



OCCUPATIONAL THERAPY NOW

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Call for Papers

Special Issue - September, 2011 Occupational Therapy Now

Promoting Self-management and Self-management Support: An Occupation Focused Perspective

Guest Editor:

Tanya Packer, PhD, OT(C) NS (Reg), School of Occupational Therapy, Dalhousie University, Halifax, Nova Scotia.

This Special Edition of *OT Now* will showcase to colleagues, policy makers, stakeholders and consumers the contribution of the occupational therapy profession to the growing emphasis on self-management and self-management support within health care and social services.

We are looking for papers/case studies that describe:

- Innovative ways occupational therapists are promoting self-management by individuals with chronic conditions or disabilities.
- Evidence-based interventions and programs/protocols/guidelines that have a focus on participation, occupation and engagement in everyday life.
- Health promotion initiatives based on self-management principles.
- Application of self-management principles/theory to practice.
- Research (qualitative and/or quantitative) on occupation-focused self-management.
- The congruence between occupational therapy and self-management/self-management support.
- Education and professional development strategies that introduce self-management support knowledge and skills to the existing and future occupational therapy workforces.

Deadline for submission: April 1st, 2011

If you have a question, or an idea for a paper, please contact:

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Occupational therapists come together to 'Ride the Waves' of Conference 2010



Cheryl Evans, CAOT Communications Coordinator

The Canadian Association of Occupational Therapists (CAOT) in partnership with the Nova Scotia Society of Occupational Therapists (NSSOT) held their 2010 Annual Conference from May 26-29, in the seaside city of Halifax, Nova Scotia. A venue chosen for its rich maritime culture and cosmopolitan atmosphere, Halifax provided Conference delegates with the opportunity to discover the beauty of Canada's east coast.

The theme, *Meaningful Occupation: Enabling an Ocean of Possibilities* was intricately woven into every



"Imagine if the world could be seen through an occupational therapy lens – be the difference to enable occupation worldwide."
– Helene Polatajko

element of the Conference from day one. Inspiration began early at the Opening Ceremony when Conference delegates were treated to a special screening of a promotional occupational therapy video produced by Jay Cheng, an occupational therapy student at Queen's University. The video presented powerful images of land and sea as it followed Cheng's fellow occupational therapy students paddling in dragon boats to narration explaining the infinite possibilities of occupation.

Dr. Elizabeth (Liz) Townsend, Dr. Helene Polatajko and Dr. Mary Law kept momentum strong as they paved the way for an exciting Conference experience with an intuitive keynote address. The trio of renowned Canadian authors, researchers and educators challenged delegates to Celebrate and be proud, Challenge and be daring and Create to be the difference in the profession of occupational therapy. Their motivating message challenged delegates to think outside the box and see the world through an occupational therapy lens and create the occupational therapy profession of their dreams – a feat many took to heart in the form of writing their sentiments on yellow sticky notes that were displayed on bulletin boards throughout the Conference event (see p. xxxx for a summary of the keynote address and to review some of the sticky note quotes).

Other presenters were plenary speaker Dr. Florence Clark and Muriel Driver Memorial Lecturer Dr. Annette Majnemer. Dr. Majnemer opened a successful award ceremony with an unforgettable and profound address

that emphasized the importance of leisure in our clients and our own lives. Dr. Majnemer included a review of evidence that identified a lack of standardized assessment and attention to leisure in occupational therapy practice, discussing that, as occupational therapists, we talk and recognize the importance of leisure but this does not necessarily translate into practice. Through a creative metaphoric analysis of balancing a boat in water and one's daily routine of work commitments and leisure, Dr. Majnemer left delegates inspired to balance their own boat to ensure happiness and well-being.

Plenary speaker, Dr. Florence Clark motivated delegates with a commanding message that explored the relationship between occupational therapy and power. She encouraged delegates to analyze their own power trajectory by taking part in a power assessment that asked how one defines power and how power and self-confidence can be increased in the workplace. Dr. Clark used the metaphor of high definition occupational therapy to clarify her point, saying that occupational therapy is a widescreen (broad-based) and sum-of-the-whole (each occupational therapist is a pixel and contributes to the overall picture) profession in which we can all contribute to make the profession powerful within society. On a personal level, Dr. Clark encouraged delegates to publish their work, use their clients as a source of power, and to be strategic about their success,

'Enabling has given us a different language – we have the vision to see the possibilities others may not.' – Liz Townsend



while supporting and celebrating the successes of occupational therapists around the world. Reflecting on strategies utilized by powerful professions such as medicine and law, Dr. Clark asked delegates to become more aware of current drivers of change as they relate to power within society, cautioning the audience regarding the risk of over-regulation, and to develop effective strategies to be responsive to trends.

Conference delegates also experienced an impressive scientific program of over 200 unique, diverse, and relevant presentations. For the second consecutive year, CAOT was pleased to offer a series of hour-long

symposiums in the Conference program in which two to three papers on related topics were offered as a panel, followed by dialogue and discussion between



"We have and continue to challenge ourselves to go further and enable meaningful occupation. Challenge yourself to be daring!"
— Mary Law

the presenters and the audience. Many Conference delegates took advantage of these symposiums and engaged in creative discussions and the opportunity to share perspectives among colleagues.

To add maritime flavor to the event, Conference delegates were treated to a Ceilidh on the waterfront. Delegates gathered at historic *Murphy's on the Water* to enjoy a traditional lobster meal complete with live maritime music and a breathtaking view of Halifax's harbour. The Canadian Occupational Therapy Foundation (COTF) held its live auction at the event and raised over \$8500 for research efforts in occupational therapy.

CAOT President, Dr. Elizabeth (Liz) Taylor was pleased with the outcome of Conference 2010 and felt delegates did a remarkable job in realizing their potential as

occupational therapists and enabling their own ocean of possibilities. In her closing address she acknowledged the important messages delivered by other presenters and left delegates with the lasting thought of discovering the pleasure in doing what makes one happy. She credits the support and efforts of the steering and planning committees, guest speakers, workshop presenters, and the dedication of all who attended for the events success.

"It was an adventure to watch as delegates rode the academic, scientific and personal waves of Conference," says Dr. Taylor. "It was even more invigorating to watch as

"Empowered practitioners experience more job satisfaction, are less likely to burn out, and produce better patient outcomes."
Florence Clark



they put all the information they had learned together to enable their own ocean of possibility."

CAOT looks forward to reconnecting with Conference delegates again next year for the 2011 Conference in Canada's sunniest city; Saskatoon, Saskatchewan.

See you there!



Letter to the editor of OT Now

Dear Madame;

My planned retirement at the end of June from the wonderful world of occupational therapy has facilitated considerable contemplation and reflection. As part of that reflection I wanted to write to say thank you to my colleagues, and to celebrate this profession. I have been an occupational therapist for 41 years and every one of them has been an adventure.

This is a career that affords wonderful opportunities. Mine have included clinical work in mental health, educating new professionals, consulting with therapists in remote areas, directing both clinical and university programs, working in England, chairing provincial and national committees, including the one that created the first client-centred guidelines, being President of CAOT, and continuing my education through to a PhD. No one in this profession ever told me I could not do these things, and many cleared the path so I could accept these challenges. That facilitation and support is certainly worthy of celebration.

I also want to acknowledge the clients with whom I have worked. These people struggle to overcome the challenges of severe mental illness, and do so with more courage and grace than I will ever have. They never cease to amaze me, and I know many of you will continue to support them, and celebrate their accomplishments.

Overall, it has been quite a run. Thanks to the therapists who do such creative work with clients and students. Thanks to the many students who challenged my thinking and assumptions. Thanks to the professional organizations who work endlessly to keep important issues on the right agendas. Thanks to the academic and clinical researchers who continue to challenge our thinking and keep us moving forward. Thanks to the clients who inspire us to continue reaching for new horizons.

Thanks for the memories, and may your days continue to be client-centred.

Thelma Sumsion

From 'C' to 'C' to 'C': CAOT Conference 2010 keynote talk



Mary Law, Helene Polatajko, and Elizabeth Townsend

Drs. Mary Law, Helene Polatajko and Elizabeth (Liz) Townsend shared in their opening keynote presentation their message of 'Celebrate', 'Challenge' and 'Create'. They encouraged everyone to celebrate the success of Canadian occupational therapy on the national and international stage - pointing to Canadian occupational therapists' wonderful history of national collaboration and encouraging us to continue in this vein in challenging the present and creating an occupational future for all.

They shared stories that celebrate our important contributions; that challenge us to go even further individually and collectively; and that frame images of a future in which occupational therapists create positive differences for each other and all Canadians. Our contributions as Canadian occupational therapists are not accidental – they are the result of our collaborative spirit and our willingness to explore complex issues.

Speaking with one message, they invited participants at the CAOT 2010 Conference to: Be proud, Be daring, and Be the difference. Their reflective, national and international perspective on Canadian occupational therapy used a collaborative approach and ended with an 'Imagine if...' exercise where they shared their ideals and encouraged the audience to do the same.



Drs. Elizabeth (Liz) Townsend, Mary Law, and Helene Polatajko during their keynote talk.

They invited each member of the audience to use sticky notes provided by CAOT for the event to share

their own source of pride, their challenges and their ideas for how to be the difference. As they left the hall, many participants pasted their thoughts on three panels outside the conference hall. We are pleased to share some of these wonderful ideas with you:



Inspired by the keynote speakers, delegates posted their thoughts to Celebrate, Challenge, and Create.

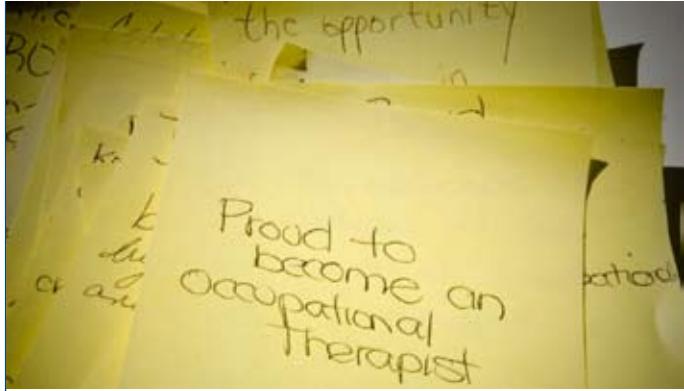
Celebrate (Be proud)

- Celebrate the difference we've made in our clients lives.
- Proud to have the opportunity to be taught to "c" the possibilities.
- I am proud to be an employer of occupational therapists.
- Proud of recognizing the value of engaging in meaningful occupations.
- I am proud to be graduating as an occupational therapist in August.
- Giving people back their identity or allowing them to redefine themselves.
- Presenting the COPM to Australia office while on placement in a vocational rehab setting, for use to assist with assessment and goal setting.
- I have chosen a life of transition that has led to ongoing occupational balance.
- Celebrating and giving voice to our history.
- Proud of the social forces creating possibilities for the therapy of occupation.
- I am proud of the growth of the profession-new position and new roles.

