



The Occupational Therapy Association of Jamaica
invites you to the
Association of Caribbean Occupational Therapists'

13th

BIENNIAL SCIENTIFIC CONFERENCE

Under the Theme

*Occupational Therapy in the Caribbean:
25 Years of Making Waves and Building Bridges*



NOVEMBER 2 – 4, 2017

NEW KINGSTON, JAMAICA : THE JAMAICA PEGASUS HOTEL

Itinerary

WED. NOVEMBER 1st

- MORNING PRE-CONFERENCE - OCCUPATIONAL THERAPY "BLAST"

*Join together as OT's to offer free
screening services at a variety of Paediatric Centres*

THUR. NOVEMBER 2nd

OPENING CEREMONY

DAY ONE OF CONFERENCE

FREE PUBLIC LECTURE

"MEET AND GREET"

*Reconnect with old friends, meet new ones
.....Build Bridges*

FRI. NOVEMBER 3rd

DAY TWO OF CONFERENCE

VISIT TO OT CLINICS, SOCIAL EVENT

Let your hair down and.....Make Waves

SAT. NOVEMBER 4th

BUSINESS MEETING

Lunch and.....Exhale!

See You There!

Follow us!

 Association for Caribbean Occupational Therapists &
Occupational Therapy Association of Jamaica

 @acotconference

www.occupationaltherapyjamaica.com
www.caribbeanot.com

acotconference@gmail.com
occupational.therapyja@gmail.com

ASSOCIATION
OF CARIBBEAN



OCCUPATIONAL
THERAPISTS

2017 Edition/ Issue 1
March 2017

ASSOCIATION OF CARIBBEAN OCCUPATIONAL THERAPISTS NEWSLETTER

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.....from the desk of THE PRESIDENT

(Belated) Happy New Year!

It seems like only yesterday we were publishing our first newsletter for the 2015-2017 term.

It's been a busy year and we look forward to an even busier one in this our conference year. This administration is into the second and final half of our term, and while the committees endeavour to manage the balance between work/family demands we are still mindful of our professional development commitments. Thanks for all the dedication everyone, as we push ACOT into its 26th year of existence.

Our objective of growing our membership is starting to bear fruit as we receive regular inquiries about membership.....keep sharing with your colleagues about how relevant we'd like to be, and share with us how you'd like to support ACOT and how we can help in your community. Remember we have a louder voice together.

Plans for our conference November 2-4, 2017 under the theme:-



Occupational Therapy in The Caribbean: 25 years of Making Waves and Building Bridges is in full gear. This year we meet in New Kingston, Jamaica! Our hosts, the OTAJ, along with the other members of the conference committee are working assiduously to ensure the best experience for our participants.

The Call for Papers is out! There are innovative pre-conference plans afoot..... look out for information via this medium and social media on our "OT Blast" and how you can get involved and get your creative juices flowing.

We look forward to welcoming WFOT Vice President Sue Baptiste, as our guest speaker and receiving her message to inspire and galvanize us! Thanks for helping us to promote this event, why not consider making a holiday of it?

The University of the Southern Caribbean in Trinidad will admit its second cohort of students in September 2017, contact Programme Director – Lesley Garcia for details Garcial@usc.edu.tt. Visit the University of the Southern Caribbean home page, under academics>nursing and allied health>occupational therapy. There is also a Facebook page:

<https://facebook.com/Occupational-Therapy-at-University-of-the-Southern-Caribbean-494528-87383592/?ref=bookmarks>.

Also, Faculte des Sciences de Rehabilitation de Leogane in Haiti will also be accepting students, contact Dean Janet O'Flynn janetoflynn@hotmail.com. We continue to prepare OTs for our region. Do you know anyone that you would consider encouraging to apply?

As usual we thank Dionne and her team for preparing another edition of our newsletter. We're sure that you will find the information on OT matters across the region and well as the general articles very interesting and uplifting.

The ACOT executive join me in wishing for you and your families a healthy, happy and productive 2017.

Every Blessing,

*Fleur Minott Nembhard , OTR
ACOT President 2015-2017*

Editor's note.....

Hello all!

'Blessed are the curious for they shall have adventures', Lovelle Dractman. Well who can argue with that? Are you curious? We have the ACOT conference this year in New Kingston, Jamaica. This provides a great opportunity for networking and professional development. We of course cannot ignore the fact that it provides the opportunity to visit the beautiful country of Jamaica. I have only travelled to Jamaica once but the memories of the beautiful beaches, vibrant culture and tasty eats will never fade.

