

ASSOCIATION
OF CARIBBEAN



OCCUPATIONAL
THERAPISTS

2016 Edition/ Issue 2
May 2016

ASSOCIATION OF CARIBBEAN OCCUPATIONAL THERAPISTS NEWSLETTER

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.....from the desk of THE PRESIDENT

It's spring in the Caribbean and we're enjoying the vibrant bursts of colour and freshness that this season brings. Professionally we continue to serve our clients despite the challenges that face many of our members....what we wouldn't do for an extra pair of hands! In spite of being under-resourced and most often overworked, we continue to celebrate our profession. We make such a difference in the lives of our clients!

We also celebrate the professional bonds that being members of this umbrella organization affords. ACOT continues to build bridges of collaboration across the region; information is shared regarding continuing education options; treatment ideas and opportunities for professional development. With that in mind, we'd like to recognize and thank Janet O'Flynn for offering to lead the OT Education Committee of ACOT, they're looking for other members to join them....maybe this is an area that **YOU** would be interested in participating in. See the Haiti country update for Janet's contact information.

The numbers of OT's in the 5 countries (so far) where we are is growing. As we try to reach out to all OT's in the region, we'd love to get in touch with any practitioners in St Kitts and Nevis, Grenada, Antigua and Barbuda, St. Vincent and the Grenadines, Anguilla, Aruba, Belize, Bermuda, The Virgin Islands, Dominica, The Dominican Republic, Guadeloupe, Martinique, Montserrat and St. Lucia. Please help us spread the word to colleagues that you may have in those territories.

It's also that time of year when we need to renew our membership, expect an email from us. We're investigating options for making payment of annual dues easier....we'll let you know when we finalize it.

In September 2016, USC in Trinidad will enroll its cohort of OT students. With two OT training programmes in the region we look forward to the day when there will be adequate practitioners.

Next year ACOT celebrates **25 years** and the conference committee is already working on how to make Jamaica 2017 memorable for our members and participants. Keep visiting our Facebook page for updates.....AND start making plans to attend yourself!

Thanks to Dionne Nmai and her team for putting together another great newsletter. It's another tool that facilitates networking. Enjoy!

Blessings,

Fleur Minott Nembhard
ACOT President 2015-2017



Editor's note.....

April brought us 'Autism awareness' month. As a multi-disciplinary team here in Cayman we ran/jogged/walked a 5 km course to show support. However after this event, it made me think about ways in which awareness of disabilities can be more recognised, more understood and therefore more accepted. The use of social media may be regularly accused of a social demise however every time I log onto Facebook I am exposed to new research and ideas that will support my continued education. Sharing an article is as easy as a click of a button so there's one way to reach the masses. Don't forget to engage with us on our Facebook page.

We only know, what we know..... so let's be a part of the education!

Dionne

Chair of the OT Promotion committee 2015-2017

Science Daily, (sciencedaily.com), printed a summary of a new Autism research article.

Date: March 26, 2014

Source: University of California, San Diego Health Sciences

Summary : Researchers have published a study that gives clear and direct new evidence that autism begins during pregnancy. The researchers analyzed 25 genes in post-mortem brain tissue of children with and without autism. These included genes that serve as biomarkers for brain cell types in different layers of the cortex, genes implicated in autism and several control genes.

The study will be published in the March 27 online edition of the New England Journal of Medicine.

Try to understand challenges that everyday occurrences pose for some.

Beatrix*, aged four, diagnosis of Autism:

‘ When I walk into a room of people, it is like trying to look at the sun. ’

*Name changed to protect identity.

WORLD FEDERATION OF OCCUPATIONAL THERAPISTS (WFOT) UPDATE



Pictured:
Lesley
Garcia, OTD,
MS

Doctor of
Occupational

Therapy
(Registered)

Delegate: Lesley Garcia
First Alternate: Pauline Watson Campbell

WFOT 32nd Council Meeting **Medellin, Colombia, March 6th - 11th 2016**

ACOT was represented by ACOT & TTOTA Delegate Lesley Garcia who brought greetings and tokens of appreciation to the other 70+ delegates and the WFOT Executive Team.

