



**Providing Vision,
Voice, Visibility & Value
for Ontario Occupational Therapists
Bringing our mission to life in 2020-21**

Supporting Practice Excellence – Practice Resources Developed

OSOT Team volunteers and staff work to develop and share practice resources to support members to be the best they can be. Posted to the OSOT website, these member-protected practice resources are accessible any time you need them. The following resources were developed in 2020-21.

- [**Reference Guide: OT in Mental Health and Return to Work**](#) – an overview of the role of occupational therapy in assisting individuals with a mental health issue with return to work including resources to support practice.
- [**Workplace Mental Health Quick Facts**](#) – an advocacy & educational tool identifying OT roles as a mental health professional in the workplace.
- [**OSOT Membership Profile 2019 – 20**](#) – a summary of key data collected from OSOT members providing insight into demographics, practice foci, compensation & more.
- [**Leadership Resource webpage**](#) – a collection of resources and organizations to inspire & support your leadership development. *We're all leaders!*
- [**Child & Youth Mental Health Resource Directory**](#) – 26 pages of resources on all things mental health and youth.
- [**Tax Information for Clients 2021**](#) – a resource to share with clients at tax time.
- [**Practice Resource – Territorial or Land Acknowledgements**](#) – to support you to think about meaningful acknowledgements and links to find the Indigenous Peoples and territories on which you live & work.
- [**Virtual Practice Resource webpage**](#) – an evolving page full of resources to support and challenge OTs to engage quality virtual care.
- [**Hospital Sector Online Community of Practice**](#) – our newest online community – find resources, pose questions, engage with colleagues!
- [**OT Guidelines for Medico Legal Reports & Testimony Preparation**](#) – *updated!* Supports to write a good medico-legal report that will stand up to the scrutiny of cross-examination in an arbitration proceeding or in court
- [**Diversity, Engagement, Equity & Justice webpage**](#) – resources to promote awareness of, and reflection on, the issues and history of racism, discrimination, and oppression to promote change in ourselves and the systems in which we work.

- [New Graduate Resources were updated!](#) – we’re wanting to support our newest OTs well so our New Graduate Package, Professional Liability Insurance Resource, and complimentary webinar *Supporting your Transition into the OT Workforce* were enriched with new resources and 2021 content.
- [OSOT Archived Webinar Page Upgrade](#) – some of our best practice resources are about members sharing their knowledge and expertise with others in webinar formats. To facilitate member access to webinars that can enrich your practice, our Archived Webinar page has been upgraded to facilitate your searching of topics amongst the hundreds that are accessible anytime to you!

Enabling Professional Development – Archived PD Available Anytime!

Pandemic limitations have restricted OSOT professional development activities to virtual formats for the 2020-21 year. We launched our first virtual conference in November – participants deemed it a great success! While the benefits of in-person workshops were put on hold, the advantages technology affords in recorded sessions, archived for member access at your convenience. **Find these 2020-21 offerings at the [Archived Webinar webpage](#).**

- Conflict De-escalation: Tools for Public Facing Professional
- When and How to Initiate Tube Weaning
- OTs as Stewards of Home Care During COVID-19
- Creating Funding Success: ADP
- Spasticity Management After Upper Motor Neuron Syndrome
- CMHA's BounceBack: Mental Health Program Based in CBT
- Five Ways to Diversify Your Income Stream
- Risks of Whole-Body Vibration for Power Wheelchair Users
- Taking Your OT Practice Digital
- Can Neurorehab Be on the Tip of Your Tongue?
- brainXchange: Who We Are and What We Do
- Sensory Enhanced Yoga for Self-Regulation and Trauma Healing
- A Primer on Consent, Capacity and Substitute Decision Making
- CAT Criteria and the Role of the OT in CAT Assessment
- Developing Cognitive Skills Through Play
- Eating Disorders: For You; For Your Practice
- Delirium: A New Quality Standard - What It Means for OTs
- Give the Brain a Voice With VoxNeuro
- Introduction to Occupational Performance Coaching
- Project Management: A Key Skill for Work and Life
- Apollo Cannabis Clinics & Accident Benefits Coverage
- Residential Rehab for TBI: How It Works and Why It Works
- En-AGE Speaker Series: Positioning OTs As Leaders in Seniors' Care
- En-AGE Speaker Series: New Challenges for An Older Worker
- En-AGE Speaker Series: Changes in Community Mobility - Driving

Celebrating & Promoting Occupational Therapy

There was much to celebrate in 2020-21 - occupational therapy, the amazing resilience of member occupational therapists, and in 2021, OSOT's 100th Anniversary! Promotion of occupational therapy is a priority every year but 2 focused marketing campaigns ensured members' fees are put to use to improve public awareness. 2020-21 initiatives included:

- Introducing [“I love OT” Facemasks!](#) OTs wore their OT pride while wearing personal protection.
- We engaged an OT Month digital marketing campaign profiling our [Manage at Home & Succeed at School videos](#). Over 250,000 people watched a video through to completion – learning about OT! Over 3500 looked for more information, clicking through to our public facing website [OTOntario.ca](#).
- We celebrated the amazing accomplishments and contributions of members throughout the pandemic. See [Celebrating Occupational Therapy Resilience, Innovation, Leadership, Contribution, & Commitment Through the COVID-19 Pandemic](#).
- We celebrated OSOT’s 100h Anniversary on January 19th. [View 100th Anniversary Celebration Video](#) for a stroll back in time and to hear anniversary messages from Ontario’s Minister of Health and CAOT.
- We launched OSOT’s second public facing website – [www.En-AGE.ca](#). The site profiles the many ways in which OTs support Ageing, Growth & Engagement of older adults through the normal transitions of senior years. A terrific new resource for OTs to share with clients or decision/policy makers influencing senior health programs.
- We hosted a June digital marketing campaign and targeted email blast through Zoomer media focused on OT roles in enabling seniors’ health and well-being and drawing viewers to the En-AGE.ca website. Over 15,000 clicks to the website tell us our messaging is important! And with 1,200,000 ad impressions we know a lot more people saw our messages promoting OT!

Representing Members & Advocating for Occupational Therapy in Ontario

While the pandemic made an impact on the pace of government initiatives, it created new challenges and issues that members sought representation and advocacy for. OSOT attentions continued to focus on 2020-21 Advocacy Priorities aimed at assuring continued and increased access to OT services across the province. We offered the [complimentary webinar *Advancing Occupational Therapy in Ontario 2020 – 21*](#) to share our advocacy priorities and the challenges and opportunities which included:

- i. **To position OT and its value within integrated healthcare models and Ontario Health Teams**
- ii. **To position OT and its value within the home and community care modernization strategy**
- iii. **To position OT and its value within Ontario’s mental health & addictions strategy**
- iv. **To support implementation of the new Ontario Autism Program and direct access to funded OT services**
- v. **To increase access to OT services in Long-Term Care Homes**
- vi. **To promote increased OT access in Ontario schools both in the provision of school-based rehab services & as a mental health profession in school mental health services**
- vii. **To monitor and address issues emerging in Ontario’s auto insurance system that impact access to OT services**
- viii. **To position occupational therapists as leaders in attention to seniors’ health and well-being**

The following briefs, consultation responses, and letters of position shared an OSOT voice in 2020-21...

- [OSOT Submission to Financial Services Regulatory Authority Consultation on Unfair & Deceptive Acts and Practices Provisions](#) - October 2020
- [Auto Insurance Coalition Submission to FSRA Consultation on Unfair and Deceptive Acts and Practices Provisions](#) - October 2020
- [Auto Insurance Coalition Submission FSRA Proposed FY2021-2022 Statement of Priorities](#) - November 2020

- [OSOT Input to COTO Consultation on Proposed Bylaw Amendments](#) - January 2021
- [OSOT Letter to COTO Re: Extend Flexible Fee Payment Options for 2021](#) - February 2021
- [OSOT Submission to CORECOM Consultation](#) - March 2021
- [OSOT Proposal to Ministry of Education – Engaging Occupational Therapy to Support School Mental Health Services](#) - May 2021
- [OSOT Proposal to Ministry of Education – Engaging OT to Support Student Mental Health](#) - May 2021
- [OSOT, ORA, OSLA Letter to FSRA re Health Service Provider Issues](#) - May 2021
- [OSOT Communication to Ontario Boards of Education Superintendents/Mental Health Leads – OT Mental Health Services](#) - June 2021
- [OSOT Response to Home and Community Care Regulation Consultation](#) - July 2021
- [OSOT Response to Ministry of Children, Community and Social Services Consult on Regulatory Amendments Relating to Use of Restraints in Residential Care Services](#) - October 2021

OSOT’s advocacy strategies include the development of relationship and interaction with key decision-makers and policy influencers. While in-person meetings no longer take place, the Society was active in keeping our positions, proposals and concerns visible. View the record of OSOT Advocacy meetings over the 2020-21 membership year on issues including: **Long-term Care Homes, Ontario Autism Program, Children’s Rehabilitation Services, School Based Mental Health Services, Ontario’s Seniors Strategy & En-AGE, Community Paramedicine and OT, the Assistive Devices Program, and the WSIB.** [View OSOT in Action – Record of Advocacy Meetings 2020-21.](#)

Consulting with Members – ensuring members’ needs & perspectives guide our actions

OSOT is a member driven association – your voice and perspectives matter! We reached out several times in the past year to gauge interest, need and opinions in the following areas:

- OSOT Communications Survey
- [OT Practice in Child/Youth Mental Health](#)
- New Graduate Survey – June 2021
- New Graduate Survey – 18 months later – June 2021
- Long-Term Care Homes Sector Survey
- Auto Insurance Sector Survey
- [COVID-19 Adapting to the New Normal PD Needs Survey](#)
- Home and Community Care Sector Survey

Member inputs helped shape OSOT Team objectives and office practices and priorities.



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