The more we work together the more successful our movement will be. Please visit our Instagram page @acotconference to find out more!

Dionne Nmai, OTR

Chair of the OT Promotion committee 2015-2017



OT hack

The picture to the left depicts a great idea for those with bathing challenges due to reduced range of movement, hand strength or grip issues. Reduce the falls risk by putting a bar of soap into a net.

World Health Organization statistics

According to the World Health Organization:

'About 15% of the world's population lives with some form of disability.'

Visit their website: www.who.int for the full report on world disability.

Association of Caribbean Occupational Therapists' 13th Biennial Scientific Conference:

*Occupational Therapy in the Caribbean, 25 years of
Making Waves and Building Bridges
November 2 - 4, 2017 New Kingston, Jamaica*



Special invitation to practitioners of professions beyond Occupational Therapy (OT): For the celebration of our 25th anniversary as an association, we invite not only OTs but also practitioners of related professions to submit presentations. Physiotherapists, speech and language therapists, mental health professionals, public health professionals, medical doctors, just to name a few, are welcome to submit abstracts for material of interest on topics that concern Occupational Therapy.

GUIDELINES FOR SUBMISSION OF ABSTRACTS

The Conference Planning Committee requests submission of abstracts for all presentations, including oral, poster and workshop.

ABSTRACT SUBMISSIONS ARE DUE BY *June 1, 2017*.

ORAL PRESENTATIONS

Each presentation will be allocated 20 minutes (this includes 15 minutes for presentation and 5 minutes for questions) Time limits will be strictly adhered to.

POSTER PRESENTATIONS

Posters will be displayed throughout the conference, but times will be allocated for presenters to discuss pertinent issues of their poster with interested parties. Presenters will be expected to be present at their posters at the assigned times.

Poster Specifications:

- The allocated space is 51cm high X 64 cm wide. A maximum of 4 poster sheets will be permitted. The posters will be fixed with Prestik, which will be available on site.
- Poster material must be prepared in advance and be large enough to be viewed and read easily from a distance of 2 metres.
- Each poster must have a top label indicating the title of the poster, the name(s) of the authors(s), and their affiliation(s). The font size should be at least 2.5 cm and the type should be simple and easy to read.

• Drawings, charts, photos and other graphics should be clear and simple

WORKSHOP PRESENTATIONS

Please note audiovisual equipment will be supplied however we expect you bring all supporting materials. Please contact the Conference Planning Committee should you need any additional materials locally: Contact by email at: acotconference@gmail.com

The abstract must be clearly titled and identified as a workshop. The presenter(s) of the workshop must be clearly identified by name, title and affiliation. The outcomes should be specified and the required length of time must be specified.

Workshops should:

- Provide an opportunity for experiential learning; encourage discussion of new ideas and debate about critical issues.
- Elicit contributions from participants and ideally lead to some pre-determined outcome.
- The length of workshops is 1hr 45 minutes (one session) or 3hrs 30minutes (two sessions)

AUDIO-VISUAL EQUIPMENT

Standard equipment will be available, including power point projectors and microphones.

Presenters are required to:

- Indicate their audio-visual requirements in their abstract
- Make use of the Conference computer and data projector equipment (there is no time between presentations to set up own equipment)
- Provide a hard disk of their presentation to the Conference Technician.
- Contact the Conference Planning Committee should you need any additional materials locally.

Contact by email at: acotconference@gmail.com

ABSTRACT FORMAT

This format is required irrespective of the type of presentation being proposed

Type of Presentation: (oral, poster, interactive or workshop)

Title: BOLD CAPITALS

Author(s): List all authors and affiliations. Presenting author to be underlined.

Abstract Style: single spacing, left justified on A4 size paper (8 ½ X 11)

References: a minimum of 2, within the past 10 years

Content: No more than 400 words. Aims of the study/paper/workshop/intervention must be clearly stated. The main findings/content to be stated. A brief conclusion to be written. Jargon or highly specialized language should be avoided. Do not include subtitles, tables, figures or diagrams.

Audiovisual Equipment: specify requirements.

Contact details: Name(s), address(es), telephone numbers (landline and cell), fax number(s), e-mail address(es) of all authors.

BIOGRAPHY FORMAT

Maximum of 60 words.

Include name, affiliation, can include professional interests, other points of note.