- Proud to be a Canadian occupational therapist leading our profession around the world to be making a difference in lives of so many.
- I celebrate my/our client-centred practice.
- Celebrate being an occupational therapist.... the most wonderful occupation.
- Celebrate helping people do what they want and love to do.
- Proud to help client populations that society has stigmatized.
- Proud of the leadership role occupational therapy assumes with in healthcare- "Daring to rock the boat".
- Proud to return to graduate school and surviving.
- Proud to see outside the box.
- I am proud to be an occupational therapist.
- The wonderful relationships we develop at home and abroad with colleagues, but particularly with students.
- Proud to be providing opportunities.
- Proud to be part of a profession that reflects my values.
- Proud that we are the home country of enabling occupation.
- I am proud of my patients that make their way past obstacles of their injuries knowing occupational therapy played a part.
- Research that our profession is doing.
- I'm proud that we are a self- regulated profession, recognized in all 10 provinces.
- I am proud of being trusted by my clients and colleagues.
- I am proud to help define the important role of occupational therapist in acute care practice, we do make a difference.
- Celebrate innovation
- Proud to educate others on the role of occupational therapist.
- Celebrate 22 years of practice and planning to stay in occupational therapy.

Challenge (Be daring)

- I will challenge myself to ensure that our practice is delivered from an occupational perspective.
- I will ask for occupational therapy input in helping me engage our employees at work (an HR Director's thoughts).
- By remaining involved with my provincial and national organizations, helping how I can to foster social and organizational change.
- Help clients break a negative cycle.
- Daily challenges to move beyond medical model.
- New opportunities for enabling occupation through opening funding sources for services.
- Every individual has a goal, an occupational goal.
- Empower clients to drive their own health and wellness treatment plan.
- I will use my thesis to bring about change and awareness regarding occupational therapy interventions.
- Defend and promote occupational engagement to your work colleagues.
- Take every opportunity to promote occupational therapy.
- Linking occupation with social justice.
- Examine the complexities inherent in occupation.
- Take this message to other occupational therapists who don't have the opportunity to hear it and go from C-C-C.
- A profession that lives its own philosophy and vision – this makes it honest, transparent, credible and relevant.
- Occupational therapy in new settings like family health teams and feeling prepared to move in new directions.
- To look for personal opportunities to influence social justice.
- Quietly and persistently advocate.
- To create new possibilities for those who have come to believe they're at the end of their limits/possibilities.
- Challenge self-doubt.
- Challenge yourself to be a better occupational therapist: "How do you enable occupation?"
- I dare to present my research projects at this conference!



- To focus my practice on 'community' engagement – go beyond the individual.
- I dare to bring an occupational perspective into the intra-professional team so it permeates all of what we do.
- Daring to push the boundaries for paediatric occupational therapy.
- I challenge myself to find out how to work with sectors outside of health to incorporate occupational concepts and research.
- Dare to become more involved at a higher level of society/government to create social justice.
- Daring to work as a single service provider – only one in my region.
- Daring to inspire students towards social justice.
- Dare to continue to grow in workplace wellness, mental health, return-to-work and master the art of suitable job matching to optimize health.

Create (Be the difference)

- Creating participation in international field-work learning experiences!
- Make a difference, continue to challenge the setting in which we work to provide true client-centred practice.
- Create awareness.
- I hope to create new knowledge through continuing to contribute to occupational science/occupational therapy research.
- Let's create an inclusive leadership consortium to move our profession forward.
- We will create a world that values occupational justice.
- I am going to look at a more global perspective of providing occupational therapy – advocating for engaging our patients in all aspects of their treatment.

- Create opportunities to enable occupation for all our clients.
- Create the change you want to be (The Dalai Lama).
- Explore practice areas we are unfamiliar with.
- Partnership with Apple and Microsoft to adapt technologies.
- Bridge the gap (in my own small way) between research, education and practice.
- I dare to create an occupational therapy community that we can all be proud of.
- Create tools that effectively evaluate meaningful occupation.
- To ask why we do the things we do in every day practice.
- An occupational therapist for Prime Minister.
- Collaborate – all the varied and interesting occupations occupational therapists hold.
- Create new opportunities.
- Opportunity for international/experiential knowledge exchange of occupation.
- To have children play 'occupational therapist' not just doctor or teacher or nurse.
- From occupying to occupation to ocean of possibilities.
- To face problems within our profession of being inclusive in our own education programs.
- How exciting it would be to meet the challenge of a truly shared mission.
- Push my comfort zone to enable others to do the same.
- The fourth C is courage.
- I hope to create my first occupational therapy job in September.
- Create confidence to move occupational therapy into new practice areas both at the individual and societal levels.
- Online discussions and support for occupational therapists (urban- rural divide united).
- More room for occupation focused therapy defined by people (clients) we work with.
- Continued awareness of occupational therapists unique role in occupational rehab.
- To dream beyond function.



Professional Issue Forum: Knowledge translation strategies for enhancing the use of Enabling Occupation II

Margo Paterson, Janet Craik, Jill Philips, Debbie Hebert, Shaniff Esmail and Haley Augustine

On Thursday May 27, 2010, 8:30-11:30 am in Halifax, Nova Scotia approximately 40 participants attended CAOT's Professional Issue Forum (PIF) entitled, Knowledge translation (KT) strategies for enhancing use of Enabling Occupation II (EOII). This PIF addressed the following objectives:

1. Present a brief history of the guidelines
2. Exchange information and perspectives about KT and EOII
3. Engage in discussion and receive member feedback

This PIF began with an introduction by the facilitator Margo Paterson who encouraged the participants to keep track of their questions for the panelists that would hopefully trigger further discussion. Janet Craik presented: background information and an overview of the evolving Canadian Guidelines; the key models of EOII: (1) core domain of concern (Canadian Model of Occupational Performance and Engagement [CMOP-E]), (2) core competency (Canadian Model of Client-Centred Enablement [CMCE]), and (3) core process (Canadian Practice Process Framework [CPPF]); CAOT's dissemination strategies, such as free online webinar, plenary and preconference workshops, book clubs, individual practice inquiries, a series of *OT Now* articles, and the development of an interactive guide (expected in Winter 2010).

Panel of experts

A panel of experts, chosen for their geographic diversity and their ability to represent the roles of student, practitioner, practice leader and academic presented the elements of EOII that resonated with each of them within their work/practice. The panel spoke for approximately one hour after which audience members were invited to comment.

Jill Phillips provided the practitioner perspective stating that clinicians have demanding caseloads with insufficient hours to carry out research to provide quality care. Her view is that EOII saves time. After a review of clinical applications of EOII, Jill encouraged therapists to invest in reading the text to enhance practice and help tackle the challenges of everyday practice. "It takes less time to read a chapter of EOII and tap into the solutions provided than it does to solve problems on your own". She emphasized that the issues therapists face

have been encountered before and that thousands of hours of experiences have been integrated into EOII.



EOII PIF presenter's from left to right, back row, Margo Paterson, Haley Augustine and Janet Craik; front row, Jill Phillips, Debbie Hebert and Shaniff Esmail.

Debbie Hebert presented the practice leader perspective. In her work she was constantly considering the role of occupational therapy and looking for ways to balance practice and theory. She provided an example of the application of EOII in practice as there was a need in her workplace for appropriate documentation tools that were occupation based. She reported that their previous documents were ability-based, and occupation was assessed using a checklist at the end of the assessment. A best-practice group developed a new set of documentation that put occupation at the forefront.

The CMCE model also resonated as a way to evaluate practice with respect to enablement. Debbie provided reflections on the EOII core competencies:

- Advocacy: What are venues to influence development of new programs, how do clinicians position themselves to influence?
- Consultation: With increase in support staff, how do we maximize the consultation skills of occupational therapists?
- Educate: How well are we working with partners, do we mentor new staff; how do we educate in the community?

Shaniff Esmail provided an educator and researcher perspective. He stated that EOII can be used as a framework for curriculum development. Curriculum design

includes four steps in order to determine the outcomes based on EOII:

1. Teaching and learning strategies; the core teaching is based on the CPPF as students progress in their program.
2. Content; the CMOP-E provides the appropriate content for focus of the curriculum.
3. Assessment; the CMCE is used as an assessment strategy for students.
4. Evaluation and assessment can use the 'Fit chart'.

Shaniff stated that, "at the end of the day, students need to be able to evaluate what they are doing". Models from EOII can provide a map for the journey taken by students. Finally, he spoke about the importance of research in occupational therapy and the application of EOII models in framing research questions and reporting findings.



Shaniff Esmail discusses the link between EOII and education.

Haley Augustine presented the student perspective and suggested that students can act as knowledge translators when on fieldwork placements. She suggested that students provide bi-directional communication between therapists and researchers as they are exposed to current theories in the classroom that can be translated to practicing therapists through fieldwork experiences. She conducted a student survey on understanding and applying Enabling documents to clinical placements. Approximately 30% of students ($n=28$ of 98) responded as follows:

- 57% reported that they had been asked to apply theory during placements,
- 77% felt comfortable applying theory, and
- 78% felt that EOII helps increase understanding.

Haley suggested that students might play a unique role in applying theory to practice; placing an emphasis on occupation while conducting case applications of

EOII models during fieldwork placements. She felt that it is important for students to be exposed to theory throughout their education and that they continue to apply the theoretical background of occupational therapy.

Group work

The remainder of the session was devoted to small group work focused on six key questions followed by a plenary large group discussion:

1. What supports advance occupation based practice? What assets, resources, or strategies help you in your everyday practice?
2. What barriers/challenges hinder occupation-based practice? What barriers are within your influence of control?
3. How might EOII enable occupation-based practice?
4. What do you need to get these guidelines into practice?
5. What strategies will you use to implement EOII guidelines in your practice this coming year?
6. What role does CAOT have in the uptake of EOII in practice?