***A powerpoint presentation of the 32nd Council Meeting will be on the ACOT website shortly.
:

1. ACOT was promoted to Regional Group (US\$50.00 annual fee) from Contributing Member (US\$20.00 annual fee).
 - a. Benefits: The WFOT Exec assigns one of the Exec to attend the Regional Groups conference at WFOT own costs for flights & accommodation. The one requirement is to waive the conference registration fee.
 - b. Regional Groups' Delegates, like National Association Delegates, will have WFOT Congress registration fees waived if they attend the full Council Meeting week. They don't HAVE to attend, but if they do this is a benefit to the Delegate (not Alternate).
2. Haiti- HAOT – was admitted as Full Member of WFOT due to the WFOT approved Bachelors in OT at Episcopal University.
3. Trinidad and Tobago – TTOTA – was upgraded to Full Member of WFOT due to the WFOT approved Master of Science in OT at the University of the Southern Caribbean.

Schedule of upcoming WFOT Meetings

IEMM April 2017 – Philadelphia, USA

WFOT Congress and Council Meeting May 2018 – Cape Town, South Africa

IEMM 2019 -- TBD

WFOT Council Meeting 2020 --- Hong Kong

IEMM 2021 -- TBD

WFOT Congress and Council Meeting 2022--- Paris, France

Pictured: (l-r) Morissa Rogers (Delegate, Bermuda), Autumn Marshall, Delegate, Haiti), Lesley Garcia (Delegate, Trinidad and Tobago & ACOT), Samantha Shann, VP Finance, WFOT (membership), Consuelo Alzamora Munoz (1st Alternate, Haiti), Maribel Paniagua (Delegate, Dominican Republic), Yoselyn Castillo(1st Alternate, Dominican Republic



Other WFOT News

All member countries and organizations are asked to encourage their members to join WFOT in the capacity supported by their association. The member benefits are WORTH IT!!

Occupational Therapy Assistants

OTA's will be admitted and welcomed as active WFOT members from January 2017.

Revised "Minimum Standards for the Education of Occupational Therapists (2016)"

As discussed at the Council Meeting in March 2016, the revised WFOT Minimum Standards for the Education of Occupational Therapists 2016 is expected to be available at the end of July 2016. A complimentary copy will be issued to all Member Organisations in electronic format.

Disaster Preparedness and Management

The WFOT is pleased to advise that the updated Disaster Preparedness and Response Manual 2015 is now available at www.wfot.org > Resource Centre > Disaster Preparedness and Response - for Delegates and Individual Members.

Additional information on DP&R is also available at www.wfot.org > Practice > Disaster Preparedness and Response.

The online educational module 'Disaster Management for Occupational Therapists' will be available soon – information will be available at www.wfot.org

2018 WFOT Congress Cape Town, South Africa

Theme: *Connected in Diversity: Positioned for Impact*

WFOT is excited to announce that the WFOT Congress 2018 website is <http://www.wfotcongress.org/>

This website is the primary place for all information about Congress 2018 in Cape Town South Africa, 21 – 25 May 2018. Here you will be able to:

- Register your interest to receive updates about the Congress
- Submit suggestions for Keynote and Invited Speakers
- Find information about the Scientific Programme, Venue, Tours, Social Programme
- And much more as information is updated

Be inspired to visit South Africa – the video is amazing! *We want to have an even bigger Caribbean OT contingent in 2018!!*

Inga-Britt Lindström Grant Award 2016

The Swedish Association of Occupational Therapists (the Association) has established a grant award in the name of Inga-Britt Lindström, who has been the president of the Association in 1978-2008. Sveriges Arbetsterapeuter invites applications from foreign occupational therapists and occupational therapy students. The grant is offered to individuals or teams from countries where occupational therapy is under development and countries listed as low- or lower-middle-income economics, according to the [World Bank List](#).

