuous service for home adaptation services between housing and adult social care.

## MAY 2016

First Minister and leader of the Scottish National Party (SNP) Nicola Sturgeon pledges support for the value of occupational therapy during the party's spring conference in Glasgow, as she joins the COT stand to support access to occupational therapy in key services in Scotland and particularly in unscheduled care and primary care settings.

## JUNE 2016

Following member research carried out the previous year, COT delivers a completely redesigned 'Occupational Therapy News' magazine.

COT produces four new guides to help occupational therapists understand the Care Act 2014.

# 2016 HIGHLIGHTS OF THE YEAR

## JULY 2016

An online and print *Guide to occupational therapy*, published by *the Guardian* newspaper, predicts a watershed for the profession as occupational therapists prove themselves essential to integrated health and care services.

## AUGUST 2016

COT marks HRH The Princess Royal's 30 years as patron with a special awards event in London.

## SEPTEMBER 2016

COT calls on members to help with the evolution of the Post Qualifying Framework

## OCTOBER 2016

World Occupational Therapy Day, organised by the World Federation of Occupational Therapists, unites occupational therapists globally to be 'loud and proud'.

COT significantly enhances its professional indemnity insurance provision for members, following a lengthy six-month consultation.

AS OF DECEMBER 2016, COT MEMBERSHIP HAD REACHED

**31,977**



COMPARED WITH 31,304 AT THE SAME TIME THE PREVIOUS YEAR  
AN INCREASE OF **693** MEMBERS IN ONE YEAR

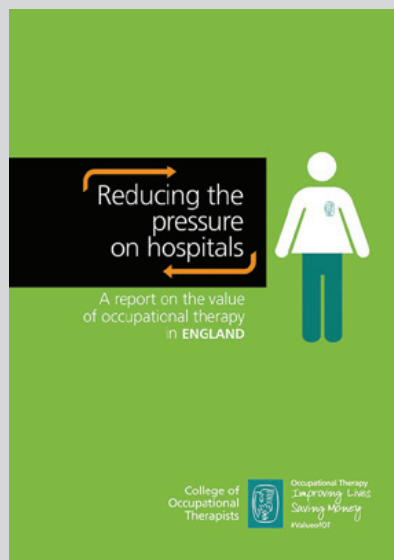
## NOVEMBER 2016

COT publishes *Reducing the pressure on hospitals* during Occupational Therapy Week to unprecedented national media coverage.

Stakeholders, including employers, educators, commissioners and professional bodies and practitioners in England, meet at COT to discuss the fast moving and growing apprenticeship agenda for occupational therapy.

## DECEMBER 2016

COT ended the year with 31,977 members, up two per cent on the previous year. This represents 73 per cent of all Health and Care Professions Council occupational therapy registrants.



# Occupational Therapy *Improving Lives, Saving Money*

[www.cotimprovinglives.com](http://www.cotimprovinglives.com)  
#ValueofOT



ONE OF THE COLLEGE'S BIGGEST ACHIEVEMENTS OF THE YEAR HAS BEEN THE SUCCESSFUL LAUNCH OF THE FIRST REPORT IN THE OCCUPATIONAL THERAPY: IMPROVING LIVES, SAVING MONEY CAMPAIGN, IN THE PARLIAMENTARY BUILDINGS OF ALL FOUR COUNTRIES IN NOVEMBER.

Here are the milestones of the campaign so far:

## NOVEMBER 2015

The campaign launch of 'Occupational Therapy: Improving Lives, Saving Money' was timed to coincide with the start of Occupational Therapy Week on 2 November, with an address by Alistair Burt MP, the Minister for Community and Social Care in the Department of Health.

Phase one of the campaign focuses on keeping people out of hospital, and includes a call for evidence of best practice, clinical examples and data from COT members across the nations to demonstrate the value of the profession.



## APRIL 2016

COT launches a new microsite for the campaign as the drive to promote occupational therapy gathers pace.