Impact

This PIF provided CAOT members with an opportunity to:

- Provide feedback and explore how the Enabling Occupation guideline documents resonate with current practice.
- Share knowledge of the current state of guideline use in occupational therapy.
- Assess the value, usefulness and appropriateness of the guidelines use in occupational therapy.
- Identify effective strategies for utilizing EOII in practice.
- Assess for barriers that may limit uptake of guidelines.

Next steps....

A discussion paper and report for the profession on strategic knowledge translation activities to enhance guideline use will be produced from the PIF and submitted for CAOT Board approval. It will be posted on the CAOT website by September 30, 2010.

Reference

CAOT (1997; 2002). *Enabling occupation: An occupational therapy perspective*. Ottawa, ON: CAOT.

Townsend, E.A. & Polatajko, H.J. (2007). *Enabling Occupation II: Advancing an Occupational Therapy Vision for Health, Well-being & Justice through Occupation*. Ottawa, ON: CAOT Publications ACE.



Co-Conveners daily thoughts: Everything you wanted to know and more

Avai Kochanoff and Heather Thompson

Tuesday, May 27th

Avai 1:30 pm: Professional Alliance of Canada (PAC)...I snuck into the PAC meeting and I think I set off the fire alarm. It was great putting faces to the names of the members.

Avai 6:00 pm: Stuffing delegate bags...this is what 500 bags looks like, thank goodness for Lisa (Sheehan, CAOT Conference Manager extraordinaire), she had everything organized with bags and cool stuff lined up and waiting...we were finished stuffing within an hour or so. I was impressed to see so many Dalhousie students coming out to volunteer, this is a great sign for the future of NSSOT. I love the bags, and I particularly love the logo. It is so fun to see how some of the planning that has taken place over the past two years has turned into tangible things like these delegate bags. I will now have a better appreciation of the little things next time I go to a conference!!!

Wednesday, May 26th

Avai 9:00 am: Leadership forum - OMG, I am sitting with so many amazing women all in the same room. I can barely believe it! I cannot wait to see what the day brings us.

Heather 2:35 pm: I finally made it. It was almost impossible to get away from work today but I did and have checked into the Halifax Marriott Harbourfront Hotel, what luxury. I know I only live across the harbour but I can imagine I am in a far away city...distant from home, work, children, laundry, and so on, for a little while. And now I have to get focused. Rehearsal for the opening is at 5:00 pm. I'm nervous to stand on stage in front of all of those people. It makes my stomach turn. I'll get through it I know. OK, now where's Avai?

Avai 3:00 pm: I finally checked into my room, this is where I will be living for the next three days, I wonder if there is anyway I can steal this mattress...

Avai 8:30 pm: Opening Ceremonies - this is all very exciting, Jay Cheng's video was completely inspiring...I should likely get his autograph now before he becomes really famous. It was no surprise to me that Margaret Champion (NSSOT President) sang the National An-

them in both languages so effortlessly, I was practising my "Bienvenue" all night.



Heather 9:15 pm: Opening Ceremonies - whew, that's over. I think it was good. People seemed to enjoy the entertainment and everyone was motivated by our keynote speakers Dr's Mary Law, Helene Polatajko, and Elizabeth Townsend. They talked about imagining our profession from C to C to C.... to Celebrate, Challenge, and Create in order to help us make our profession everything we know it can be. I heard so many positive comments after it was done; I think they really inspired the crowd.

Thursday, May 27th

Avai 6:30 am: Yoga...it's sooo early, will anyone come beside me (5 people showed up, HOORAY!). Oh, why does every yoga instructor have to look so fit and healthy, I can't even attempt to not like Tracy (the yoga instructor), she was so darn wonderful and my body is actually awake....what a great way to start this day!!!

Heather 7:00 am: Yaaaaawwwnnnnnnn....oh man, those poor souls doing yoga.

Avai 9:00 am: Starting the day...it's been two long years, Heather and I have had the opportunity to work with amazing occupational therapists across the province that have shared in planning, developing and

bringing this Conference together. I will forever be inspired by the amount of group effort, the pre-conference workshops were a great success, the location of the Conference is fabulous and these sashes are so stylish...

Heather 12:20 pm: I woke up feeling kind of rough this morning. I think it all hit me. It's been a long time planning this Conference. So, I wandered down to the main floor and met person after person that I knew. As the morning progressed I found myself drawing energy from these people. The pleasure of being among them, part of this group here for a common purpose fueled me. By lunchtime I was raring to go. That's what I've grown to love about the Annual Conference. Sure we learn new ideas through presentations but what is more difficult to articulate is the affect it has to unite a group, make us proud of our profession, and inspire us to become better.

Avai 2:30 pm: Late for Break...okay, where are those chocolate bars everyone else is eating????

Heather 3:00 pm: I went to a great session this afternoon. Actually Avai was one of the presenters. They were using the *Enabling Occupation II* to demonstrate how they make social change on an individual, local level. I was inspired and challenged to consider how I make social change in my world.

Avai 6:oopm: Piping to *Murphy's on the Water*, another thing to cross off my bucket list, it's not everyday one get's piped to their destination. Looking back at the crowd made me fill with excitement for the night. Just met Neville the auctioneer...OMGG what have I gotten us in for?



Conference delegates are piped-over to the 'Ceilidh on the Water' festivities for lobster, the COTF live auction, and dancing.

Heather 11:25 pm: Ceilidh on the waterfront – mmm-mmm...great lobster, entertaining COTF auction that made a good profit, and a fun, down home band that got people up dancing. Can't say much more...must go to bed.

Friday, May 28th

Avai 6:30 am: Yoga.... it's still so very early, but people showed up and the class was fantastic, the sun was shining over the harbour providing us with a great view from this room. Thank goodness for Lisa and finding this gem.

Heather 7:05 am: Peek out from under the covers.... oooops...missed yoga again. Well, a few more minutes of shut eye.

Heather 2:40 pm: Caught another interesting presentation on social change today. Great thinkers, Judith Friedland, Liz Townsend, Barry Trentham, and Brenda Head using history to demonstrate social change. I love that stuff. It makes me want to work with the profession's archives and learn the early vision of occupational therapists. How are we different today? We know that we swayed over time but are we back to the basics again now? Hard to say but I'm feeling that itch to find out.

Avai 3:30 pm: Muriel Driver Memorial Lecture and Awards Ceremony - Dr. Annette Majnemer was the 32nd recipient of the Muriel Driver Memorial Lecture-ship, which to me, is the occupational therapy equivalent of the Oscars. I got Dr. Majnemer to shake my hand, I thought I was going to faint. I had my program ready for her to sign but I refrained. Dr. Majnemer's work is absolutely astonishing, including the amount of research funding she has secured through the years. I could only imagine the genius it takes to do this quality of research. I truly felt like I was in the presence of celebrities, the whole front row of these amazing scholars, and I have the opportunity to meet them all. This Conference is mind-blowing...and I have to say, I loved Dr. Majnemer's smile....and her pearls...ok, but seriously, her message was inspiring, encouraging us to rock the boat and challenged us as occupational therapists to research the area of leisure in greater detail. She also shared a very valuable life lesson, that we need to take the time to balance our boats in order to have more energy and be better equipped when working with our clients.



Heather and Avai with CAOT President Dr. Elizabeth (Liz) Taylor at the Awards Ceremony

It was amazing to see all of these awards in honour of people who volunteer for CAOT, it is true that the diversity and success of CAOT relies on the volunteers such as the individuals listed this year.

Golden Quill Award...this was the first year for giving out this award, it sounds so interesting. Karen Whalley Hammell's article challenged the accepted beliefs of occupation and dared us to look beyond tradition.

Dr. Lori Letts was announced as being the 2011 Muriel Driver Lecturer, that is so deserving, I cannot wait to hear her presentation. I am such a fan.

Saturday, May 29th

Avai 6:30 am: Yoga...ok, I am sooo tired, but it is sooo worth getting up this early to see Tracy and attempting to stretch and contort my body into unnatural positions, and to know that I will be eating BACON this morning...HOORAY!

Heather 8:00 am: OK, who am I kidding? I'm never going to make it to yoga. I'm going for breakfast.

Heather 11:15 am: Plenary speaker Florence Clark – Awesome!! Dr. Clark presented on power and confidence. How we as a profession need to view and embrace power, how others get it and why don't we? We are confident in ourselves so why don't we portray it? It's a lot to think about and delivered in a funny, irreverent style. I loved it. I think her slides are on the CAOT website. I'm going to look them up (they can be found at <http://www.caot.ca/default.asp?pageid=2396>).

Avai 1:00 pm: Lunch with a Scholar - This was such a unique opportunity to see and listen to the leaders in our profession, such as Dr. Deborah Cameron, presenting her talk on *Putting Action into Evidence and Evidence into Action*. Dr. Cameron's presentation was filled with first-person examples of how she involved both individuals and their families in their treatment plans. This information was critical in making her experiences move from action into evidence. I think more people should attend this type of event where we have the chance to meet occupational therapists that are making a mark in our profession and in our own country and be proud of these accomplishments.

Heather 4:35 pm: Closing ceremonies – Well, we passed the torch to Shari and Christine (Shari Cherepacha and Christine Savage, Co-Conveners for the CAOT Conference in 2011). I know they will do a great job next year in Saskatoon but I'm glad it's over for dear old Halifax. Great times and memories but we need to rest. Hugs to Avai.

Avai 4:45 pm: OMG...it's really over, I said good-bye to Heather, drove out of the underground parking and I am done...a mixture of feelings hit me including a great sense of pride and accomplishment. We did it, it was a lot of work, it was an amazing experience and I would do it all over again. I can't wait for the next time the national conference rolls around to Nova Scotia....

Fostering mentorship and leadership: CAOT project update and forum



Brenda McGibbon Lammi, CAOT Professional Development Manager

CAOT offers an annual session at Conference to update members on CAOT projects and activities. It was decided this year to do something a little different, in addition to providing an update, a forum was offered on mentorship and leadership with Sue Baptiste, CAOT President-Elect and mentoring expert.

Janet Craik, CAOT Director of Professional Practice, opened the session on Thursday afternoon by welcoming everyone and introducing CAOT staff members; putting a face to the names of those that members interact with at CAOT Head Office in Ottawa.