ABSTRACT AND BIOGRAPHY SUBMISSION GUIDELINES

Only electronic submissions will be accepted. Submit abstracts and biographies by email to acotconference@gmail.com and place **CONFERENCE ABSTRACT/CONFERENCE BIOGRAPHY** in the subject field.

The abstracts and biographies should be sent as an attachment in Microsoft Word or Rich Text Format (abstracts for inclusion in a Conference book of abstracts)

Closing date for abstracts and biographies: *June 1, 2017*

Questions about the Scientific Programme can be directed to: acotconference@gmail.com

Haiti



Island	HAITI: Association Haitienne d'Ergotherapie/ Haitian Association of Occupational Therapists
On island Occupational Therapists	There are at least 8 practicing OTs in Haiti. - 9 full members of AHE/HAOT (4 overseas), 5 associate members (students); 2 honorary members One member of ACOT
Regulatory body information	At present there is no regulatory process for OT in Haiti. The AHE/HAOT will need to petition for regulation by the Ministry of Health (MSPP: Ministère de Santé Publique et Populations.
Recent OT promotion activities	AHE/HAOT has presented a brochure about infants with microcephaly to the Haitian government agency called BSEIPH: Bureau du Secrétaire de L'état pour L'Integration des Personnes Handicapés. The purpose of the brochure is to promote a welcoming attitude among parents and medical personnel, as well as to encourage early intervention to promote infant development.
Upcoming continuing education	FSRL (Faculté des Sciences de Réhabilitation de Léogâne) of the Episcopal University of Haiti (UNEPH) has held 2 Continuing Education conferences of interest to OTs. The first was in November, concerning OT and PT clinical education for the students who are enrolled in bachelor's degree programs at FSRL. The second was in January, concerning wheelchair assessment and 24 hour postural care. Continuing education certificates for 12 clock hours were awarded. Two more conferences are planned for the spring term. In April a two day Course on Psychosocial Aspects of Physical Disability will be held at FSRL. In June we will have a two day conference on Neurological conditions and current forms of therapy.
Country Rep Contact Details	The country representative is Janet O'Flynn. Email: janetoflynn@hotmail.com Mobile: 1 (315)708-5820 Facebook: Association Haïtienne D'Ergotherapeutes

Pictured below:
Dr Janet O'Flynn





***Pictured: Cyd Birch-Prescott
Barbados country
representative
Past ACOT President***

Barbados

On island Occupational Therapists	There are 15 registered OTs in Barbados. Ten members of BOTA Five members of ACOT
Regulatory body information	Barbados Barbados Occupational Therapy Association (BOTA)
Recent OT promotion activities	<p>Career Showcase BOTA members participated in career showcase held at University of the West Indies Cave Hill Campus on Thursday February 2nd, 2017.</p> <p>Quinnipiac Students in Hospital During the month of January 2017 OT students from Quinnipiac conducted an OT Satisfaction Survey at the Psychiatric Hospital. Students interviewed inpatients, outpatients and clients on the wards. This survey is part of the students Capstone Project. The results of the survey are pending.</p> <p>Rehabilitation Therapy Technology The RTT students are currently on a one day rotation at clinical sites throughout the island. Students are assisting in the treatment of individuals and are supervised by OTs.</p> <p>Baby Girl Melanie Büge gave birth to a baby girl in January. Melanie and Lola are doing well. Melanie has resumed work part-time. Congrats Melanie!</p> <p>BOTA Meeting Presently our association is at a standstill. Our first meeting for 2017 is scheduled to be held on March 1st. At this meeting, we will discuss plans for the year and the way forward for the association.</p> <p>Country rep: Cyd Birch-Prescott Email: cylizzie@hotmail.com Mobile: 1 (246)821-9664</p> <p>Address: c/o Carib Rehab, Hothersal Turning, St. Michael, Barbados</p>

ACOT 13th Biennial Scientific Conference



'Occupational Therapy in the Caribbean, 25 Years of Making Waves and Building Bridges'

Frequently Asked Questions - 1

What is the Association of Caribbean Occupational Therapists (ACOT)?

ACOT is a professional association comprising primarily of Occupational Therapists in the Caribbean region. OTs who practice outside of the Caribbean may join as Associate Members. ACOT was founded in 1991. Full membership therapists now practice in 5 countries - Barbados, Cayman Islands, Jamaica, Haiti, Trinidad and Tobago. The objective of the association is to support professional development and facilitate networking among regional therapists. It also is an advocate for continued improvement of the delivery of Occupational Therapy services in the Caribbean despite limited resources.