## 8 NOVEMBER 2016

COT launches the first of the four country versions of *Reducing the pressure on hospitals: A report on the value of occupational therapy in Wales* during Occupational Therapy Week.

Vaughan Gething AM, Cabinet Secretary for Health, Wellbeing and Sport wrote the foreword to the report and made the keynote speech at an event at the National Assembly for Wales.



## 11 NOVEMBER 2016

The report is launched in Northern Ireland in the Parliament Buildings at Stormont, sponsored by Claire Hanna MLA.

## 15 NOVEMBER 2016

The launch of the report in Scotland, at Holyrood, was sponsored by Clare Haughey, deputy convenor of the Health and Sports Committee.

## 16 NOVEMBER 2016

Norman Lamb MP, the Liberal Democrat health spokesperson, sponsored the launch event for the England report in the Churchill Room at the Houses of Parliament.



## DECEMBER 2016

Phase two of the campaign kicks off, to provide the evidence of the importance of occupational therapists in reducing pressure on primary care.

Download all four reports and get regular campaign updates at:  
[www.cotimprovinglives.com](http://www.cotimprovinglives.com)

# REVIEW OF STRATEGIC AIMS

## 2016 HAS BEEN A REMARKABLE YEAR OF CELEBRATION FOR THE COLLEGE OF OCCUPATIONAL THERAPISTS (COT).

In April, chief executive Julia Scott marked 10 years in post. Over that decade she has worked to implement vital changes to council, governance and staffing structures, and member engagement processes and mechanisms, to help the College deliver in the new millennium.

YEARS  
**30**

HER ROYAL HIGHNESS THE PRINCESS ROYAL CELEBRATED HER 30 YEARS AS PATRON OF COT IN 2016

YEARS  
**10**

WHILE JULIA SCOTT MARKED UP 10 YEARS AS CHIEF EXECUTIVE

YEARS  
**40**

THE ORGANISATION CELEBRATED THE 40TH ANNIVERSARY OF ITS ANNUAL CONFERENCE AND EXHIBITION

In June, the organisation celebrated the 40th anniversary of its annual conference and exhibition, which also happened to be the largest ever event held, with over 1,500 visitors in attendance over the three days.

And Her Royal Highness The Princess Royal was publically thanked for the time she has devoted to the profession over her 30 years as patron at a prestigious anniversary awards event in London in July.

And last but not least of this year's celebratory events, by November membership had reached its highest ever level since the organisation was formed; almost 32,000 members now adding their voices to that of the professional body to help raise the profile of the profession.

## BE THE VOICE OF THE PROFESSION

The College's landmark Occupational Therapy: Improving Lives, Saving Money campaign gathered pace in 2016.

In the first half of the year members joined campaign workshops UK-wide, contributed to an online survey and the College received a great many service examples that clearly demonstrate how occupational therapy saves money for the public purse and how it changes lives.

In November, four separate reports were published – one for each country – highlighting the positive impact occupational therapy has in helping to keep people out of hospital.

In the run up to the devolved elections in May 2016, COT produced manifestos for Wales, Northern Ireland and Scotland, which set out three key priority areas for the profession and were widely circulated within the counties.

It was a huge success, highlighted when Nicola Sturgeon, First Minister for Scotland and leader of the Scottish National Party (SNP), personally pledged support for the value of occupational therapy during the party's spring conference in Glasgow.

She visited COT's stand to pick up her copy of the manifesto and supported access to occupational therapy in key services in Scotland, and particularly in unscheduled care and primary care settings.

The profession was in the spotlight again in June, when *the Guardian* newspaper published *A guide to occupational therapy* for all its readers.

Produced online, as well as distributed throughout the UK in print, the special supplement featured occupational therapists who are trailblazing new services to keep people out of hospital and made great strides in promoting the profession more widely outside of health and social care circles, to the public and other stakeholders.

