

College of  
Occupational Therapists

# ANNUAL REVIEW

2015

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

College of  
Occupational  
Therapists





## BUCKINGHAM PALACE

As Patron of the College of Occupational Therapists I was heartened by my visit to the University of Cardiff at the start of the year where I had the honour of unveiling a plaque to mark 50 years of occupational therapy in Wales. Back in 1964, pre-registration occupational therapy education was at diploma level, and five decades on, it's now at degree level with students being able to study for masters' degrees or PhDs in occupational therapy should they wish.

It is especially encouraging to see the profession change and grow in line with the expansion of health and social care services. New interventions and new treatments bring better patient outcomes but also bring with them increased demands on those people and services delivering healthcare, all set against a background of finite resources. With an ageing population occupational therapists are well placed to play a key role in delivering new models of care that empower a person to have a better understanding and response to their own health and care needs.

My recent visit to the Independent Living Centre in Cheshire reinforced this belief. I spoke with front-line occupational therapists who are helping to support people to live independently in their own home for as long as they are able. Whilst many traditional aspects of occupational therapy will endure, preventative services, such as the one in Cheshire, will hopefully represent the face of occupational therapy for many of my future visits as your Patron. Opportunities for occupational therapists to work in non-traditional settings are becoming more prevalent, with roles opening up in emerging areas such as the prison service and within charitable organisations.

As we look forward, your innovative problem-solving skillset will be essential in meeting today's complex health and social care agenda. As your Patron, I congratulate the College of Occupational Therapists for all that has been accomplished this year and I look forward to seeing many of you in 2016.



# Highlights of the year



## ◀ JANUARY

The *Guardian* published a print and online guide to occupational therapy, sponsored by COT, that has been shared over 50,000 times on social media.

## MARCH ▶

Andy Burnham, Labour's Shadow Home Secretary, visited an OT service in his constituency in Leigh, Greater Manchester, to see first-hand how the profession crosses health and social care boundaries.



## JUNE ▶

Professor Emeritus in Psychiatry of Intellectual Disability at St George's University of London, Baroness Hollins was welcomed as COT's new President.



## JANUARY AND NOVEMBER ▲

COT's Patron, The Princess Royal, visited Cardiff University in January to celebrate 50 years of OT education in Wales, and the Independent Living Centre in Cheshire in November to see how people can be helped to remain independent in their own homes.



## JULY ▲

An occupational therapy in Wales showcase event, organised by COT, was attended by 26 out of 60 National Assembly members.



## ◀ JULY

OTs were award winners across the nations securing three wins at the Advancing Healthcare Awards for allied health professionals and forming part of the overall winning team at the NHS Wales Awards.

## NOVEMBER ▶

Occupational Therapy Week 2015 was kick-started by the launch event of COT's new influencing programme, Occupational Therapy: Improving Lives, Saving Money. Alistair Burt MP, Minister of State for Community and Social Care, gave the keynote address.



# £29,618



WAS AWARDED BY COT IN 2015 THROUGH ITS ANNUAL AWARDS AND UKOTRF GRANTS FUNDING SCHEMES. THE TOTAL WAS SHARED BETWEEN 11 MEMBERS TO SUPPORT CPD, EDUCATION AND RESEARCH ACTIVITIES

THE PROFESSIONAL PRACTICE ENQUIRY SERVICE RESPONDED TO

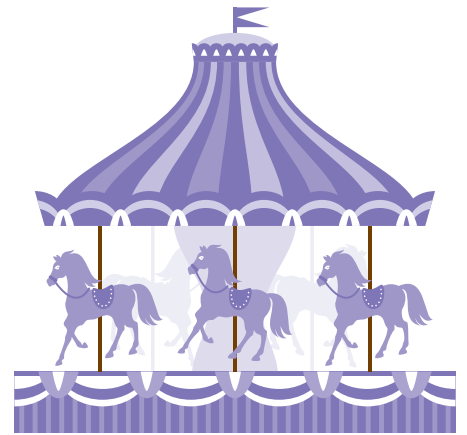
## 1,879 ENQUIRIES

THIS YEAR COMPARED TO 1795 LAST YEAR.

