



Ontario Society of
Occupational Therapists

OCTOBER IS NATIONAL OT MONTH!

While promotion of the profession is a priority throughout the year, OT Month each October provides an annual catalyst to think about how each of us promotes our practice and our profession... day to day, week to week, month to month ... to the public, our clients, our referral sources, our healthcare colleagues and our friends and families.

The following pages are filled with great suggestions, inspirations & evidence that OTs have passion & enthusiasm to promote their profession!

OT Month 2016

Submission by: OSOT

In celebration of OT Month OSOT received 18 invitations to join colleagues across Ontario to share what OSOT is doing to both promote and celebrate OT...all year long! Our Manager of Professional Development and Practice Support, Seema Sindwani, as well as our Executive Director, Christie Brenchley, were able to spend time with OTs from all over and share in celebrations of our great profession. THANK YOU to all the OTs who welcomed us with open hearts! Here are just a few photos from the wonderful visits!



OT Month 2016

Submission by: Laura Hayos

BRINGING OTs TOGETHER:

With over 50 OTs at CAMH and multiple sites, it can be difficult for OTs to find opportunities to spend time together to build networks and relationships. The OT week celebration kicks off with an OT social at a local restaurant to allow all CAMH OTs the opportunity to come together.

PROMOTING OT ACROSS CAMH:

1. While the OTs at CAMH enjoy celebrating the great work we do together, it is also very important to us to highlight the value of occupational therapy to the larger hospital. Grand Rounds at CAMH is a weekly event that takes place where esteemed experts speak about various topics related to mental health and addictions. This weekly event gathers CAMH staff from all disciplines, including psychiatrists, social workers, recreation therapists, managers, OTs, etc. This year we invited Terry Krupa to present at Grand Rounds. Terry presented "Time to step back: An integrated framework for employment support initiatives in mental health."
2. Every day CAMH staff receive an e-newsletter entitled Broadcast. The CAMH OTs submitted an article this year to remind the larger CAMH staff about the role of occupational therapy and to link the CAMH staff to the CAMH OT brochure as well as recent research and news articles about occupational therapy. Article and links from article attached for your reference and included here – "primary focus of OT" – link is CAMH OT Brochure attached; "support clients in their recovery process" – OT and Lower Admission Rates article attached; "community integration" – linked to this article https://www.thestar.com/life/health_wellness/2016/10/17/doctors-notes-how-occupational-therapists-can-help-with-transition-from-hospital-to-home.html

CELEBRATING OTs:

Finally, every year the CAMH OTs hold an awards ceremony to highlight the contributions of all OTs at CAMH and to offer awards to a few individuals in the areas of:

- **Excellence in Clinical Practice**
- **Excellence in Occupational Therapy Education**
- **Excellence in Leadership**
- **Excellence in Interprofessional Practice**
- **Excellence in Research & Knowledge Transfer**
- **Excellence in Interprofessional Support of an Occupational Therapist** (awarded to a non-OT).

An article gets posted on Broadcast again to highlight to the larger CAMH staff the value of occupational therapists within the organization. The awards ceremony invokes a lot of pride and is a very inspiring event for OTs at CAMH. The nominators who often come from other

disciplines speak from their perspective about the OT contributions to the clients and other staff at CAMH.

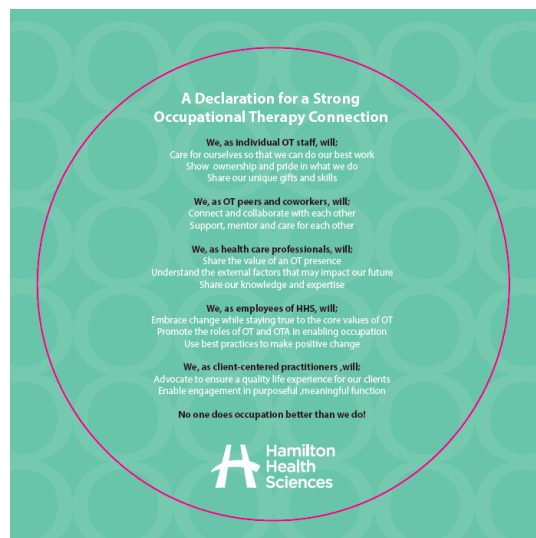
To honour all of the OTs, our awards ceremony is followed by an OT lunch which had a custom-made OT cake by one of our very own CAMH OTs, Hricha Rakshit.