What is the Conference about?

ACOT has been staging a Biennial Scientific Conference since 1992 with the aim of spreading awareness of Occupational Therapy practice and innovation within the Caribbean. Conferences are rotated through the islands where there are members. This year the Occupational Therapy Association of Jamaica (OTAJ) will host the 13th Biennial Conference – marking 25 years of conferences. The theme of the conference will be “Occupational Therapy in the Caribbean, 25 years of Making Waves and Building Bridges”.

When and where is the ACOT conference?

The conference will be held in beautiful New Kingston Jamaica at the Jamaica Pegasus Hotel from November 2- 4 2017. There will however be a pre-conference activity on Wednesday morning November 1, 2017 of an 'OT Blast'.

What are the Conference events?

For details of the events click here [ACOT Conference Events](#)

What is the 'OT Blast'

The OT Blast will be held as a pre-conference activity on November 1, 2017. The plan is to visit a (number) of paediatric centre(s) and offer free screenings to children with recommendations to families. The location of the centres is to be finalized and it will depend on the number of OTs responding. The allotted time will also depend on the location of the venues but it is proposed to be for 4 hours only. Please indicate your interest by emailing the conference planners at acotconference@gmail.com

Who will be the Keynote speaker?

The Keynote speaker will be World Federation of Occupational Therapy Vice President Sue Baptiste . Click here for her Profile: [Sue Baptiste](#) .

What is the cost of the conference and what payment methods are available?

The cost of the conference is being finalized. ACOT members will pay a concessionary rate with their membership. Only cash payments (JMD & USD) will be accepted at the time of registration. Attendees are asked to indicate their intent to attend so that adequate arrangements may be made. Please contact us through email acotconference@gmail.com

What does the cost include?

The cost will include registration, lunch and breaks for each day. The optional social event will be priced separately.

Will there be items on sale?

There are plans to sell some souvenir items. Further details to be confirmed.

Which hotels are located near the conference facility and what are their rates?

There are many hotels located close by the Conference facility, Jamaica Pegasus Hotel. A few are listed in the table below. There will be a discounted group rate if 10 or more people book at the Jamaica Pegasus Hotel. Please contact us at acotconference@gmail.com to be added to this list. For other hotels please contact them directly via their website. **Please be advised that charges are subject to change based on time of bookings, these rates are only to be used as a guide.**

Hotels	Single Occupancy Cost (USD)	Double Occupancy Cost (USD)	Website
Jamaica Pegasus Hotel	\$206.81	\$232.11	Jamaica Pegasus
Courtyard Marriott	\$308.14	\$308.14	Court Yard Marriott
Knutsford Court Hotel	\$160.86	\$173.51	Knusford Court Hotel
Courtleigh Hotel	\$250.68	\$263.33	Courtleigh hotels and Suites

How can you contact conference planners?

E-mail : acotconference@gmail.com

Website: <http://www.caribbeanot.com/>

Facebook: <https://www.facebook.com/groups/17955418308/?ref=bookmarks>

Instagram: [@acotconference](#)

Island	Occupational Therapy Association Jamaica
On island Occupational Therapists	Our numbers have grown by two as we now have two Japanese OT's posted at special education institutions. One OT is short term for six months however is hoping to be replaced and the other has a two year contract.
Regulatory body information	Re-registration for the 2017-2018 period commences on April 1 st. Mandatory continuing education is in effect. OTAJ furnished requirements.
Recent OT promotion activities	<p>Sensitisation sessions have been offered on sensory issues related to children with a diagnosis of autism spectrum disorder conducted by OT Lisa Stoddart-Millingen for:</p> <ol style="list-style-type: none"> 1. Dental clinic staff 2. Staff of two special education schools 3. Football coaches <p>Pauline conducted a two day training for teachers on developing handwriting skills entitled: 'The process and the product.'</p>
Upcoming continuing education	Continuing education will be available for all registered therapist from attendance at the ACOT conference November 2017.
Upcoming fundraising events	All focus is on the planning for the ACOT conference.
Available Posts	The Government posts in hospitals across Jamaica are still vacant. The relocation of the OT at Cornwall Regional Hospital in Montego Bay has left a vacant post in Mental Health.
Other News	Michelle Watson, a foundation member of OTAJ (1960's) recently returned to the island when her mother passed. She was the first OT at the Sir John Golding Rehab Centre (Mona Rehab Centre) which served the Caribbean.
Country Rep Contact Details	Pauline Watson Campbell Occupational.therapyja@gmail.com

Come to Jamaica !