Brenda McGibbon Lammi then provided a brief review of CAOT projects and initiatives, which clearly demonstrate the leadership CAOT is taking in developing and promoting occupational therapy across Canada. Some of the projects include:

The National Blueprint for Injury Prevention in Older Drivers

Funded by the Public Health Agency of Canada, and launched in 2009, the Blueprint provides direction, education and research on older driver safety. Additional funds were received by CAOT to develop actions outlined in the Blueprint; a series of educational brochures for drivers and their families and a website (www.olderdriversafety.ca) providing valuable information and resources for health care providers, drivers, and their families.

Internationally Educated Occupational Therapists (IEOT) Web Portal

Launched in 2009, the IEOT web portal is a joint initiative between CAOT, the Association of Canadian Occupational Therapy Regulatory Organizations (ACOTRO), and the Association of Canadian Occupational Therapy University Programs (ACOTUP) and is funded by the Government of Canada's Foreign Credential Recognition Program. This portal was created to provide IEOTs with a gateway to information about the practice of occupational therapy in Canada.

Caseload Management Planning Tool

A joint venture with CAOT, the Canadian Association of Speech-Language Pathologists and Audiologists, and the Canadian Physiotherapy Association, funded by the Government of Canada. The inter-professional Caseload Management Tool is an evidence-based tool

that has been designed to help individual professionals, organizations and policy-makers develop effective caseload/workload management for occupational therapy, physiotherapy and speech-language pathology services in Canada. It integrates the competencies of the three professions and supports effective and efficient matching of human resources to a wide variety of client populations and service delivery models. The Tool is currently being piloted, for more information visit www.caot.ca.

Occupational Therapy Examination and Practice Preparation Program (OTepp)

OTepp assists IEOTs transition into Canadian practice. OTepp is led by the School of Rehabilitation Science at McMaster University in Hamilton, Ontario in partnership with CAOT. OTepp is funded in part by the Government of Canada's Foreign Credential Recognition Program and the Government of Ontario. The Program offers IEOTs the opportunity to participate in core academic curriculum that reflects Canadian practice. Additional resources include practicum experience, exam preparation, work readiness and career guidance. McMaster University and CAOT are working with universities across Canada to deliver the curriculum. For more information or to register please visit www.ottepp.ca.

Elder Abuse: Guidelines for Occupational Therapists

CAOT recently received funding from Human Resources and Skills Development Canada through the Federal Elder Abuse Initiative for: Elder Abuse Guidelines for Occupational Therapists in Canada. With these project funds, CAOT will develop and disseminate a guideline document for occupational therapists to learn about the indicators of elder abuse, prevention, assessment, intervention protocols, relevant legislation, regulatory requirements and resources for older adults. CAOT will also consult with a legal researcher to determine the legal and regulatory requirements for detecting and reporting elder abuse within occupational therapy practices across all provinces and territories in Canada.

Following the project update, some CAOT member benefits were described including the Mentor Gateway, a service provided by the CAOT through its website that provides resources and information on mentoring and

a unique opportunity to link mentors and mentees. One resource offered on the Mentor Gateway is free access to the publication *Mentoring and Supervision: Creating a Relationship for Fostering Professional Development* by Sue Baptiste.

Mentorship and leadership

Sue Baptiste then took the floor to engage the participants in a discussion on the difference between leadership and mentorship. Mentorship is considered to be a partnership between two equals sharing a mutual respect for one another. Leadership, though essential, is different in that there is a power differential and the relationship is based on a concrete function.



Claudia von Zweck, Sandra Bressler and Sue Baptiste make their way to the Ceilidh on the Water.

The discussion was followed by an interactive experience in which participants worked in pairs to identify skills they would like to develop and skills they could offer in a mentoring relationship. Some discussion points raised by participants included:

- Health care professionals need nurturing in a mentoring way, there is currently a spiritual gap in service provision that can be reflected upon in a mentoring relationship.
- A mentoring relationship provides a safe place for discussing topics that may not be discussed elsewhere, and is inherently different from teaching.
- Different mentors will meet different needs at different times during your professional and personal journey.
- There is no harm in asking someone to be your mentor.
- Mentors don't need to be occupational therapists, they can be anyone you feel is appropriate.
- Mentors cannot be prescribed, there is a natural evolution of a relationship that needs to take

place before a true mentorship happens.

- A mentoring relationship is special and long-term, that person may always be a part of your life.
- A mentor can offer a 'buffet of moi'; leadership from behind, examples from a lived life, a sense of comfort without struggle, a navigator.
- The relationship requires openness to communication, sharing of experience, mutual respect and the ability to know what you are hearing, even if it isn't being said.
- A mentoring relationship can help you maintain your sense of authenticity as you progress through your career and life, the partner is someone who can notice changes in you that others may not see.

Janet Craik linked the content of the leadership and mentorship event to the mission of CAOT:

"Leadership and mentorship are active processes that contribute to making something extraordinary happen. Mentorship creates relationships that encourage professional growth, development, and confidence to help achieve personal potentials and in turn, create new leaders. In accordance with the mission of CAOT to advance excellence in occupational therapy, fostering leadership and mentorship are key elements to the continuous development of the profession of occupational therapy."

CAOT Conference: A multi-faceted experience for an occupational therapy student



Denise Dubois

I quietly snuck into the opening ceremonies of the CAOT Conference a few minutes late. The presentation had already begun. As I settled into my seat I turned my attention to the images playing on the video screen. A dragon boat team was depicted through a series of artistic images paddling on dark choppy waters, while a voice explained the purpose and importance of occupational therapy. I nudged a fellow University of Toronto student and whispered, "That's just like our occupational therapy team!" She nodded and smiled. I surveyed the room wondering how many other people participated in dragon boating with fellow occupational therapists – uniting as a team in a meaningful occupation. It was at this point that I realized that I was totally surrounded by occupational therapists! I experienced a little chill of excitement. All around me people shared the same professional lens – viewing the world with a unique, occupational focus. And, here I was in Halifax among them to celebrate our profession, to challenge the boundaries of occupational therapy scholarship and to create connections and possibilities for the future.

Last October, CAOT sent out a call for student abstracts and my research partner, Katrina Piperidis, and I decided to submit a poster presentation. I had never attended a professional conference and having the opportunity to travel to Halifax, Nova Scotia – home of lobster, maritime-themed pubs and historical buildings galore helped us make our decision. For this British Columbia mountain girl, it was the perfect chance to meld several meaningful occupations: travelling, learning, research, shopping and running.

As I leafed through the program on Thursday morning highlighting which presentations I would like to attend, it struck me how diverse my options were. Although all the presentations supported the core values of the profession and often incorporated theoretical principles of occupation, the breadth of the research and discussion was phenomenal. For instance, over the course of two days I attended: a lecture on a Government of Alberta-sponsored project to implement a community transition program for men with fetal alcohol syndrome served by the correctional system; a presentation discussing the experiences of mothers of children who have feeding difficulties; and a poster where I found out the Toyota

Venza is currently the safest and most ergonomic vehicle on the market for older adults. I also had the opportunity to listen to: the exploration of the concept of occupational engagement by a fellow University of Toronto student and winner of the CAOT student abstract bursary, Jennifer Kennedy; the preliminary findings from a case study which utilized CO-OP (cognitive orientation to occupational performance), a cognitive approach created by Canadian occupational therapists, with a man diagnosed with schizophrenia; and a McGill doctoral candidate who is studying the motor and writing skills of children recently diagnosed with attention deficit hyperactive disorder.

Among these presentations, I made time to frequent the many vendors, picking up pointers, catalogues and 'swag'. I also connected with other occupational therapists from across the country including the first occupational therapist I shadowed, Mary Hamilton from Trail, British Columbia and my mentor, Isabella Cheng who works on an ACT team at Sunnybrook Health Centre in Toronto. On Friday night, in a demonstration of academic and social solidarity, the University of Toronto faculty sponsored a pub for their 15 students who attended the Conference. We, the students, also "made time" for the important occupations of eating lobster, shopping along Cobourg Street and watching the premiere of Sex and the City II.

About the author –

Denise DuBois, is a second-year student occupational therapist from the University of Toronto. She grew up in Rossland, British Columbia and moved out East to study Journalism and play varsity field hockey at Carleton University. She will graduate with her MSc in occupational therapy in August, 2010. She can be contacted at denise.dubois@utoronto.ca.



University of Toronto students with Dr. Helene Polatajko.



Katerina Piperidis and Denise DuBois with their first research poster.

When I packed my suitcase for the Conference (including unnecessary sundresses and thankfully my rain coat), I decided with good intentions to throw in my running shoes. Once I arrived in Halifax, I realized that the only runs I would be able to squeeze into my schedule would be pre-7:00am. Thankfully, my friend Melissa Hyland agreed to accompany me on a few early morning jogs. It was during these runs that I practiced my research presentation. After a few mornings, when Halifax, its hills, boardwalks and I had become better acquainted, I felt ready to present. And so on Saturday afternoon, donning heels rather than sneakers, Katrina and I tacked up our poster on 'Board 7'.

At the University of Toronto, a major research project is a requirement of the occupational therapy program. Prior to entering the program, I had never completed any research. The thought of finishing an entire research study – including ethics – in one year frightened me. Nonetheless our research question: *What are the experiences of parenting a child who is dependent on technology living long-term on a complex continuing care unit?*, intrigued and totally engaged me. Looking back, I cannot imagine completing my Master's without this component. Standing in front of my poster, sharing our research with occupational therapists, professors and fellow students was one of my highlights of Conference and it was a monumental moment in my professional journey.

Katrina and I passionately discussed the ethical issues reported by some of the parents in our study with a group of pediatric occupational therapists, one of whom said, "I used to work with these kids. I was afraid to go on holidays. I would spend the whole time worrying that one of them would die." Her eyes filled with tears. I spontaneously gave her a hug, feeling my own tears just behind my eyes. As I looked over at my research advisor, I noticed that her eyes had also filled. It was a special moment as we laughed and wiped our eyes together. But it struck me how occupational therapy research can connect and truly impact our clients, our profession and ourselves.

On the flight home, as I made notes about what I would write for this article, I reflected on just how engaged I had felt when participating in the CAOT Conference. It had been a celebration of our profession, of the creativity and innovation we possess and the challenges we face and overcome through the clinical practice and research we do each day.