OT Month 2016

Submission by: Hamilton Health Sciences

Hats off to colleagues at Hamilton Health Sciences for the development & design of this wonderful mousepad. We understand that every OT has one at their desktop...a ready reminder of all that is important to HHS OTs!



In addition, view their [Declaration for a Strong Occupational Therapy Connection](#) statement that was created with input from over ninety occupational therapy staff at the HHS OT Annual Meeting, and was based on our underlying values and beliefs.

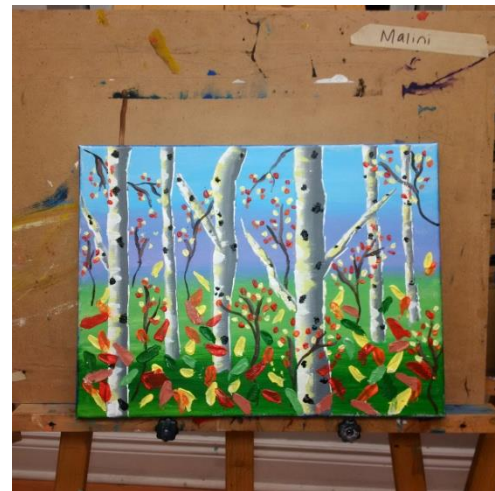
“The intent is to instil the importance of connectedness within our internal OT community. Furthermore, it outlines principles for how we can honour ourselves; relate to our peers and

colleagues; act as ambassadors for our profession within HHS and the broader community; and be at our best for our clients.”

OT Month 2015

Submission by: Malini Hall

At Southlake Regional Health Care the OTs invited management to an open house event where we wore OT t-shirts and explained the ways we function and focus our services in the hospital. The OTs also had a team building social event where we engaged in a painting class which was a great deal of fun and creative.



Submission by: Leta Stegne

The Waterloo Wellington OT networking group is having a potluck to celebrate OT month!

Submission by: Anne Murphy-Turliuk

The Class of 1980 UWO celebrated their 35th (gasp!) reunion during OT month in Toronto at a classmate's house attracting half the class, folks flying in, 4 attending their first reunion ever and there are already talks in the works about hosting our 40th out east where many of our classmates reside!

Submission by: Stephanie Maddock

I wanted to share a video that myself and my colleagues put together at Bridgepoint Active Healthcare in celebration of OT month. Please see the link below:

<https://m.youtube.com/watch?v=-63bNrgDFw>

Submission by: Sarah Lang

My colleague Abby and I wanted to share our ideas for OT month. We put together, what we called an OT cart. We pushed this cart around to the different units to advocate for OT and challenged our colleagues with our OT trivia game we developed. Just to name a few things involved in our OT trivia, we had our colleagues do parts of cognitive assessments, demonstrate how to use assistive devices and identify some treatment modalities. We even had a mascot, the OTrex!

This October we also started a website called, OT life hacks. These are strategies and tips for OTs to make everyday occupation easier for our clients. Check it out at <http://otlifehacks.weebly.com>



Submission by: Silvia Davidson

We will be celebrating OT Month here at Baycrest with a screening of the film Young @ Heart. This documentary follows a chorus of older adults as they rehearse and perform contemporary and classic rock and pop songs, showcasing the importance of meaningful activity and relationships at any age.

View the trailer here: <https://www.youtube.com/watch?v=CjnfoFg7i7g>

Submission by: Rehabilitation Sciences Institute(RSI).