**Unsure about whether to travel to Jamaica for the conference in November?
Well let us take a little look at what Jamaica has to offer!**

A beautiful country set in the Caribbean, Jamaica is a country rich in culture and natural beauty! The well renowned Blue Mountain range in Kingston are a must see! For coffee lovers the strong flavours of Blue Mountain coffee beans are a true delight!



Pictured: Jerk chicken chef

A national monument called Devon House is another popular spot. It is rich in Old Jamaican history and is set on beautiful grounds. My favourite experience was the ice-cream- lots of flavours to choose from!

If you like archaeology then Port Royal with its pirate related History dating back to the 1500`s would be an interesting visit.

Emancipation park is a newer attraction that opened to the public in 2002. It depicts Jamaica's journey to freedom .

When the sun is shining bright you will sit and soak it up next to beautiful water fountains and stonework. If the arts take your fancy the National Gallery has work by local artists to peruse. The National Heroes Park will expand your knowledge of those who left a mark in Jamaica's colourful history such as Marcus Garvey.

Pictured: Emancipation Park



Inevitably the legendary Bob Marley must get a mention and so a visit to The Bob Marley museum based at his last home before death. Take a tour and learn more about this legend!

Jamaica is a vibrant country and the conference provides the perfect opportunity to combine professional development and a vacation!



Trinidad and Tobago (T&T)



Country	Trinidad and Tobago NGO: Trinidad and Tobago Occupational Therapy Association
On island Occupational Therapists	-There are 22 registered OTs - 18 full members of TTOTA (2 overseas) - Approximately 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.
Recent OT promotion activities	Team HOPE has completed their fundraising campaign partnering with Habitat for Humanity.
Upcoming continuing education	Check our page ttota.com for any updates on continuing education.
Available Posts	<ul style="list-style-type: none"> - Full and part time post at the Stroke and Diabetes Centre. - Full time and part-time faculty position at the MSOT at USC anticipated in Sept 2016. - Full time position at South West Regional Health Authority.
Other News from TTOTA	<p>The Physical Therapy Association in partnership with Total Rehabilitation Ltd, Springfield College and Orange House Foundation is hosting a fall risk screening and fall prevention program for all elderly persons in four different areas of Trinidad and Tobago. TTOTA along with many related disciplines, have been invited to present their knowledge on such topic. This event takes place March 13th to 16th.</p> <p>USC's MSOT Masters Programme commenced September 7th the students are currently in their second semester. Enrolment for the second cohort of students has begun.</p>



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

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stephaniellanos@gmail.com
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Facebook: Trinidad and
Tobago Occupational
Therapy Association
Email: ttota.info@gmail.com

Unwrapping HOPE for Christmas

By Viana Moreau



Left: Team HOPE proudly position themselves in front of the newly constructed home.

Right: Jennifer Massiah of Habitat; Occupational Therapists – Nikita Findlay, Sara Maynard, Priya Gomes, Shivani Maynard, Jeanne Sabga, Raquel Martinez, Dr. Lesley Garcia.



The Christmas season has come and gone, and the typical Trinbagonian was probably preoccupied with purchases of cleaning supplies, paint, drapery, presents and food items associated with the season. Some believe that engaging in these activities ensures that the ‘spirit of Christmas’ is felt within their homes and can be shared with relatives and friends. So it is, in that ‘spirit’ I’d like us, for a moment, to turn our attention to the word, “home.” A home is usually that place where we seek to care for each other, share meals and create memories with our loved ones. It’s a place of comfort. For some, a home may just be a distant dream however, for one senior citizen, not lacking in love himself, the dream of owning his home has become a reality. Thanks to Team HOPE and their “Unwrapping HOPE this Christmas” project. On Sunday 4th December, 2016, a 73 year old gentleman unwrapped HOPE and received the keys to his new home.