COT was also commissioned by the Department of Health, in 2015, to produce a series of four guidance documents on the Care Act 2014 for the occupational therapy profession.

*Prevention, Wellbeing, Disabled Facilities Grants, and Transitions, Custodial Settings; Employment, Training and Education*, which are all endorsed by ADASS, were published in June and August 2016, and are available to download from the website.

Lord Carter's eagerly-anticipated review of hospital productivity was published in February, detailing 15 recommendations aimed at saving the NHS £5 billion a year by 2020-21.



**COT RESPONDED TO 31 CONSULTATIONS ON BEHALF OF MEMBERS BETWEEN JANUARY AND DECEMBER 2016**

COT met with the AHP lead on the Carter Review Team to discuss how it could assist with this work and the professional body was cited in the final report on the contribution of AHPs to admission and discharge processes.

Another ongoing key area for public affairs activity is work, and COT was asked to join an Expert Advisory Group for the Department of Work and Pensions on transforming support for people with health conditions and disabilities. The organisation has pledged to use this opportunity to make sure that the valuable contribution that occupational therapists can offer is acknowledged and utilised going forward.

Finally, in education there have been significant changes proposed to the funding of allied health professions courses, with the ending of NHS bursaries for students in England from 1 August 2017. COT is continuing to work hard to support universities in any transition to new funding arrangements.



**14**  
**THE COLLEGE IS A MEMBER OF 14 ALLIANCES IN ENGLAND WALES AND SCOTLAND**  
HELPING THE ORGANISATION TO LOBBY AND INFLUENCE IN KEY AREAS OF HEALTH AND SOCIAL CARE

Following a high-level summit with key stakeholders in higher education and collaborative work with the Council of Deans for Health, COT submitted a full response to the government's consultation on bursaries, and alongside other AHP professions has also written letters to Health Education England and co-signed an open letter to *The Times*, raising concerns about workforce planning.

## SERVE MEMBERS WELL

Continuing professional development (CPD) is one of the top reasons people become members and the College is continually developing the suite of materials and opportunities available for members.

From the development of NICE-accredited practice guidelines to the publication of professional briefings, hot topics, audit tools linked to the professional standards, an ever-expanding ebook collection in the library, and a myriad of study days, conferences and events, COT continues to support its members' learning and development opportunities to help stay HCPC registered.

Over the year, COT produced four new briefing documents, 10 new publications and responded to 31 consultations, while 18 members received financial support totalling £71,596 via the

COT annual awards for education, research and CPD and UKOTRF funding schemes.

The regional groups continued to go from strength to strength; the development of the new Scottish Eastern and Scottish Northern Regions were announced in January, creating new opportunities for networking within Scotland.

COT's digital redevelopment project (Project Phineas) kicked off in 2016 with a wide range of member engagement activities taking place to get member feedback on how we develop the new COT website.

Alongside user surveys and online testing, the Phineas roadshow visited nine cities in four countries to get first-hand experience and feedback from members on what you want from a new site, and how we can develop our digital tools to make things easier and better for you.

Work has continued to develop a new site based on member feedback with an improved structure and navigation, a more powerful search function, and a responsive/mobile friendly design. The new site will be launching in the spring of 2017.

## ENSURE THAT COT IS ECONOMICALLY VIABLE

Of course, none of this work would be possible if the College were not a viable business, and while membership subscriptions continues to be the organisation's largest source of income, other key sources of income come mainly from conferences and events, advertising and subscriptions, professional activities and income from investments.

Of the organisation's expenditure, charitable activities – activities that promote professional practice; that is, education, research and development, membership services, the publication of BJOT and OTnews, and conferences and events – make up the largest part, with other expenditure to Unison, to provide industrial relations support to members, and governance costs for the organisation.