As part of our strategy to highlight rehabilitation research at RSI, we are partnering with departments/institutes to host theme based talks. OT Month Speaker Series features:

Bonnie Kirsh, PhD, OT Reg. (Ont.)

| October 19th

"Transforming values into action:

Advocacy as a professional imperative"

Mary Stergiou-Kita, PhD, OT Reg. (Ont.)

| October 20th

"Work Integration Across Populations"

Susan Rappolt, PhD, OT Reg. (Ont.)

| October 21st

"Political occupation of the individual:

21st century oppression and slavery"

Nick Reed, PhD, OT Reg. (Ont.) &

Anne Hunt, PhD, OT Reg. (Ont.)

| October 22nd

"Pediatric Concussion: An Emerging

Field for Occupational Therapists"

Joanne Maxwell, OT Reg. (Ont.) &

Heidi Schweltnus, PhD, OT Reg. (Ont.)

| October 23rd

"Linking Practice and Research "

OT Month 2014

Submission by: Isabella Cheng, Sunnybrook

We had a great OT Month at Sunnybrook:

- Our OT Academic Practice Council launched OT Month with an interactive discussion about how to get more involved in academic practice.
- Sylvia Davidson came to speak with our group about the 3Ds and it was excellent.
- From the OSOT conference (which was the absolute best one yet that I have attended!), I made a contact with two St. Mikes presenters about OT in the ICU – Harsha Babani and

help bring into focus our role as Occupational Therapists with The Dance Ability Movement program. Here are a few of the activities that were included in our day!

- A gumball count activity which outlined how an OT might view this activity through their lens
- We received a lot of great answers to our “Learn About OT” Questions; and two of our lucky dance mom’s won Tim’s Cards from the draw!
- we had families inquiring about additional OT services and asking some good questions!
- We showed our “Walk the Walk” television episode and [Miss Mallory’s UOIT Alumni Adventures speech](#) in the lobby as well and received great feedback from parents as well as a number of excited dancers “Look mom! That’s MY dance teacher on TV!”
- We highlighted our incredible volunteers to introduce our new team for this year
- Dancers had fun finding the pictures of their buddies on the trophy wall.
- The best part of the day was the smiles and excitement of our dancers....something that simply never gets old! Nothing else can better explain the reason behind what OTs do than watching one of our dancers in class
- We have developed a resource to help describe how our role as Occupational Therapists works in The Dance Ability Movement program → [Dance OT Flyer](#)

Learn more about Danceabilityfun at <http://danceabilityfun.wordpress.com/about/>



Submission by: Julie Entwistle, |

l Therapy

This OT Month we launched a series of videos on occupational therapy. Check out our series at <http://www.youtube.com/playlist?list=PLmoVC4CCjWiTvOPqMlklf0l31ewi2kuT1>

- What is occupational therapy?
- Community Accessibility for Mobility Impairment
- Solutions for Printing Success
- Bathroom Safety
- Mental Health in the Workplace

Find out more about us at <http://entwistlepower.com/>

Submitted by: OSOT Board of Directors

On October 27, 2014 OSOT hosted an MPP Breakfast at Queens Park. The purpose of the event was to introduce occupational therapy to our newly elected MPPs further to the June provincial election. Building our relationship with MPPs is important. This is something every member can assist with, in making contact with their MPP in their constituency office. However, OT Month provided a wonderful opportunity to meet and mingle with a large number of MPPs and political staff. The event provided for an informal forum for conversations about issues that concern occupational therapists in Ontario, and to share with MPPs how OTs can be part of the solution to many of our health system challenges.



Submitted by: Phil Leadbeater

Occupational Therapists gather in Peterborough for CARFit and to Celebrate Occupational Therapy Month!

Back - Phillip Wendt, Kingston; Deborah Melamed, Toronto; Terry Ginzberg, Toronto; Alison Chambers, Niagara on the Lake; Tamalea Stone, Peterborough

Front - Phil Leadbeater, Brighton; Fatima Dias, Kingston; Wendy Nieuwland, Barrie.



Submission by: Jennifer Henderson, Hamilton Health Sciences

We hosted a hospital wide OT gathering and did a whole reflection and promotion session. We worked on an elevator speech outline. It helps to simplify our role for those who we need to connect with, but who don't necessarily understand "OT speak". IT was great!

Rules for Writing an "Elevator Speech":

- It should be approximately 30 seconds long
- It is an introductory interaction that ENTICES the listener to ask you more about yourself or learn more about your topic/profession etc.