Who is listening, understanding and caring about our message?



Lis Ostiguy, CAOT Director of Professional Affairs

CAOT advocates on behalf of occupational therapists and their clients to government representatives, parliamentarians, policy and decision makers promoting the essential nature of occupational therapy services to the well-being of Canadians. Members of Parliament (MPs) and Senators are key targets for CAOT advocacy messages. In their role as policy makers and legislators, MPs and Senators can influence the public policy environment impacting occupational therapists and the services they deliver to their clients.

CAOT is not the only interest group lobbying Parliamentarians. To help us have our voice heard and our messages remembered, we invited Megan Leslie, MP representing Halifax, to join us at this year's Conference to share her perspective of being the target of advocacy efforts. The information shared is helpful to effective messaging and to help politicians represent the best interests of Canadians.

Q: Sometimes it takes awhile to get a meeting with a MP. Can you give us an idea of your schedule?

Megan: MPs have a lot on their plate. One of the most important jobs is to meet with constituents as well as interest groups related to their portfolio. That being said, in a month, I can prepare and deliver several speeches in the House of Commons; prepare and ask questions on health matters, G8-G20 meetings, HIV among others during Question Period; participate in studies undertaken by the House of Commons Standing Committee on Health – such as on Health Human Resources, the use of sodium in food preparation, Multiple Sclerosis, and so on, as well as deal with issues of importance to my constituents and my responsibilities as health critic for the NDP.

Q: Do you like being lobbied?

Megan: MPs are ordinary Canadians who have been elected to represent other Canadians. MPs come from varied backgrounds such as farmers, teachers, lawyers, doctors, artists, potters, astronaut, musician, among others. They are not subject matter experts and look to the interest groups that meet with them to be briefed on the topic and issue at hand. Meeting with occupational therapists or other groups provides me with access to experts who can educate me on the concerns being raised.

Q: What should we provide you to prepare for the meeting?

Megan: What helps me prepare to meet with you and to take action on your part is a briefing document that summarizes on one page what needs to be done (your "asks") supported with detailed information – one page for each ask. The detailed information could provide background on the issue and more details on what needs to be done. Each MP will indicate in which



Megan Leslie, MP representing Halifax, speaks to Conference delegates on effective advocacy

language they wish to receive the information. When setting up the meeting, check with the assistant to confirm how the MP would like the information. Fancy folders are nice to look at but are rarely kept by MPs.

Q: Should we provide information on what we want to talk to you about before the meeting?

Megan: I find it helpful to review the briefing notes before I meet with any group. It allows us to get right to the discussion in the limited time that we have.

Q: Is it more important to speak to a provincial politician on health matters?

Megan: The federal government although not responsible directly with health service delivery except for the military, veterans, federal prisoners and Aboriginal communities, can have influence through the health transfer. It is better for you to approach a federal politician on the federal responsibilities but don't let them put you off by saying that it is only a provincial/territorial responsibility.

Q: Do we have to get directly to what we want or can we chat about issues of concern to us?

Megan: Time with a politician is somewhat limited. As much as it is enjoyable to have discussions on general concerns, we need to make the most of the time we have. Use your personal experience to support your points but don't let your musings eat up all the time we have.

Q: Should we word our messages to be in line with your political party priorities?

Megan: There is value on having the same message package the same way for all political parties. It provides opposition parties to be armed with arguments in terms that the government will understand.

Q: Should we follow-up with you? How much is too much follow-up?

Megan: Follow-up is important. Once our meeting is over, I am on to either another meeting or to parliamentary activity. Follow-ups can be casual and can be done through constituency offices. But it is important to keep a politician's attention on your issues

Q. What can we ask a MP to do?

Megan: MPs can be asked for instance to sponsor a private member's bill; write a letter to the Prime Minister; raise the matter in question period; among others.

Q: What else can we do besides meet with an MP?

Megan: It is helpful to the MP if the issue you raise gets a lot of public attention. So you can do activities

that engage the community such as draft a petition, organize a postcard campaign, write letters to MPs and to news editors, have meetings with politicians with other interests groups involved including chambers of commerce, art groups and other unlikely partners.

Q: Is it good to meet with bureaucrats and political staff?

Megan: It is not always easy to meet with Ministers but we can make sure our message gets in through meetings with senior bureaucrats and political staff. It can be very helpful to brief these key people who are in a position to raise the matter with the minister

Q: Should we be meeting with representatives of all political parties?

Megan: In a minority government situation, which currently exists, it is important to have your message heard by all political parties.

Megan Leslie has represented the people of Halifax since 2008. She is a member of the New Democratic Party. She recently became the health critic taking over from Judy Wasylecia Leis. A lawyer by training, Megan has devoted herself to issues of social justice, specifically raising consciousness of women's issues, housing and homelessness, poverty and the environment. She provides a strong progressive voice on national affairs. Voted for by her peers in the House of Commons, Megan won the 2009 MacLean's Rookie MP of the year award.

Professional Issue Forum: Advanced practice in occupational therapy



Maureen Coulthard and Marcia Finlayson

Professional Issue Forums (PIF's) are three hour events held annually at the CAOT Conference to obtain input from members about emerging topics that require the attention of the CAOT Board. One session this year focused on advanced practice (AP) in occupational therapy as a follow-up to a similar session in 2009. The purposes of the 2010 AP PIF were to:

- review key findings and recommendations from the 2009 AP PIF,
- review the tasks and process used by the AP Task Force and Working Group,
- highlight findings from the survey conducted by the AP Task Force and Working Group, and
- debate three potential ways of framing AP in occupational therapy that have emerged from the work to date in order to guide future CAOT efforts.

Approximately 40 individuals attended. They represented clinical settings, university programs, regulatory organizations, professional organizations and students. The session moderator, Marcia Finlayson, set the stage for this year's discussion by summarizing the report of the 2009 AP PIF (<http://www.caot.ca/pdfs/PIF%20Report%20-%20Version%206,%20July%2019%202009.pdf>). The key recommendations from this report were that CAOT develop a multi-stakeholder task force to:

- conduct an environmental scan and needs assessment of AP in Canada;
- use findings to address key issues and develop a national definition of AP for occupational therapy that:
 - can be portable and applicable across the provinces and territories despite regulatory variability,
 - acknowledges the continuum of skills and the diversity of practice areas,
 - supports career laddering in the profession, and
 - is useful to employers and educators to prepare for and support AP in occupational therapy;
- determine the educational requirements for AP in occupational therapy; and
- develop a national vision of what AP could and should be in Canada.

Next, Maureen Coulthard explained how CAOT convened a Task Force and Working Group to address the recommendations of the 2009 PIF. This group included representatives from clinical practice, administration, ACOTRO, CAOT, university faculty, provincial government human resources planning department, and representatives from the Canadian Nursing Association and the Canadian Physiotherapy Association.

The group held teleconference meetings and communicated extensively by e-mail between December 2009 and May 2010. As work proceeded, it became clear that addressing all of the 2009

About the authors-

At the time of writing, **Maureen Coulthard** was CAOT Director of Standards.

Marcia Finlayson is Associate Professor - Department of Occupational Therapy, University of Illinois at Chicago and Associate Professor - Department of Community Health Sciences, University of Manitoba.



Maureen Coulthard speaking at the Advanced Practice PIF.

PIF recommendations was not realistic. Therefore, the group focused on conducting an environmental scan and needs assessment and did so by developing a CAOT member survey. The guiding questions of the survey were:

- How prevalent is AP in Canada?
- What do occupational therapists in AP positions do?
- Are there differences between occupational therapists who are in AP positions and those who are not?
- Do CAOT members feel a definition of AP is important?
- What do CAOT members perceive as the potential benefits of defining AP in occupational therapy?

Marcia and Maureen summarized the survey findings. In brief, 620 CAOT members responded (582 English, 38 French). Respondents were typical of CAOT members (e.g., primarily middle-aged females with an entry-level bachelor's degree providing direct services). Across the respondents, 54 indicated they held an AP position. Statistical analyses indicated no significant differences in job responsibilities between those respondents who identified themselves as being in an AP position and those who did not. The majority of respondents reported that it was either very important (31%) or important (39%) that CAOT develop a definition of AP. Qualitative comments indicated both positive and negative perspectives on AP. On the positive side, AP was seen as offering opportunities for professional growth, public awareness, recruitment and retention benefits and career laddering. On the negative side, concern was expressed about the potential to devalue the work of occupational therapists not designated as AP, whether financial compensation

would follow the title and if AP vacancies could be filled. Concerns about regulation were also expressed.

During the last half of the forum, attendees were provided with three potential ways of framing AP in occupational therapy in Canada (i.e., as a specialist, as an extended scope practitioner, as a global leader). Attendees reflected on these options, discussed them in small groups, and then shared their thoughts with the larger audience. Through these discussions, the complexity, nuances and challenges of describing AP were reinforced. It became clear that none of the three potential ways of framing AP were fully satisfactory because of the many logistical and regulatory issues that each of them could bring about. Attendees emphasized the need for CAOT to proceed cautiously and strategically as any decision will have long lasting impacts on the profession, consumers and other stakeholders. They noted that although a definition of AP may offer benefits, there is also the risk of splintering an already small profession, devaluing therapists who are not in AP positions, and reducing access to occupational therapists rather than improving it. As discussions continued, several key messages evolved with respect to CAOT's continuing work on AP:

1. CAOT must position themselves and the profession strategically in order to take into account population needs, career laddering, and recognition. The Association must be clear about the goal(s) of pursuing any activities related to AP.
2. CAOT must be proactive and future oriented rather than reactive when it comes to AP (e.g., avoid pursuing AP as a "catch up" because other professions are doing it).
3. CAOT must remain aware of and sensitive to the potential risks and repercussions of AP both within and outside of the profession.
4. CAOT must acknowledge the differences in responding to the evolving systems in which occupational therapists are working, addressing therapists' individual needs and motivations to advance within their own careers, and defining AP. In other words, CAOT must distinguish between advanced practice and advancing practice.

In conclusion, the final report from this PIF will offer a single recommendation to CAOT: That the Association develops a position statement to put forth a vision and set of core principles that can guide future efforts related to AP in occupational therapy in Canada.



Presenters Maureen Coulthard (left) and Marcia Finlayson (right).

What are people saying?