The maximum amount of the grant is 10 000 Swedish Kronor (about USD 1150) per year.

Application form and instructions are available on our website: <http://arbetsterapeuterna.se/lindstromgrantaward>

Application closes at October 1, 2016.

Haiti



Island	HAITI
On island Occupational Therapists	In addition to 3 OTs previously identified 3 new OTs 2 are members of ACOT
Regulatory body information	None established as of yet.
Recent OT promotion activities	Online Publicity from our recent good news from WFOT, where AHT/HAOT is now a full member of WFOT.
Upcoming continuing education	Plan for Continuing Education conference on Clinical Education, primarily for FSRL.
Country Rep Contact Details	Janet O'Flynn, OTD, OTR/L Dean of the Rehabilitation Dept. (the Faculté des Sciences de Réhabilitation or FSRL), of the Episcopal University of Haiti (the Université Episcopal d'Haïti or UNEPH) Address: FSIL campus Rte. de Belval Léogâne, HT6210 Haiti joflynn@stkate.edu janetoflynn@hotmail.com 001-315-708-5820 011-509-4397-2658

Education committee- new chair

***Dr Janet O'Flynn stepped forward to be chair of the education committee.
ACOT are extremely grateful for this responsibility to have been taken up.
If you are interested in joining this committee please email Janet.***

Cayman Islands Occupational Therapy Association Ltd (CIOTA)



	Cayman Islands Occupational Therapy Association Ltd(CIOTA)
Occupational Therapist Total Number of OTs working National Association members Number of ACOT members	There are 13 OTs in Cayman islands: <ul style="list-style-type: none"> • 7 – Government Service • 4- Private Practice • 2 -Health Service Authority(George Town Hospital) Eleven Members of CIOTA Four Members of ACOT
Regulatory body information	OT's registration body is Council for Professions Allied with Medicine (CPAM). The OTs employed by Department of Education are exempt from this process
Recent OT promotion activities	Joan Medland CIOTA member, presented on the benefits of play therapy using a case study, at a Paediatric Health & Development Conference with the theme " Managing the Child at risk for Behavioural Issues"
Upcoming Fundraising events	CIOTA is planning a fund raiser in October.
Upcoming continuing education	CO-OP certification course in February 2017.
Name and Event synopsis Email contact for organizers, Location Cosy CEUs awarded	None at this time
Other News	CIOTA's work on its constitution, and Standard of Practice continues
Country Rep. contact details	The country representative is kenneth Figueira Email: fig@candw.ky Mobile: (345) 927 2912 Address: P.O.Box-11188 KY1-1008, Grand Cayman. CAYMAN ISLANDS





Pauline Watson
Campbell, BH(M),
OTR, Ph.D

On island Occupational Therapists	Seven local OTs are registered with the Council of Allied Health Professionals and are working in various areas. We are still few in number but we have had two Jamaican OTs who are seriously considering returning to Jamaica by the end of this calendar year. Both ladies worked in Jamaica before.
Regulatory body information	The Council for Professions Allied to Medicine.
Available Posts	Persons interested in psychiatry can now apply directly to Bellevue Psychiatric Hospital, through the Human Resource Manager, Ms. T. Estick, 16 1/2 Windward Road Kingston 2.
Other News	We continue to have discussions about CEUs especially for those persons who are retired but wish to be registered. It is more challenging for such persons to keep abreast of what is happening in the field.
Country Rep Contact Details	Pauline Watson Campbell, BH(M), OTR, Ph.D Occupational.therapyja@gmail.com Tel: (876) 9776496 (w), (876)7799542 ©

Jamaica will
be hosting
the 2017
ACOT
conference!





*This picture shows the
OT's in Jamaica at
an afternoon meeting.*

*What way is better to
get the creativity going
than meeting over a
pizza? No wonder the
smiles are so big...*

Chairperson wanted

Association of Caribbean Occupational Therapist (ACOT)

Requires: Chairperson of ACOT's Development Committee

Someone with unique communication skills with a high level of commitment, and ready for a challenge

Tasks:

- To identify available funding
- To provide support to vulnerable communities/populations
- To develop links with OT's not represented by ACOT in the region
 - To identify OT positions in the region
- To establish and motivate a team to fulfill the goals of the committee

Accountability:

To the President of ACOT via verbal/ written reports done every six weeks at ACOT's SKYPE meetings.