IN ADDITION

## 615 CAREERS ENQUIRIES

WERE DEALT WITH BY COT'S EDUCATION AND RESEARCH TEAM IN COMPARISON TO 570 IN 2014



AN INAUGURAL COT LONDON JOB FAIR WAS HELD IN OCTOBER ATTRACTING

# 22

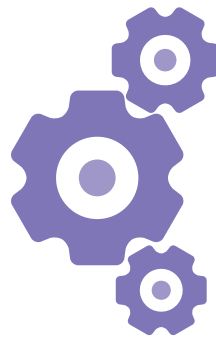
PROSPECTIVE EMPLOYERS AND

# 89

DELEGATES ON THE DAY

## NICE

IN 2015 COT HAS RESPONDED TO **35 NICE CONSULTATIONS** AND HAS HAD INVOLVEMENT IN **21 NICE STAKEHOLDER AND SCOPING EVENTS**, COMPARED TO 33 AND 9 RESPECTIVELY DURING THE SAME PERIOD LAST YEAR



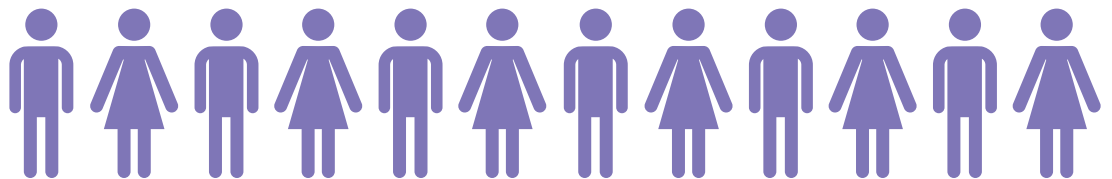
# 32

CLINICAL TRAINING EVENTS HAVE TAKEN PLACE – FROM WEEK-LONG ASSESSMENT OF MOTOR PROCESS SKILLS COURSES TO MASTERCLASSES ON PARKINSON'S DISEASE.

# 752

MEMBERS BENEFITED FROM THESE CPD OPPORTUNITIES

# 12



THE COLLEGE IS A MEMBER OF 12 ALLIANCES WORKING WITH PARTNERS TO LOBBY AND INFLUENCE IN KEY AREAS OF HEALTH AND SOCIAL CARE, E.G. COALITION FOR COLLABORATIVE CARE (C4CC)

# Consultancy Service

THE CONSULTANCY SERVICE HAS PROVIDED SUPERVISION FOR MEMBERS WORKING IN

**24 ORGANISATIONS**

AND DELIVERED

**SEVEN BESPOKE**

TRAINING COURSES AROUND THE UK AND IRELAND



**37,228 FOLLOWERS**

ACROSS COT'S SOCIAL MEDIA SITES WITH **18,100** ON **FACEBOOK**, **14,487** ON **TWITTER** AND **4,641** ON **LINKEDIN**



**NICE** accredited

[www.nice.org.uk/accreditation](http://www.nice.org.uk/accreditation)

THE COLLEGE PRODUCED **22 BRIEFINGS AND PUBLICATIONS** FOR ITS MEMBERS INCLUDING THREE OCCUPATIONAL THERAPY PRACTICE GUIDELINES PUBLISHED BEARING NICE ACCREDITATION LOGO, WITH ONE CITED AS A SOURCE OF EVIDENCE IN A NICE QUALITY STANDARD

**95%**

OF COT'S ANNUAL CONFERENCE ATTENDEES SAID THEY WOULD RECOMMEND CONFERENCE TO A COLLEAGUE

COT'S SPECIALIST SECTIONS CURRENTLY HAVE **3,999** MEMBERS, COMPARED TO 3,570 LAST YEAR, WITH THE LARGEST SECTIONS BEING **NEUROLOGICAL PRACTICE** AT **926** MEMBERS, **INDEPENDENT PRACTICE** AT 700 AND **CHILDREN AND YOUNG PEOPLE** AT 681

**3,999**

CURRENT MEMBERS

**926** NEUROLOGICAL PRACTICE MEMBERS

Achievements of the year



COT'S **APPLE SCHEME** CELEBRATED ITS 10TH ANNIVERSARY WHICH HAS ENABLED

**5,500**

PRACTICE EDUCATORS TO BE ACCREDITED BY THE SCHEME IN THE LAST DECADE

BAOT/COT MEMBERSHIP HAS NOW REACHED

**31,253**

MEMBERS COMPARED TO 30,405 AT THE SAME TIME LAST YEAR, AN INCREASE OF **OVER 840 MEMBERS IN ONE YEAR**



# REVIEW OF STRATEG

## Be the voice of the profession

### Legislation:

COT has built on the success of our chief executive, Julia Scott's visit to Number 10 Downing Street last year where she delivered the message that OTs are 'ready, willing and able' to make a significant contribution to the future of health and social care. Following the organisation's lobbying work, occupational therapists are now included in legislation in the Care Act in England, in the Social Services and Well-Being Act 2014 in Wales and in implementation plans of the Public Bodies and Joint Working Bill in Scotland.