Cheryl Evans, CAOT Communications Coordinator



Bernadette Nedelec

Director of Occupational Therapy Program,
McGill University
Montreal, Quebec

"I wanted to come to Conference to see what's going on in occupational therapy across the country and to support the students and faculty from McGill University who are presenting at this exciting event. I also enjoy the opportunity to attend meetings and sessions with colleagues to see what other occupational therapists are creating in other regions. I want to see where the profession is developing and who is creating what, where."



Bice Amoroso

University of Toronto Graduate Student, Practicing at Centre for Addiction and Mental Health, Toronto, Ontario

"Attending Conference has provided me with the opportunity to see an assortment of presentations and to reconnect with colleagues and friends. I have also enjoyed being challenged to think outside the box, which will allow me to bring different thinking patterns back to my place of work. My area of expertise is mental health, and it has been a memorable experience to see how others view this practice area and what they are doing."



Scott Thieu

IWK Health Centre
Halifax, Nova Scotia

"I work with children at the IWK Health Centre and balance three caseloads: rheumatology, assistive technology and developmental. By attending Conference I have been able to receive information on all three areas in one venue, which has been a productive and effective use of my time. I have also enjoyed the opportunity to network with colleagues from across Canada to hear their viewpoints and find out what is relevant in occupa-

tional therapy. As a practitioner from Atlantic Canada, I usually only collaborate with local therapists, so it was refreshing to learn that we were on the same page nationally. This has been an insightful experience and I look forward to bringing back what I have learned to improve client care."



Jay Cheng

Queen's University Occupational Therapy Student, Kingston, Ontario

"I came to Conference to network with fellow occupational therapists across Canada and for the opportunity to gain exposure to different practice areas. As a student nearing graduation, it is important to see what areas need to be developed in the future as it provides valuable insight into the profession of which I will soon be entering. Experience is the best teacher, and being here to link my theory to practice has helped provide me with a clear vision for my future as an occupational therapist."



Colleen McGrath

Research Assistant, McMaster University, OTepp, Guelph, Ontario

"Conference has come at a critical time to me as I will soon be getting ready to continue my studies in occupational therapy this fall as I begin my PhD. I have an interest in focusing my PhD on low vision, particularly in older adults. There are so many areas occupational therapists can help in this area: accessibility, safety, emotional issues – these are all aspects that need to be considered in vision loss. Conference has offered several interesting presentations and sessions on low vision, which have confirmed it as an emerging area that needs attention. I have also enjoyed the opportunity to promote the OTepp project and share with my colleagues the many benefits the program has to offer occupational therapists wishing to come to Canada to practice."



Lynn Parsons

FitforWork (private company)
Torbay, Newfoundland

"Having just completed my first year as a practicing occupational therapist it has been a wonderful experience to attend

Conference and network with my fellow colleagues. It is important to expose yourself to as much experience as possible and Conference is just the place to achieve this. I currently specialize in return-to-work initiatives including worksite rehabilitation, visits and workstation reviews, a topic area that Conference had valuable information to support. I am particularly interested in learning about ergonomics and assistive devices as well as seeing what new equipment is available at the trade show."



Ana Carvalho

Mount Carmel Clinic
Winnipeg, Manitoba

"I am pleased to be attending Conference, especially since it is my first North American conference. I practiced occupational

therapy for 12 years in Brazil before moving to Canada four years ago. My practice area focuses primarily on mental health in regards to community issues, poverty related issues, homelessness and substance abuse. It has been a wonderful opportunity to attend conference and have the opportunity to share knowledge and get feedback on mental health issues, especially in the area of occupational therapy and homelessness. I am currently the only practicing occupational therapist in my area and it has been refreshing to connect with colleagues and be able to discuss my viewpoints and hear theirs. Mental health is still an area that needs a lot of attention and it is reassuring to see what people are doing to improve the quality of life for marginalized people."



Suzanne MacArthur

Dalhousie University Occupational Therapy Student, Richmond, Prince Edward Island.

"As a graduating student it has been an exceptional time for me to attend Conference and find out what topics are on the agenda and which need

development. Being exposed to what lies ahead of me will help make deciding what area to pursue after graduation easier. I have also enjoyed the opportunity to network with the leaders of the profession and will take away a wealth of new information which I look forward to using in my future endeavors."



Parveen Rai

University of Manitoba Occupational Therapy Student, Winnipeg, Manitoba

"As a first year student in the program of occupational therapy, having the opportunity

to attend Conference has been very enlightening. It has given me the chance to see what's going on in the profession and to network with practicing occupational therapists. It has been a great learning experience to attend Conference sessions and find out what research is current and what areas need developing. I have also enjoyed the opportunity to put many faces to names and to see my theory from the classroom be put in motion."



Ryan Fitzpatrick

Fitzpatrick's Occupational Therapy, Saskatoon, Saskatchewan

"As the president of the Saskatchewan Society of Occupational Therapists (SSOT) it is important to attend Conference as a means to bring back useful information to share with my peers. Saskatchewan currently does not have a school of occupational therapy and is home to only 240 practicing occupational therapists. To attend an event with such a high number of occupational therapists and to see how much is being done across the country has been very inspiring and encouraging. I have enjoyed the opportunity to network with my fellow occupational therapists and feel confident and reassured that the profession is gaining in momentum and will return home with many new concepts and viewpoints to share with my colleagues."

A member's perspective of Conference 2010



Heather Cutcliffe

Attendance at the CAOT Conference is something I look forward to every year, whether in the role of Conference co-chair (2004); Conference volunteer, stuffing Conference bags, serving as room monitor or moderator (2005 to 2009); presenter (2008); or simply as a delegate (2000 to 2003 and 2010). Attending the past eleven Conferences, since 2000, has allowed me to travel to Quebec, Ontario, Manitoba, Yukon, British Columbia and each of the Atlantic provinces!

Why do I choose to attend the National Conference? Is it about connecting with old friends and colleagues, acquiring new knowledge, rekindling the passion for the profession, meeting the leaders of the future, viewing new publications/assessments/devices/equipment or have I become a Conference 'groupie'.... let's revisit the recent Halifax Conference to determine the answer.

Opening Ceremony

Once you arrive at the opening ceremony and run into old friends, colleagues and classmates you begin to feel a sense of anticipation for the days to come. The drummers, bagpiper, highland dancers, municipal and provincial representatives provided a warm welcome to delegates. The video was amazing – there were lots of comments about having this posted on the CAOT website and perhaps using it as a template to market the profession (to watch the video, go to <http://www.caot.ca/default.asp?pageid=3902>). During the opening keynote, Drs. Townsend, Law and Polatajko charged us to celebrate, challenge and create the occupational therapy of our dreams. I struggled to put the three "Cs" on paper, which indicates to me the amount of work I have ahead of me to put action to their words.



Highland dancers performing at the Opening Ceremony.

Day one

Thursday started out with a run along the waterfront where I saw others walking, running or sauntering beside the ocean. Following the run, and armed with the "on-site-guide", I made it to most of the sessions I had mapped out and had a few unexpected stopovers, lunch with friends and a conversation with a colleague, and a side-trip to COWS ice cream that made the day's journey that much richer.

The cool weather may have kept delegates inside the Marriot Hotel rather than joining other tourists in exploring the historic waterfront or browsing through the boutiques and specialty shops but it did not keep the delegates away from the Ceilidh in the evening! The social event was within easy walking distance and featured great food; it pays to be known as a 'big eater' as I managed to put away more than a few of the lobster parts my colleagues didn't fancy or were too full to eat. The dancing after dinner was fun for those who chose to partake.... you did not require a lot of skill as it wasn't about rhythm, it was about work related movement, eh, ladies!

About the author – Heather Cutcliffe is the Manager of Physical Medicine at the Queen Elizabeth Hospital and Rehabilitation Services at Hillsborough Hospital in Charlottetown, Prince Edward Island and can be reached at hcutcliffe@gov.pe.ca

Day two

Friday started out much the same as Thursday except there was company for the run/walk. More posters, papers, conversations, a visit to the Exhibit Hall to complete the "vendor puzzle" and all of a sudden it's time for the Muriel Driver Memorial Lecture and Awards Ceremony. This is always a highlight for me and Dr. Marnen did not disappoint as she spoke on engaging clients in the occupation of leisure, the importance of balance in their lives and our own. The Awards Ceremony is an important milestone each year as time is taken to recognize the contributions of our colleagues and those who support our profession.

Day three

Saturday began with a run, packing, breakfast with a colleague, and then off to hear the plenary speaker, Dr. Florence Clark. Her humorous delivery and the analogy of 'High Definition Occupational Therapy'

will linger with me long after her return to California (see her slides at <http://www.caot.ca/default.asp?pageid=3902>). The annual general meetings of both CAOT and COTF were efficient and included the opportunity for questions and suggestions from the members in attendance.



Dr. Elizabeth (Liz) Taylor, CAOT President leads the delegates through the CAOT annual general meeting.

The COTF Lunch with a Scholar has become a tradition for me and one I would encourage others to consider adopting as it is an easy way to support COTF. This year's scholar, Dr. Deborah Cameron, spoke passionately about *Putting Evidence into Action and Your Actions into Evidence*.



Dr. Helene Polatajko (left) and Dr. Deborah Cameron (right)

Reflections

On a scale of one to ten, this Conference rated a ten. The presentations were excellent, at minimum informational but more often provocative and inspirational. I liken it to dining at my favorite fine-dining restaurant, a varied menu with appetizers, entrées

and desserts guaranteed to satisfy even the pickiest of eaters! The Conference venue was ideal as you could take a taxi, ferry, bus, or walk to tour the immediate surroundings. Early in the morning, you would see and meet colleagues walking or running along the waterfront or up towards Citadel Hill where the view



The author, Heather Cutcliffe attending a session at Conference.

was spectacular! The social events were well attended and the food was great....as many can attest, I know my food. The members of the Host Committee and local association (Nova Scotia Society of Occupational Therapists), CAOT staff, volunteers, presenters, vendors, Marriott staff and others are all to be congratulated for the roles they played in this successful event.