Interested? Drop us an e-mail acotmembership@gmail.com



<h2>On island therapists</h2>	<p>There are 13 registered OTs in Barbados.</p> <p>Nine are members of BOTA Five are members of ACOT One new OT, Gabrielle DeVillers,,graduate of McGill and who did a placement at the Psychiatric Hospital in 2012- now living in Barbados .</p>
<h2>Regulatory body information</h2>	<p>OTs must register annually with the Paramedical Council of Barbados.</p>
<h2>Recent OT promotion activities</h2>	<p>Association meeting held on March 16th 2016.</p> <p>The President of BOTA will attend an NDT course in October.</p> <p>Our website is under construction by Gabrielle DeVillers.</p> <p>Pamphlet for the 50th anniversary of independence is on its way with some interesting myths of common conditions treated by OTs.</p> <p>OTs who work as members of the Stroke Unit Team are approaching their one year anniversary. At present, the team is in the process of review and issuance of new contracts is slated for very soon. The OTs have reported that success has been gained in treating individuals in this acute stage. The OTs conduct assessments engage clients in ADL re-training, cognitive exercises, functional activities, and therapeutic exercises as well as conduct home assessments.</p>

Trinidad and Tobago (T&T)



Country	Trinidad and Tobago NGO: Trinidad and Tobago Occupational Therapy Association
On island Occupational Therapists	There are 20-registered OTs in T&T, <ul style="list-style-type: none"> • 2 reside abroad • 17 are members of TTOTA • 9 persons are members of ACOT
Regulatory body information	OT's must register annually through the Ministry of Health with the Council of Professions Related to Medicine (CPRM) to practice legally. Their website has gone live. This will allow practitioners to maintain their profession profile online and allow the public to see who is registered. Visit them at www.cprmtt.org OTs must meet the requirement 24 CEUs every 2 years 10 contact hours equals 1 CEU
Recent OT promotion activities	TTOTA is planning their annual retreat. It is carded for April 22 nd to the 24 th 2016 at the Renaissance at Shorelands, Trinidad. At the retreat we will undertake our strategic planning.
Upcoming Fundraising events	TTOTA's Team HOPE (How Ordinary People do Extraordinary things) is a unique community based fund raising and advocacy programme. Team HOPE is currently in its planning phases looking into partnering with Habitat for Humanity to build and remodel homes to educate the public on adapting the environment to best benefit the person. Further information to follow.
Upcoming continuing education Name and Event synopsis Email contact for organizers, Location Cost CEUs awarded	<ul style="list-style-type: none"> • Total Rehabilitation Centre will be hosting a 15 contact hour course on <i>Advances in Rehabilitation of the Shoulder</i> on October 22nd – 23rd at Total Rehabilitation Centre Trinidad and Tobago. The course is an approved provider of continuing education #3073. Further information please email nicoletotalrehab@tt.com • Check our page ttota.com for any updates on continuing education
Available Posts	Full and part-time faculty position at the MSOT at USC anticipated in Sept 2016
Other News from TTOTA	<ul style="list-style-type: none"> • TTOTA is now a Full Member of WFOT as the University of Caribbean (USC) Master of Science, Occupational Therapy programme has been approved. • Should you wish to gather contact information for Caribbean OT's willing to host FWII students. Contact garcial@usc.edu.tt. Facebook page: "Occupational therapy at University of the Southern Caribbean".



*Pictured above:
Stephanie Llanos
Trinidad and
Tobago country
representative and
Vice President of
ACOT.*

Email:
stephaniellanos@gmail.com
Mobile: 1 (868)305-6633
Website: ttota.com
Facebook: Trinidad and
Tobago Occupational Therapy
Association
Email: ttota.info@gmail.com

World Federation of Occupational Therapy recognition

The World Federation of Occupational Therapy has recognized the Master of Science in Occupational Therapy programme of the University of the Southern Caribbean.