*The problem with elevator speeches can sometimes be what goes into them, and also how well it is practiced (or not). It definitely needs to be practiced out loud a number of times prior to using!!) Remember to leave your professional lingo behind. We are not trying to educate each other about OT with this task; we need to ensure that others know what we do and why we do it!

What goes into an elevator speech?

- Your name (usually, but not necessarily. Your audience may know who you are but not what you do).
- What you do (or what the profession is about). Don't feel restricted by your corporate title.
- Why the listener should care (why they should be interested in you/your profession/topic)? Consider what your listener would want to hear in order to have a further conversation with you.
- What is your call to action? This is not supposed to be a sales pitch but about why they should remember you.

Samples:

My name is I am an Occupational Therapist. I help my patients learn to live their life again. It is important for people to work with an OT because everyone deserves to live their life as fully as possible!

I am an OTA/PTA. I help people re-learn self care activities so that they can do what they need to do, want to do and are expected to do in their daily life. I help my patients meet their goals so they can return home safely. Everyone deserves that chance.

I am an Occupational Therapist.... I play with my patients to help them develop social skills so that they can interact with the world around them. Children should have the chance to work with an OT to learn to face their fears, develop new skills and grow as a person.

I am an Occupational Therapist.... When I say I do “discharge planning” with my patients, I am really helping them to set plans in place so that they can successfully return to their everyday lives. They need to be able to get dressed, pay their bills, feed themselves, do their laundry. I help them do those things!

My name is and I am an Occupational Therapist. My assistant and I encourage our patients' ownership and management of their real world situations. We help them problem solve, develop strategies, and integrate back into the community. We are the enablers on the team!

My name is My role as an Occupational Therapist is all about helping my clients re-learn what they need to do in their daily life, in order to return to community living. Everyone deserves to have an OT who can help them problem solve and develop strategies so they can live as safely and as independently as possible.

My name is I am an OTA/PTA. I work with patients, using everyday activities like cooking and dressing to help them regain their function and be able to return home. It is important for people to be productive, and have a purpose in their life. I help them achieve that.

My name is I am an occupational therapist and, put simply, your function is my occupation. I will help you regain everyday skills of living so that you can be as productive as possible in your community. Everyone should have access to an OT to ensure they are the best that they can be! Tell me what matters most to you?

My name is I am an occupational therapist. The work I do is enormously important in helping my clients return to a productive, satisfying life, despite disease, illness or injury. I get to know the person and help them with the activities that are most important. Nobody does occupation better than OTs!

OT Month 2013

Submission By: Laura Stanley on behalf of Queens University OT Students

I am a second year student at Queen's University. For OT month we are doing several things to help spread the word!

- *OT music video, in response to the challenge put out by the University of Alberta (look for it online in the coming days!) – check it out at <https://www.youtube.com/watch?v=SzCA-gcC8E4>*
- *'Pass it on' campaign.. me and a few students have created buttons for the class. They are asked to put one button on their backpack, and then give one button to someone who could benefit from learning about occupational therapy, such as their family doctor, peers, or family*
- *candy distribution: we have candies with little papers attached to them that describe OT and invite the person to visit rehabociety.ca (where we have created a special tab for OT month). We give these candies to students on Queen's campus who might like to learn about OT, ie to the PT classes, outside Kingston General Hospital, in the School of Medicine building, and in the health sciences library.*
- *share social media on facebook and twitter*
- *our class made t-shirts that say "I love OT" and we have been wearing them this month*

Submitted by: Valerie Walser (on behalf of the OTs at Thunder Bay Regional Health Sciences Centre):

The 7 Occupational Therapists at our hospital organized several events including a week long display in the hospital cafeteria and Rehabilitation department....We held an open house one afternoon in the OT Department and invited all hospital staff to attend. In addition to our display we offered tours of our department, cake and coffee and a quiz about OT. Using the theme of “Because of Occupational Therapy I can” we asked some of our patients to contribute to a poster, adding their own comments about how OT helped them.