Choosing to attend the Halifax Conference was based on the opportunity to attend paper presentations, a symposium and poster sessions on driving, an area of practice that presents a challenge to clinicians in my home province of Prince Edward Island. The sharing of research findings and the contacts that resulted from these particular educational sessions alone made the trip across the Confederation Bridge very worthwhile. So the 'bottom line' is that the acquisition of knowledge led to the decision to register, book the hotel and attend. The choice to participate, embrace and enjoy all aspects of the Conference – from educational sessions to social activities to vendor puzzles - was mine! Was there engagement in meaningful occupation? Yes. Were there oceans of possibilities? Yes. Will I be at the Saskatoon Conference in 2011? Yes. Am I a Conference groupie? Maybe!



Join the fun in 2011!

Shari Cherpacha and Christine Savage

We invite you to join Conference 2011 in Saskatoon, Saskatchewan, June 15-18, for the time of your life! Whether it's reconnecting over a deliciously prepared meal, an evening stroll along the beautiful river bank of the South Saskatchewan River, browsing through great boutiques and shops, or the unique educational and social opportunities offered by the Conference- you'll find that Saskatoon is well worth exploring.

What to do

Saskatoon is a nature-lover's delight, with more hours of sunshine than any other major Canadian city. Cycle, jog, or walk over sixty kilometres of riverbank trails through beautifully landscaped parks and natural areas along the Meewasin Valley Trail. Discover prairie, forest, sheltered creek and river valley habitats on



five nature trails and explore hands-on displays in the Beaver Creek Interpretive Centre. Enjoy a wide array of animals native to Saskatchewan at the Saskatoon Forestry Farm Park and Zoo. Enjoy a light meal at the Berry Barn, a breathtaking garden-like setting overlooking the South Saskatchewan River. Meander through the Market Garden in the newly created River Landing for fresh locally grown produce and handmade crafts.

What to eat

Like the rest of Canada, Saskatchewan is a vibrant combination of people and cultures and nowhere is this diversity better reflected than in the range of flavours and styles that come together to define Saskatchewan cuisine.

First Nations' traditional foods include a variety of dishes made from bison (buffalo) and a fried flatbread called bannock. Native fruit including saskatoon berries, chokecherries and blueberries also find their way into many dishes.

The first wave of European settlement in the late 1800's and early 1900's saw new Canadians arriving

primarily from the United Kingdom, Germany, Russia and Scandinavia. To this day, family gatherings and restaurant menus feature hearty traditional dishes that reflect these heritages: sausage, perogies, cabbage rolls, roasted meats and potatoes. Saskatchewan's doors remain open to new Canadians from all over the world. Restaurants featuring the flavours of Italy, India, Mexico, Africa, France, Afghanistan and others allow residents of Saskatchewan and visitors to savour the flavours of the world.

Stay and play

Come experience Saskatoon's culturally rich history and delight in the stories of its people. History comes alive at the Saskatoon Western Development Museum as you are transported through 100 years of pioneer history at a life-size replica of 1910 Boomtown. Rich, colourful, cultural heritage on the prairies is displayed at the Ukrainian Museum of Canada, one of Canada's most foremost cultural heritage museums.

The spirit of Saskatchewan is reflected in the culture, history and traditions of First Nations and Métis people. Today's modern Saskatchewan Aboriginal culture is one that honours the past while building toward an exciting future. The experience of Saskatchewan's First Nations, their knowledge of the land, and their vibrant culture can be explored at heritage sites, museums, galleries and events throughout the province. Visitors are invited to build a tipi, create Aboriginal handcrafts, prepare a hide or taste delicious bannock.

Saskatchewan's people are its heart and soul – warm, friendly and deeply connected to the land. The inevitable sense of calm will envelop you, the wide-open skies will awaken you to a world of possibilities, and the spirit of the people will leave a profound and lasting impression. We hope you make CAOT Conference in Saskatoon a must-do experience.

**About the authors –
Shari and Christine
are the Co-conveners
for the CAOT Conference in 2011.**



Strategically speaking

Dr. Elizabeth (Liz) Taylor, CAOT President



By now you have probably had the opportunity to read or hear about the new strategic plan for CAOT that the Board developed in November 2009. This plan

will be effective from October 1, 2010 to approximately September 30, 2015. As a result, I wanted to take this opportunity to tell to you how the plan was developed and outline the direction that the new strategic objectives will take us.

The future of the profession

The Board began with the challenge of defining what success for the profession would look like in 2015. Information came from Board members' understanding of provincial or territorial issues, input provided in member forums held across the country, and from an external environmental scan provided by Emerson Communications. Four critical areas were identified:

- (1) Leadership in occupational therapy, that included the need for representation with decision-making groups (such as government), maintaining use of title, and mentoring for new clinicians and those in new practice areas.
- (2) Practical resources to help with positioning the profession of occupational therapy through high-level resources such as position statements.
- (3) Continued support of human resource planning and development as a result of shortages of occupational therapists in several provinces and the territories.
- (4) A need for CAOT to continue and expand its role in advocacy, developing recognition for the importance of occupational therapy services across sectors.

Our consideration of the future of the profession led to an important discussion around our understanding of the current political and social climate to ensure our decisions could be based within the national broader context. Success at this stage was defined by two statements, the mission: *Advance excellence in occupational*

therapy and the new vision: Occupational therapy is valued and accessible across Canada. While these are not new concepts for CAOT, the statements will be interpreted to allow shifts in how we conduct business for continued growth as a recognized profession in Canada. Our ultimate mandate at CAOT is to be a national leader in both health and social services.

As you know, we are currently in an environment where political and social changes happen quickly and daily. In the last two years, many of you have experienced unexpected change brought about by factors that none of us could have predicted five years ago. The collapse of global economies resulting in the ongoing recession is certainly a major factor. We also have a minority Conservative government whose budget is dramatically affected by continued military spending, tax cuts, and increases in health care costs due to the rapidly aging population. As such, there is a move to provide services that will support primary health care and return-to-work programs, initiatives that can benefit from occupational therapy. The ongoing political instability means that tri-partisan agreement is needed for all issues that affect Canadians, and therefore all political parties are interested in new information that will create opportunities to improve health and social care in cost effective manner. The current environment provides unique advocacy opportunities. For example, the opening of the federal employees union agreement benefit packages occurs in 2011-2012 so it is important that CAOT undertake strategies to encourage union members to ask that occupational therapy be incorporated into their benefits. We have a wonderful window of opportunity to demonstrate to the government the need for inclusion of occupational therapy as a fundamental cost effective service. The process has already begun, we have been actively lobbying the government, military, federal unions and insurance companies. The reception has been very positive but it is critical that we keep up the pressure to keep the momentum.

The new priorities

The most significant change in the new priorities is repositioning our thinking about political advocacy to give occupational therapy the prominence required in order to be included by decision-making groups across Canada. Strategic Priority One, therefore, is to: *Advance*

political advocacy to promote occupational therapy. We have been extremely good at developing theory, understanding practice, and ensuring that we share our work with each other. We also need to make sure that this knowledge is translated effectively to those external to the profession. Although lobbying is not new to CAOT, it will become a stated priority. For many years, we have focused on the everyday Canadian understanding occupational therapy – the *You, Me and My OT* publication released by CAOT last year is a very powerful example; however it has been made clear from our discussions with politicians, public services, unions and insurance companies that unless a specific service is asked for by the general public or members it will not be considered to be essential. We have therefore moved to actively educate unions, politicians, deputy ministers and assistant deputy ministers regarding the value of our profession.

"The most significant change in the new priorities is re-positioning our thinking about political advocacy to give occupational therapy the prominence required in order to be included by decision-making groups across Canada."

CAOT will support and provide advocacy training across the country so that our messages will be effective and consistent from all members. This means for many of us, we may need to consider new ways of communicating the benefits of our profession.

In addition, the work of CAOT has evolved over the last few years and has included building critical partnerships within national coalitions that impact the presence of occupational therapy at decision-making government tables at federal and provincial levels. The work of CAOT has led to major funding for several projects, for example the *National Blueprint for Injury Prevention in Older Drivers* and a new project to develop guidelines for occupational therapists regarding elder abuse. These relationships and partnerships will continue to be maintained and promoted to ensure the success of the strategic priority.

Emphasis will be placed on government priorities to ensure that our profession is critical in the development of evidence-based, cost-effective, and responsive health and social care systems. Currently, return-to-work programs, aging-in-place initiatives, and primary health care are the key issues that will enhance our profile with governments, despite representing a small portion of what and who we are as occupational therapists.

Strategic Priority Two: Ensure visibility of occupational therapy. By nature we are a humble profession, our client-centred philosophy often leads to exceptional service but not promotion of the profession. In addition,

there are competing professions and our scope of practice can be at risk from other groups talking 'function'. If the public does not understand what we do, they are not able to request our services, impacting available funding for occupational therapy. This chain must be broken, messages must be clear and simple and all occupational therapy associations must find effective ways of working together, rather than giving the appearance of competing for the same members. We are only as visible as our collective. As a result, the current work CAOT is doing as well as new initiatives will focus on the 'how' of creating even more visibility for our profession.

Strategic Priority Three: Foster research and scholarship for evidence informed occupational therapy. The current unique political climate in Canada means that government lacks stability, providing CAOT with an opportunity to demonstrate how occupational therapy can save dollars through effective service provision. Our continued support of COTF allows for new research to be undertaken that demonstrates successful occupational therapy intervention outcomes. Activities such as our CAOT conferences also generate opportunities for knowledge translation of occupational therapy. Expansion of our work with national coalitions will not only support our own practices but will give credence to our messages to the critical external public in the current climate. In addition, it is essential that we support our members as they move into diverse roles that may include opportunities for leadership, and also emphasize to funders the advanced scope and advanced practice of occupational therapists.

Strategic Priority Four: Enable occupational therapy practice. We wish to increase the importance of community within CAOT for all members. Our membership has grown and members report excellent services and products. However, we have to recognize that our success as an organization is continually dependent on maintaining and increasing membership in a very competitive world. Demographically we are a young profession; some members have expressed disempowerment in their practices, while others drop title when they move onto other professional challenges. This picture is not similar across other professions; most professionals maintain title even after changing career direction. This year at the Halifax Conference, retention of the use of title was the focus of the leadership forum, and outcomes of this day will outline inter-organizational strategies to address this important issue.

Input from our members also indicated a desire for resources to enable practice. In an effort to continuously improve, CAOT must consider how we can best meet these needs, often by doing things differently. Social

media and new technologies are examples of methods CAOT will be pursuing to better meet member needs within our limited resources. The use of Facebook, Twitter and other new forms of communication will be accessed to attract new therapists and more effectively disseminate important information from CAOT. Discussion groups on national and practice issues, the new Water Cooler talks and Lunch & Learn webinar series will be expanded in a bid to meet and exceed the continuing education needs of members.