Trinidad and Tobago and Haiti's OT associations are now full world federation members too.

Fantastic!

In order to continue the development of the development of the newsletter to ensure it covers everybody's scope of practice we welcome content suggestions.

If you have any stories, research or areas of interest please email:

nmaidionne@gmail.com



Carnival- how accessible is it for wheelchair users?

A group called the 'Wheelchair warriors' in Trinidad and Tobago have fought to ensure the inclusion of a group of those with disabilities in the carnival season.

Individuals with disabilities tend to avoid the many events associated with the Trinidad & Tobago (T&T) carnival. The obstacles faced include:

- Safety- no arrangements are made to accommodate persons with mobility challenges. Architectural barriers mean that a percentage of the population cannot attend live shows. Their participation in the celebrations is generally a passive one via the mediums of the television, radio, newspaper and internet. This is in striking contrast to more developed societies where legal safe guards and strong consumer demands have forced promoters to provide adequate facilities for all. Both sporting and cultural events do have access/ facilities set aside for community members with special needs.
- Psychosocial boundaries- The T&T public psych sees the individuals who are different and requiring special arrangements as burdensome, and therefore should stay away. Where they do have amenities, it may be more convenient to use the space for other uses such as storage. The thought of providing for the persons with disabilities are usually low on their priority list. While the paved walks, where they do exist, requires lots of strength and dexterity on the part of persons using any mobility aid is more of an obstacle course. The festival organizers, both public and private are comfortable in maintaining the status quo of prejudice and insensitivity to the needs of some members of the community. They see them being confined to marginal roles. One major communication company is an exception, they require their sponsored events have suitable arrangements for persons with disabilities.

No venue that organizers operate from can deter this group. The wheelchair warriors bypass all the environmental and psychological blocks. The indifference of the promoters and the droves of the carnival loving people have not stopped them from enjoying the entertainment. The wheelchair warriors are able to surmount the obstacles with their assertiveness, tact and numbers, thus enjoying all that is there to offer.

Their challenges so many, come in the form of gates/ barriers that does not accommodate users of wheelchairs; multiple security checks; the lack of access to suitable restrooms; no protected areas for persons using wheelchairs or needing additional space.

These individuals have been able to confidently use the established arrangements and carving out a place for themselves in the Trini carnival. The wheelchair warriors after many years of daring and stretching the health & safety rules have been able to establish a yearly presence. Although not forcing any major changes. Therefore, if you see the wheelchair warriors jumping and waving; they have carved out and earned the right to participate in the Trinidad & Tobago carnival celebration.

*It sounds like a lot of places could do with wheelchair warriors.
Thanks to Kenneth Figueria for submitting this piece.*

Calling all ACOT
members!

Are you interested in joining
one of the committee's?

Can you bring some fresh
ideas and dedicate a little time
to developing the scope of
ACOT?

Contact the committee chairs
to show your interest in
joining.

Conference committee chair:

Fleur Minott Nembhard

Fminnem.ot.jm@gmail.com

Promotion committee chair:

Dionne Nmai

nmaidionnegmail.com

Development committee
chair:

Kenneth Figueria

fig@candw.ky

Education committee chair:

Janet O'Flynn

joflynn@stkate.edu
janetoflynn@hotmail.com

Conference committee

ASSOCIATION OF CARIBBEAN OCCUPATIONAL THERAPISTS

CONFERENCE COMMITTEE REPORT MAY 2016

Plans for the ACOT 13th Biennial Scientific Conference continue to be formulated by the committee. This conference will mark and celebrate 25 years of ACOTs activities in the region. The theme is being finalized, suggestions are being reviewed for the keynote speaker, conference logo, promotional teasers and of course the venue. There is much to be done!

Conference committee members from the Occupational Therapy Association of Jamaica (OTAJ) – the host national association, along with representatives from each ACOT country are working together to produce another successful conference.