In addition, the Department of Health has commissioned four guides from COT to assist occupational therapists in their understanding and implementation of the Care Act 2014. The profession has also gained a seat on many decision making boards including the NHS strategy board in Scotland and Public Health England.

Our lobbying reach has extended beyond NHS healthcare. Legislation surrounding the government's Universal Credit programme has been amended so that parents can take time to support their family during times of child distress without it affecting their benefits. This change was enacted following the appointment of COT's professional advisor for children and young people as an expert advisor to Lord Freud, minister for welfare reform.

COT has also designed planning outcome templates for members to ensure OT is included in new education, health and care plans under the Children and Families Act 2014.

Occupational therapy is now included in nursing standards in Northern Ireland and councils in England and Wales have been tasked by its older people's commissioner to provide person-centred activities.

### Workforce and job security:

COT has also worked to strengthen the job security of the OT workforce. The Scottish Government has announced £3 million funding for a new active and independent living programme to be delivered by OTs alongside other allied health professionals. Meanwhile, 30 OT jobs have been saved in Northern Ireland after COT helped fight to keep the condition management programme alive. Wales saw an increase of 26 per cent in training placements for OTs, and COT has helped maintain OT student places in England. Together with UNISON, BAOT has fought for fair pay for occupational therapists and will continue to do so.

South London Learning and Education Training board has commissioned further research into the critical shortage of OTs in London following COT's report into the crisis that it submitted to the Migratory Advisory Committee. COT has also looked to address this shortage by launching its first ever one-day job fair in London where it brought together 22 employers in the Capital with 89 OTs looking for new work opportunities.

### Knowledge and expertise:

COT continues to develop the knowledge and expertise base available to OTs and commissioners. This year it has written and disseminated 14 briefings and eight publications, including three new guidelines that have gained Nice accreditation, in addition to the 'Living well through activity in care homes: the toolkit' – COT's quality standard for activities in care homes. The toolkit is one of the first publications to be endorsed by Nice in a new scheme that recognises works of excellence. The College has also revised the profession's code of ethics and professional conduct and in November it launched its new web-based Learning Zone that hosts a range of materials to support members lifelong learning.

The end of the year has seen the launch of a new engagement programme, Occupational Therapy: Improving Lives, Saving Money. This follows from the results of a perception audit, commissioned by COT from public affairs company GK Strategy, which found that stakeholders view OT as 'nice' to have rather than an essential service. The first phase of the consultation will include a call for evidence from those involved in delivering occupational therapy across the nations to demonstrate the value of the profession.

Recovering Ordinary Lives, COT's strategy for utilising OTs in mental health services, will also continue past this year, building on contributions from over 200 members which helped to develop its work plan. Finally COT's December summit on disabled facilities grants (DFGs) marks the ongoing work by COT to address and aim to resolve the difficulties faced by those trying to access DFGs. These are crucial in allowing people to live independently and with dignity in their own homes.



# IC AIMS 2015

## Serve members well

### Communications:

Working for our members is the very essence of what we do and 2015 saw a focus on how we communicate both with and between our members. All regions now send out regular e-newsletters to their members helping people to keep in touch and stay engaged with the profession. COT's online content editor has supported all the regions to set up a Facebook page and many are now starting to use Twitter too. A new online guide to social media produced by the College has helped to foster this engagement. To date COT has 37,228 followers across Twitter, Facebook and LinkedIn.

This year has seen OTs be able to sign-up to be a member online and all current members can now also manage their account through our website. The *British Journal of Occupational Therapy (BJOT)* was successfully moved online too with over 21,000 visits in the first few weeks of launch. Members are now able to read articles from as far back as 1938. *OTnews* was also launched as an online magazine exclusive to members.

### Learning:

CPD is central to our members' needs and 2015 saw 32 clinical training days, from master classes to study days, arranged for our members. In addition, 16 regional roadshows were delivered across the UK to give members face-to-face support and promote occupation-focused practice. The annual conference, held in a very sunny Brighton in June, was deemed to have one of the best programmes of speakers to date.