**Overall, the organisation continues to be in a healthy financial position, with reserves within the target set by Council.**



**IN 2016, 18 MEMBERS RECEIVED SUPPORT**  
**TOTALLING £71,596**  
**VIA THE COT ANNUAL AWARDS AND UKOTRF FUNDING SCHEMES**

# ANNUAL REVIEW 2016



## A MESSAGE FROM THE CHAIRMAN

2016 has been a very busy and successful year for COT, council and the profession.

Over the last year there has been much change within health and social care, which opens up great opportunities for the occupational therapy profession. Across the board, there is no doubt that health and care services are under considerable pressure.

Through our very successful Occupational Therapy: Improving Lives, Saving Money campaign, occupational therapists have provided evidence of how they can ease this pressure by reducing admissions to hospital, reducing time spent in hospital, and facilitating successful transition and discharge home.

But we must not rest on our laurels; rather, we must continue to gather the evidence of the impact of our interventions in improving people's lives and subsequently saving money. Let's keep the enthusiasm high and spread the word to relevant stakeholders at every opportunity.

We must work to ensure that governments seize on the skills of occupational therapists and recognise we are an efficient and effective resource, with the impact data from our members to prove it.

As chairman of council I am delighted to be able to say that the financial health of the organisation is extremely robust and we made a healthy surplus this financial year. This includes a reduction in the level of student member subscriptions and a substantial investment in our digital services.

Also, 2016 saw significant enhancements to our monthly publications, with the re-branding of our much loved OTnews publication, which now has a fresh, modern image, and which I hope you are all enjoying.

BJOT also gained a new Impact Factor of 0.935, an increase of 0.3 points, which is significant. Congratulations to all those involved in achieving this rating.

Other key areas of work include a collaborative process to replace the post-qualifying framework, and members representing all four countries – from health, social care and higher education – are engaged in an online working group to review and develop a new continuing professional development framework.

In education, there have been significant changes proposed to the funding of allied health professions courses, with the ending

of NHS bursaries for students in England from 1 August 2017, and COT has been working hard to support universities in the transition to the new funding arrangements.

In February, COT convened a high-level summit with key stakeholders in higher education, including the Council of Deans for Health, and was proactive in submitting a full response to the government's consultation on bursaries.

In November, COT also hosted an event focusing on apprenticeships and how these may be taken forward for the profession. This work highlights the importance of sharing professional views and strengthening arguments to support our future workforce.

This year we also celebrated two significant anniversaries for the profession. First, in June, we celebrated the 40th anniversary of COT's annual conference and exhibition, which was our largest ever event, then in July, we hosted a highly memorable 'Celebration of Excellence' event in London to celebrate the achievements of all this year's COT award winners and to mark the Princess Royal's 30 years as patron of the College.

I would like to take this opportunity to thank Baroness Hollins for all her hard work and commitment to our profession in her first year as our new president. She has been a wonderful advocate of our profession and has supported our work by attending and speaking at several of our key events throughout the year.

Finally, I would like to thank each and every one of our volunteers, on COT's behalf, for all your endless hard work, support and commitment. There are so many ways to get involved with your professional body, with occupational therapists working as volunteers on council, on our boards and regional committees, with specialist sections, and through lending your expertise to the development of practice publications, to name just a few of the myriad of opportunities available.

I end by expressing thanks on all our behalf to COT staff, for their hard work behind the scenes to deliver on all this and more, and thanks to you, our members. Together, we are the voice of the profession. Let's go forward into 2017, being loud and proud of all our achievements and motivated to play our part in further strengthening our professional profile.

**Dr Patricia McClure, Chairman of Council**

*Information accurate up to and including 30 November 2016*

[www.COT.co.uk](http://www.COT.co.uk)

College of Occupational Therapists Limited  
*The professional body for occupational therapy staff*

*(The College of Occupational Therapists is the trading name and subsidiary of the British Association of Occupational Therapists)*

The College of Occupational Therapists is a registered charity in England and Wales (No.275119) and in Scotland (No.SC039573).

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