So we are moving forward, while holding on to the important initiatives we are already doing. This means that

although key services to members will remain, we need to redistribute some of our resources into new directions. We have developed some fundamental new objectives that we believe will benefit our strategic plan. It should serve our members well, by raising our profile and by increasing the demand for our profession, thus positively impacting the health and wellness of all Canadians. CAOT continues to strive to position occupational therapy in the forefront of the public decision making. I would be delighted to have further dialogue with any members, and look forward to being part of the solution for occupational therapy in Canada.

Update from the COTF

New monthly donor:

Christel Seeberger, BSc (OT), OT (c), OTR, OTReg (NB), became a monthly donor in March of this year. Christel explains why she chose to become a monthly donor:

"One of my 2010 New Year's resolutions was to make more and regular charitable donations throughout the year as opposed to sporadic and few contributions. I found and visited www.canadahelps.org. It was so easy to select several registered charities such as COTF [...]; charities that involve and support occupational therapy and therapists. A seemingly nominal commitment of \$5 a month is an amount I don't notice in my finances, even for multiple charities, but I know it adds up over the year for each of them."

Christel recognizes the importance of supporting COTF and that her monthly contribution supports research for more occupational therapists in Canada.

Donating \$5 per month is the equivalent of approximately two to three coffees at your favourite coffee shop. Monthly donations can be made on-line at www.cotfcanada.org by clicking on the Donate Now! icon. There is a link to the Canada Helps web site where COTF is listed. It is an easy way of donating and extremely secure. Monthly donations benefit COTF by providing a regular income for the important awards programs that COTF offers to occupational therapists. We encourage more of you to sign up. Thank you to all of the other monthly donors for being so generous on a monthly! It is greatly appreciated!



2010 COTF Awards Program (www.cotfcanada.org): Scholarship Competition (deadline September 30, 2010):

Master's (2 x \$1,500)
Doctoral (2 x \$3,000)
Thelma Cardwell (1 x \$2,000)
Goldwin Howland (1 x \$2,000)
Invacare (1 x \$2,000)
Francis & Associates Education Award (1 x \$1,000)
Community Rehab OT Scholarship (1 x \$5,000)

*New

Blake Medical Doctoral Scholarship: Deadline September 30, 2010
The recipient will receive a total of \$15,000 from Blake Medical over the three years (\$2,500, \$5,000, \$7,500). Thank you to Blake Medical for offering this scholarship!

CIHR/CIHR-IA and COTF Doctoral Research Award: Deadline October 2010

COTF is partnering once again with CIHR to offer a doctoral research award in the amount of \$66,000.

Other: Deadline September 30, 2010
COTF Future Scholar Award (\$100 per university)
Janice Hines Memorial Award (1 x \$1,000)
Please note that the information can change from time to time. For the most update information, please contact COTF directly.

Remember to update your COTF contact information
Please inform COTF of any contact information changes. In particular, if you have an e-mail address, please share it with COTF. Updates can be made by contacting amcdonald@cotfcanada.org or 1-800-434-2268 x226.



CAOT endorsed courses

For more information about CAOT endorsement, e-mail education@caot.ca or Tel. (800) 434-2268, ext. 231

CAOT Lunch & Learn Webinar Series:

Cost: \$50 for CAOT member/\$75 for non-member
Time: Tuesdays, 12-1pm (EDT)

Cognitive Impairment in the Aging Driver: Assessment Issues and the Use of Simulators

Presenter: Michel Bédard
Date: September 21st, 2010

Technology to Support Safe Driving: Information for Occupational Therapists

Presenter: Jan Polgar
Date: September 28th, 2010

The Occupational Therapist's Role in a Specialized Driver Rehabilitation Program

Presenter: Dana Benoit
Date: October 5th, 2010

The Art of Being in a Doing World: Adding Meaning For Those Living with Eating Disorders

Presenter: Michelle Elliott
Date: October 12, 2010

The McMaster Handwriting Assessment Protocol

Co-presenters: Nancy Pollock & Julia Lockhart
Date: October 19, 2010

Key Software Issues in Assessing Students with Learning Disabilities

Presenter: Heidi Cramm
Date: November 2nd, 2010

Pediatric Home Modification Recommendations: Assessing Environments and Future Needs

Presenter: Tanya Eimantas
Date: November 16th, 2010

Seeing our Clients through their Journey with Vision Loss: What Occupational Therapists can do for Clients of all Ages with Low Vision

Co-Presenters: Corie Haslbeck and Lara Anderson

Date: November 30th, 2010

Integrating Rehabilitation Principles into Chronic Disease Self-Management

Presenter: Lori Letts

Date: December 14, 2010

CAOT Water Cooler Talks:

Free webinars for CAOT members to present CAOT initiatives and projects.
Time: Thursdays, 12-1pm (EDT)

Enabling Occupation II: A review and discussion

Presenter: Janet Craik, CAOT Director of Professional Practice
Date: September 30th, 2010

Seniors Caring for Seniors: Examining the Literature on Injuries and Contributing Factors Affecting the Health and Well-Being of Older Adult Caregivers

Presenter: Janet Jull, CAOT Policy Analyst
Date: October 14th, 2010

Professional Practice Insurance

Presenter: Brian Gomes, AON Risk Services Vice-President
Date: October 28th, 2010

CAOT on Parliament Hill

Presenter: Liz Taylor, CAOT President
Date: November 25th, 2010

Please go to www.caot.ca for more information or to register for a Lunch & Learn Webinar or for a Water Cooler Talk of your choice, or contact education@caot.ca for more information.

CAOT Learning Services Workshops:

Enabling Occupation in Children: The CO-OP Approach

October 1st & 2nd, 2010
Bloorview Kids Rehabilitation Centre, Toronto, ON

Presenter: Dr. Angela Mandich (author)

Join the presenter as she describes intervention strategies for children with mild motor and/or learning disabilities. Through focusing on client-centred cognitive strategies to increase motor competence, intervention shifts from a traditional components-based assessment to a performance-based one and from remediation to guided discovery.

Please visit www.caot.ca to register online or for more information on this exciting opportunity.

CAOT Endorsed Courses:

Ergonomics Systems Specialist (ESS) Certification Course

WorkSMART

Dates: Halifax, NS: October 18-22, 2010

Speakers: Mike Harnett, BPE (ATC); C.K.; Nancy Milakovic, H.BSc. (Kin); Jill Bates, B.Sc.(Kin), PFLC

Location: in accessible local hotel facilities

WorkSMART's 5-day ESS certification course is designed to emphasize practical applications, not theory. It also goes beyond traditional assessment protocols that have focused solely on manufacturing environments. This is a workshop style course, delivered over 5 days. There is no skill pre-requisite for the course which is open to all external participants. The course runs from 8AM to 4PM daily, with one hour for lunch

and two 15 minute breaks for a 6.5 hour teaching day.

Contact: Cathy Swystun, WorkSMART, #61-52147 RR 231, Sherwood Park, AB T8B 1A4 Tel.: (780) 414-6436; fax: (780) 414-6435
E-mail: info@worksmart.ca
For further course details and to download a registration form, visit our website at www.worksmart.ca

Myofascial Release Seminars:

Myofascial Release I
Myofascial Release II
Myofascial Mobilization
Pediatric Myofascial Release
Fascia-Pelvis Myofascial Release
Cervical-Thoracic Myofascial Release
Myofascial Unwinding

Dates: Various dates and locations from September 2009 to August 2010
For information: www.myofascial-release.com

Assessment of Awareness of Disability (AAD): Evaluation of Awareness of Disability in an Occupational Therapy Top-Down Intervention Planning Approach

September 20, 21 & 22, 2010
Halifax, NS
The Assessment of Awareness of Disability (AAD) is an innovative method to evaluate client awareness of limitations in occupational performance. The AAD is based on a semi-structured interview that is used in conjunction with a performance analysis using the Assessment of Motor and Process Skills (AMPS). The AAD can be used to support the clinical practitioner with valuable information for intervention planning and may also be used to measure changes over time in relation to intervention. The AAD is developed to be used in an occupational therapy top-down intervention planning-approach. The

overall purpose of the workshop is to learn how to administer an assessment for evaluating awareness of disability. The workshop will include lectures, video cases, skills training, and individual feedback.

For more information, contact
Pauline Fraser:
pauline.fraser@dal.ca
Tel: (902) 494-6351
Fax: (902) 494-1229

Health and Wellbeing in Children, Youth, and Adults with Developmental Disabilities: Autism, Intellectual Disabilities and Other Neurodevelopmental Disorders

September 29 to October 1, 2010
The Coast Plaza Hotel & Suites
Vancouver, BC

This conference will provide education and informative updates on psychiatric, behavioural and complex health components specific to individuals with Developmental Disabilities, and showcase best practices in the field. Specifically, the conference will focus on approaches to complex challenging behaviours, contributing medical issues and new developments in medication and behavioural treatment. In addition, the conference will address important health issues including Reflux, Pain, Epilepsy, Dental Management and Sleep. Health problems in common genetic syndromes such as Down and Fragile X will also be addressed. For more information, visit: http://www.interprofessional.ubc.ca/Developmental_Disabilities.html or contact Katia Selezenova at (604) 822-7524, or via email at ipad@interchange.ubc.ca (please indicate the name of the conference in the subject of your email).

3rd Conference on Recent Advances in the Prevention and Treatment of Childhood and Adolescent Obesity: Families in Focus

October 27 to 29, 2010
Hamilton Convention Centre
10 MacNab Street South
Hamilton, ON

This conference brings together an interdisciplinary group of professionals working in the field of childhood and adolescent obesity.

The 3rd conference will focus on the family! The framework of the meeting is designed to examine important intergenerational influences on childhood obesity, and to focus on family-based determinants and interventions at the policy level, in school based, public health and primary care prevention strategies and in the treatment of children with obesity and their families. A focus on childhood obesity and type 2 diabetes mellitus in aboriginal communities will be highlighted.

For more information visit: http://www.interprofessional.ubc.ca/Obesity_Conference.htm or contact Katia Selezenova at (604) 822-7524, or via email at ipad@interchange.ubc.ca (please indicate the name of the conference in the subject of your email).