### Regions:

Regionally, a new Northern Ireland committee has been established and groups in Scotland have been revised into three main areas, Northern, Eastern and Scottish Western.



## Ensure that COT is economically sustainable

Of course, none of the work COT does would be possible if it were not a viable business and it has worked hard to keep its membership numbers buoyant and additional sources of income, such as advertising, on the rise. For the first time, COT has reached over 31,000 members, a figure which includes 60 per cent of all OT students.

The membership team continues to think innovatively of how best to reach out to OTs and this year saw members recruited from the OT Show as well as at Naidex. Last accounting year, ending in August 2014, saw advertising revenue from *OTnews* and *BJOT* exceed its targets by almost 13 per cent.

Occupational Therapy  
Improving Lives  
Saving Money

#ValueofOT



# A message from the chief executive



As both a College and a profession we have had an eventful year. We have worked with legislators across the four nations to ensure that the contribution from occupational therapists is recognised, valued and utilised. You'll see from the review of our strategic aims that our campaigning work has had impact.

We would not be the force that we are without your help, and as chief executive I'd like to extend a very warm thank you on behalf of all those at HQ to our many volunteers – without you many of this year's achievements would not have been possible. 2016 is already shaping up to be a challenging and busy year so if you are thinking of getting involved to help us campaign, coordinate or create then we would very much encourage you to do so through your regional networks.

I would also like to take the opportunity to once again thank Lord Walton for his excellent stewardship while he was COT President and to extend our appreciation to Professor Sheila the Baroness Hollins for taking on the new presidency. As Professor Emeritus in Psychiatry in Intellectual Disability at St George's University of London, Baroness Hollins holds many values shared by our profession and is looking forward to meeting members in the months ahead.

The last few months of the year have seen us launch programmes that will form some of the major struts of our campaigning work in 2016. The Occupational Therapy: Improving Lives, Saving Money engagement and influencing programme will gather evidence from OTs across the nations to demonstrate the value we currently bring to the health and social care sector. This evidence of best practice, clinical examples and data will form the basis of formal stakeholder engagement activity for 2016/17 to influence how occupational therapists are used across health and social care. We would encourage you to take part in the events and consultations we have planned for next year to help broaden the impact of the local work that you do.

Other campaigning focuses will see us progress the work started by December's disabled facilities grant summit. This is an area that it is vital we strive to improve as funding dilemmas are causing acute problems for many of our service users. We will also continue, through our work with the law commission on the deprivation of liberty safeguards and our Recovering Ordinary Lives strategy amongst others, to improve the support given to people with a mental health condition.

In the nations we continue to demonstrate the value the holistic problem-solving skills of occupational therapy can bring to many areas. In Scotland we are looking to build on interest from the justice secretary to widen out the unique work an OT is currently doing in a Grampian prison to help break the cycle of reoffending. In addition, we are looking to secure OT involvement in general practice new models of care test sites in Scotland.

Wales will see the Social Services and Well-Being (Wales) Act 2014 come into force in May and we expect it to have a major impact on the practice of occupational therapy as it will see a drive to integrated and community services. In Northern Ireland an expert panel is to be appointed following lobbying by the College to look at how to better integrate health and work services and we will continue engagement on this issue on behalf of our members.

All the nations, bar England, are also preparing for assembly elections in May and the College has published separate manifestos for each nation to make it clear what we expect for the profession and its patients from whoever is elected. Next year we are celebrating two big anniversaries. 2016 will be the 30th year that we have been honoured to have HRH The Princess Royal as our Patron. The understanding and support she has shown to occupational therapy has been invaluable and her patronage has helped raise the profile and the respect for the work we do.

Many of you told us that our 2015 annual conference in Brighton was one of the best to date, with plenaries and sessions that were exciting, inspiring and innovative. We are confident that next year's conference in Harrogate will more than rival it as we plan a programme that will help us mark the 40th anniversary of our flagship event. Tickets are already available to purchase and this year we have introduced special anniversary rates.

COT is also looking to improve the way we communicate through our digital channels, a project that will be spearheaded by a complete redesign and rebuild of our website.

With such a full programme of activities lined up I hope all our members are as charged and ready for 2016 as we all are at COT.

A handwritten signature in black ink that reads "Julia Scott". The signature is fluid and cursive, with a long horizontal stroke at the end.

Julia Scott

Information accurate up to and including 30 November 2015

**www.COT.co.uk**

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*The professional body for occupational therapy staff*  
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