Submission by: Laura Hayos at Centre for Addiction and Mental Health: Spectrum Outpatient Clinic

At the Centre for Addictions and Mental Health we are doing the following:

- 1. We are hosting a Grand Rounds for all of the OTs with a webinar called "Enriching OT Psychotherapy Practice in Ontario"*
- 2. We are hosting an awards ceremony to recognize the contributions of some of the OTs in our workplace*
- 3. We are hosting a lunch to celebrate OT month*

Within my small clinic at CAMH I have put up posters about what Occupational Therapy is using the OSOT poster available in member resources for download and have put out brochures about OT at CAMH.

Submission By: Wendy Bernier, Western University: School of OT Faculty

*Just to let you know what we're doing for OT month. Attached please find a flyer of a special event we're hosting on October 21, 2013 at Western. See <http://www.osot.on.ca/eng/PDFs/OTPoster.pdf>. The focus is on OT and Advocacy with keynote speaker Valerie Wright-St.Clair, PhD, Auckland University of Technology, FHS International Scholar – *Promoting Aging Well: Applying evidence on seniors' activity participation to policy and practice contexts.**

Submission by: Pam Harris

I am self employed very part-time and mostly on my own. I can go weeks without running into another OT. So to celebrate OT week (my 28th) I have been posting things on facebook and have given out nail files.

Submission By: Jennifer Hodges, OT Student at Queen's University – Class of 2014

I am a student in my second year of the Occupational Therapy program at Queen's University.

For a recent "Advocacy and Systems-Level Communication" presentation, my learning team and I developed a set of buttons as part of a "Pass It On" campaign with the class. We're hoping to get our classmates to pass on the button to someone in their life who doesn't know what OT is, along with their own 30 second run-down of what we do.

Submission By: Tiffany Hembruff at Health Sciences North Hospital

Hosting the below event:

October is Occupational Therapy Month!

Join us as we celebrate the profession during the week of October 15-18th.

Occupational Therapists are regulated health professionals who help patients resume routines and activities of daily life or develop new life skills following an illness, injury or disability. OTs empower people of all ages to overcome barriers in their everyday lives so they can do more and live better.

Join us in the **cafeteria** between **11:30-1:30** everyday this week to learn more about OT, try OT activities and devices and enter your name in our fantastic giveaways including Tim Horton's gift cards and other great prizes!

Tuesday - wheelchair demonstration

Wednesday - pediatrics and communication aids

Thursday – assistive devices

Friday - driving

Submission By: Mallory and Jade Ryan

Happy OT Month!

My sister Jade and I are both Occupational Therapists graduated from U of T; I graduated in 2011 (Mallory received the OSOT Student Award that year!) ... and my sister Jade will be graduating this fall.

Jade and I have also started a dance program for children with special needs called Dance Ability in Milton at the dance studio where we are also teachers. This is our fourth year running the program.

We are being recognized as "community heroes" on a Global TV mini-series called "Walk the Walk". Our episode is being featured this Saturday October 19th at 10:30 PM on Global TV. We thought that this might be good publicity for OT and are thrilled it is happening for OT month!

You can see the preview clip below:

<https://www.facebook.com/photo.php?v=1379082292316656>

And read about the episodes here:

<http://www.canadawalkoffame.com/content/walk-the-walk>

We also just found out that an article we put together made it into the Huffington Post:

http://www.huffingtonpost.ca/mallory-and-jade-ryan/best-teaching-methods_b_4101903.html

Submitted by: **Tang Dingh, Western University**

OT Students at Western University created a promotional video to submit to the gOT Spirit Competition. Check it out at <http://www.youtube.com/watch?v=-jBHqh4nJaM>.