The committee has received the 'Conference Tool Kit' published by the Trinidad and Tobago Occupational Therapy Association (TTOTA) which will provide invaluable direction and guidance.

The conference committee looks forward to welcoming all ACOT members to Jamaica 2017.

The next meeting will be in May 18, 2016.

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Promotion committee

We continue to work on building our social media presence. Share articles of interest to the page and let's get talking and supporting each other!

Please continue to send in material for the newsletter- I thank you all for your contributions so far.

Using technology wisely

TED is a resource of talks by expert speakers. All talks can be streamed free of charge. There are many talks on TED that will be of interest however here is a list below to get you started if you are new to the wonders of TED:

1. **Temple Grandin: The World Needs all Kind of Minds**
2. **Brene Brown: The Power of Vulnerability.**
3. **Jill Bolte Taylor: My Stroke of Insight**
4. **Neil Burgess: How your Brain Tells You Where You are in Space**
5. **Eliot Crane: The Mystery of Chronic Pain**
6. **Temple Grandin: The World Needs all Kind of Minds**
7. **Hugh Herr: the New Bionics That Let Us Run, Climb and Dance**
8. **Daniel Wolpert: The Real Reason for Brains**
9. **Maysoon Zayid: I Got 99 Problems.....Palsy is Just One**
10. **Carly Rogers: Surfing—Infinite Possibilities to Heal**

Links to the talks will appear on the Facebook page, join the conversation and tell us what you think about them.

All talks are available on www.ted.com.

OUR MISSION

2016 Edition/ Issue 2

MISSION

To promote the benefits of OT throughout the Caribbean region in creative and innovative ways by facilitating professional growth and development.

VISION

ACOT is the unifying umbrella organization supporting Caribbean Occupational Therapists to eliminate professional isolation through facilitating education, networking and advocating for the needs of the clients we

SERVE

Are you a member of ACOT?

If not, what are you waiting for?

There are many advantages to being a member of ACOT. At **\$25 (US) annually** (or \$15.00 for associate members and students) **it is a bargain. How can we convince you? Have a look at the extensive list of advantages that we can think of to tempt you:**

Networking: meet other OT's across the Caribbean, whether its attending the bi-annual conference, using social media or other educational events.

OT news. Keep up to date with what is going on.

Access to information about what's happening in OT in the region

Opportunities for **continuing education**

Support for the local associations
Opportunities for **sharing** other professional organizations

Joint advocacy for clients across the region government/ private. One louder voice instead of splintered voices

Support of OTs working alone in some territories

Liaison between training programmes and members/ member local associations
Umbrella organization that can suggest/ help develop/ encourage/ guide in standards of practice and ethics of member national associations.

Central repository for information on jobs/posts/vacancies across the region.

One umbrella organization for OTs across the region that can interface with other professional bodies.

You can contact the treasurer at acotmembership@gmail.com. You can also send payments directly to the treasurer at the address below:

Carib Rehab ,Friendship Plantation, Hothersal Turning, Saint Michael , Barbados, BB 11032

Remember payment can be made by bank draft. The drafts should be made payable to **Association of Caribbean Occupational Therapists**. Cash payments will be accepted directly by your country representative.

Please note!

Our website is not currently supported on iOS and android mobile devices . We are working hard to rectify this for now, log on with your computer!

Get involved! Tell us about Occupational Therapy activity in your region and actively be part of the movement to keep the profession growing!

Connect with us on Facebook:

'Association of Caribbean Occupational Therapists'

Website:

<http://caribbeanot.com/>

Email ACOT Secretary:
acotmembership@gmail.com

Email Caribbean WFOT delegate:
caribbeandegate.acot@gmail.com

Email Non Membership Matters:
caribbeanot@gmail.com

- **Full Members** - All OTs resident/practicing in the region who are members of the national associations (where one exists)
- **Associate members** - Students and other persons interested in Occupational Therapy or regional Occupational Therapists who are NOT members of their national association.