At this point, you may be asking, “what is Team HOPE?” Here’s a brief synopsis. Team HOPE is the fundraising arm of the Trinidad and Tobago Occupational Therapy Association (TTOTA). No strangers to innovation, these Occupational Therapists have designed this enterprise as a means to financially assist the Association in achieving its objectives. Team HOPE incorporates themes of public awareness, advocacy, education, health, volunteerism, and community-based team work in a fun atmosphere. While the volunteers are usually external to the Association, members of the Association often assume multiple roles as volunteers, team leaders and ‘spirit coaches.’ Team HOPE, which was founded in 2008 by Occupational Therapist Lesley Garcia, has previously trained approximately 50 volunteers from various backgrounds over a six to eight month period, per project, to complete a triathlon. In turn, these volunteers each engage in individual fundraising activities, the funds from which go to the TTTA. Last year, in another bout of innovation, the Team HOPE committee decided to partner with Habitat for Humanity Trinidad and Tobago (Habitat). In this re-invented project, the volunteers worked with Habitat’s builders for a total of 13 weeks to construct our senior citizen’s home.

Yes, all of the volunteers were directly involved in heavy lifting, pouring, casting, etc. It did not end there! The Occupational Therapists also carried out an occupational evaluation on our senior citizen and had direct input in designing the home to accommodate his needs as he ages.

As usual, last year's Team HOPE was a win-win-win project where the participants benefited, TTOTA gained support in its mission and ultimately, the people with special needs who can benefit from occupational therapy have and will continue to access this vital health and social care service right here in Trinidad and Tobago. In case you're thinking that you'd like to get involved but have no special skills for these projects, the letters 'H-O-P-E' in Team HOPE stand for, **H**ow **O**rdinary **P**eople do **E**xtraordinary things. Thus, anyone can become a HOPEee!

TTOTA and Team HOPE wish to thank Habitat for Humanity Trinidad and Tobago for this partnership, our senior citizen and his family for assisting us in assisting them, our corporate sponsors and most of all, our absolutely amazing HOPEees. We look forward to the next Team HOPE project in 2018.

For more information on TTOTA and Team HOPE, please visit "Trinidad and Tobago Occupational Therapy Association" on Facebook and www.ttota.com.

Below: Team Hope down in the trenches



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

The conference committee is in full swing as we count down the months to conference. At the last Skype meeting many exciting progressions were made including:

- Confirming the conference date as November 2-4, 2017
- Finalized the logo for the conference
- Sponsorship letters have been delivered
- Budget drafted
- Promotional flyer designed
- Instagram account @acotconference established

**Follow us on Instagram:
@acotconference**

Promotion committee

We are gaining increasing engagement with our Facebook page. However we want this to continue, share any articles of interest and let us all start some conversations.

We are always looking for new ideas to expand the promotion of ACOT, so drop us an email with any suggestions.

Find us on Facebook:
'Association of Caribbean Occupational Therapists'

Cayman Islands Occupational Therapy Association

Meet Dr Mona Kazemi!



*Pictured
above:
Dr Mona
Kazemi
OTD, OTR*

Hi Dr Mona! Tell us a bit about yourself!

I grew up in sunny Southern California, and moved to Grand Cayman in 2013 for love! I started my occupational therapy career by exploring different practice areas and working with people across the lifespan. I steered my way into Paediatrics, specializing in sensory integration and helped found Cayman Theraplay, an outpatient paediatric clinic, in 2016. I didn't expect to make Grand Cayman my home but being able to contribute to a service delivery model that promotes change on a macro level has been more than fulfilling.

What do you enjoy most about your job?

The kids, more than anything else! It fills my heart to see a child burst with excitement the first time they write their name; feel brave enough to try to go down a slide; or button their trousers for the first time!

What inspired you to pursue a career in occupational therapy?

As a child I always knew I wanted to go into a helping profession- whether it was to become a nurse, psychologist or medical doctor. It was my last semester of my bachelors degree when I met someone who was in the occupational therapy program at my university. She explained what occupational therapy was and I immediately knew it was the right fit I wanted a career that would foster creativity, altruism and autonomy. Occupational Therapy was it!

What is the vision for the future of your practice?

The cornerstone of Cayman Theraplay is to continue to meet the evolving community needs of Cayman. We hope to continue to reduce the stigmas associated to therapies, to continue to spread awareness about occupational therapy and most importantly to inspire more Caymanians to want to pursue a career in occupational therapy.

Find out more about Cayman Theraplay at: www.caymantheraplay.com



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

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.

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'

Instagram:

acotconference

Website:

<http://caribbeanot.com/>

Email ACOT Secretary:

acotmembership@gmail.com

Email Caribbean WFOT delegate:

caribbeandeflegate.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.