Submitted by: **Christie Brenchley, OSOT**

I had a wonderful OT Month experience....not planned but a terrific reminder of all there is to celebrate about our profession. I spent Thanksgiving weekend at our family cottage amidst wonderful fall colours. Hiking near Parry Sound one day my daughters and good friend Stephanie Nash (an OT Student at U of T!) and I stopped to admire a waterfall and were taking the classic “fam” pictures when a couple drove up on an ATV. They kindly stopped and the driver asked if he could take our picture. We got talking with he and his wife, who were both in full helmets, sunglasses, etc. and apparent strangers.....and then the “small world” experience happened. Something about the woman’s voice seemed familiar, drew my attention, etc.....it was Millie Graham! Millie is actually well known to many OTs....and to OSOT. She is a past recipient of a Citation Award, awarded by OSOT because she has been such an advocate for OT and stroke rehabilitation. She has spoken to many an OT graduating class, she was a keynote at an OSOT Conference.....she’s now an author of a book about her recovery....the list goes on. Here on a rugged trail, on an ATV, enjoying an amazing day, with the man she loved, was a woman who’s life was devastated some 20 years ago by a major stroke. It was a sight to warm any OT’s heart! Millie is an inspiration in many ways and a wonderful exemplar of someone who benefited so much from rehabilitation and occupational therapy in particular. In fact, Millie is such an outspoken advocate for OT she credits it as about the most important and meaningful part of her recovery (although I think her family support and her personal resilience factored significantly!). Millie’s praises were a mighty endorsement of a professional choice for Steph who was at the time about a month into her program. Our chance meeting was a one of those gifts we don’t always get, a chance to see the lasting outcomes of the work we do.....truly enabling people to get on with living life to the fullest! And....to be honest, a chance to hear what we don’t always hear in words from our clients – that what we do is valued, important and remembered. Millie’s living example and her warm, sincere and ever so enthusiastic words made for a special OT Month 2013 memory for Steph and I! For those of you who know Millie.....take a peek at how wonderful she’s looking! Get to know her story at http://wpshcf.com/lives_that_have_touched_us.html?id=3&st=0&display=20. Millie was in the press as recently as this summer – see <http://globalnews.ca/news/628970/some-canadians-misunderstanding-stroke-recovery-process-report/>



Submitted by: Phil Leadbeater, Brighton, Ontario

For Occupational Therapy Month, I made a visit to the 8 Wing Trenton Tim Hortons to buy coffee on Red Friday. As a consultant to Veterans Affairs Canada, I wanted to take the time to say thank-you to our troops and provide some information about our occupational therapy website. To view full news coverage see page 14 of:

http://www.thecontactnewspaper.cfbtrenton.com/archives/2013/03_October_2013/oct_25_2013/thecontact_oct_25_2013.pdf (Photo credit to Mr. Ross Lees/ContactNewspaper).



Last year I used the graphic designed to introduce the new OTOntario.ca website to design my business card. I used the graphic which asks the question “How can I benefit from OT?” and then directs one to www.OTOntario.ca. Of course my name and business contact information are on the other side. It’s a sharp, colourful business card that is professional looking but attention-grabbing. OSOT will make the graphic available for anyone that wants to use it.



Submitted by: **Jennifer Henderson, Hamilton Health Science Centre**

I was inspired by a turn of phrase that one of my colleagues on the OSOT Board of Directors (Laurie Warren) used to describe OT – *Your Function is our Occupation* - and had these buttons made up for our staff to wear during OT Month. The bright orange badge really draws attention....hopefully bringing lots of opportunity to share with whoever notices a little more about what OT is.



Submission By: **Patricia Medeiros OT (Reg) Ont. at Joseph Brant Hospital**

We are celebrating OT month at our hospital by having an open house for all staff, visitors and patients to visit. We will be having a slideshow on the screen with pics of the things we do daily

as OTs. We have all also submitted quotes that will also be on the slideshow put together by one of OTs here. We will have stations set up for people to try some cognitive activities, dressing activities and a splinting station. We will all treats and refreshments for all to enjoy. Also for OT month we are going to pay it forward and host a breakfast for all allied health to enjoy.

We have a great group of OTs, OTAs and PTs, along with SLP, SW , TR, Dieticians.

Submitted by: OSOT Staff – Christie, Rob, Kymberley, Melissa and Seema

We all added the following to our email signatures....inviting all who see our emails to visit OTOntario.ca to learn more about OT – an easy way to live our commitment to do OUR part to promote OT!



Learn more about how Occupational Therapy helps people live life to the fullest at www.OTOntario.ca

Thank you so much everyone for your amazing work promoting OT and for sharing your stories with our community! **CONSIDER HOW YOU CAN SHARE these stories and EXPAND YOUR NETWORK'S UNDERSTANDING OF OT!**

We hope to instill a habit.....where "DOING MY PART TO PROMOTE OT" is routine, easy and just that....doing your part!