Occupational Therapy towards sustainable health

Ida Kåhlin, PhD, MSc OT, OTreg, President of the Swedish Association of Occupational Therapists
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Occupational Therapy has a great potential to contribute to sustainable health in a sustainable world…

…but it takes knowledge and understanding

• of who we are, who we can be and who we want to be (our internal world)
• about the world around us
Our internal world – the professions doing, being and becoming…

- Code of Ethics, Competence Descriptions, Quality Policy
- Routines and organisation – how we do and why
- Statistics about the profession
- Research (occupational science, basic and applied research, research on the profession)
- Education
- Policy and position statements (the Swedish Association, Cotec, WFOT…)
Occupational Therapy in Sweden

- Community: 42%
- County Council: 40%
- Private business: 11%
- Government: 6%
- Own business: 1%

> 11 000 Registered Occupational Therapists

Close to 115 Specialist OTs, Over 200 PhDs, About 40 Associate Professors, More than 20 Professors
# Sweden vs WFOT
**(WFOT Human Resource Project 2018)**

<table>
<thead>
<tr>
<th></th>
<th>Sweden</th>
<th>WFOT</th>
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<tbody>
<tr>
<td>Reg. OTs</td>
<td>11 000*</td>
<td>528 000</td>
</tr>
<tr>
<td>Reg. OTs per 10 000 head of population</td>
<td>11**</td>
<td>2</td>
</tr>
<tr>
<td>WFOT approved ed. programs</td>
<td>8</td>
<td>906</td>
</tr>
<tr>
<td>WFOT non-approved ed. programs</td>
<td>0</td>
<td>350</td>
</tr>
<tr>
<td>Percentage Women</td>
<td>94 %</td>
<td>87 %</td>
</tr>
<tr>
<td>Percentage in governmental founded positions</td>
<td>90 %</td>
<td>52 %</td>
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</tbody>
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*Denmark 9 200; Faroe Islands 75; UK 39 000: Ireland 2 400; US 142 000

**Denmark 16; Faroe Islands 15; UK 6; Ireland 5; US 4
What about the world around us...
Our present and future environment...

- The physical, digital, sociocultural, economic, political and institutional context...
- Trends
- Norms
- Innovations – research and development
- Policy, governmental execution and organization
Developments around us. Twelve general societal trends in four different “arenas” in which we currently play an active role.
Some major trends…

• Increased differences in living conditions
Some major trends…

• Increased differences in living conditions

• Digitalization continues with full force
Some major trends…

- Increased differences in living conditions
- Digitalization continues with full force
- Increased dissolutions of boundaries
Some major trends…

• Increased differences in living conditions
• Digitalization continues with full force
• Increased dissolutions of boundaries
• Full focus on cost effectiveness
Some major trends…

• Increased differences in living conditions
• Digitalization continues with full force
• Increased dissolutions of boundaries
• Full focus on cost effectiveness
• Increased focus on health
Developments around us. Twelve general societal trends in four different “arenas” in which we currently play an active role.
New contexts

Health maintenance/selfcare

Health care/social care

Industrial consistency

Networking consistency
New roles

Other roles (consultant, administrative official)

Practising OT

Public employer

Private employer

SWEDISH ASSOCIATION OF OCCUPATIONAL THERAPISTS
The power does not belong to those having most knowledge, but to those telling and sharing the best stories...
We need to equip ourselves for new ways of communication

- A drastically changing communication landscape
- Facebook, Twitter, Instagram, LinkedIn, Snapchat, YouTube…
- We are no longer consumers – we are producers!
How is OT affected by the world?

vs

How can OT affect the world?
We need to become skilled in analyzing and affecting the world around us

- Continual participation in research
- Continual participation in quality improvement work
- Documentation and registration
- Be visual in the internal and external debate
- Smart cooperations
We need to become skilled in analysing and affecting the world around us

- Traditional media (internal och external)
- Using the potential of digitalization and social media
  - Facebook, Instagram, Twitter, LinkedIn… (follow governmental organisations, NGOs, politicians, influencers…)
  - Digital newletters
  - Pods och blogs
Vision

- Knowledge-based occupational therapy is a recognized pathway to an equitable and sustainable society. The world around us is to see that occupational therapists, regardless of where they carry out their work, enable people's everyday lives to function.
- Occupational therapists are to have sustainable working lives with sound competence and positive salary development.
- The Swedish Association of Occupational Therapists is powered by dedicated members and is the natural home for everyone who has an Occupational Therapy qualification and all Occupational Therapy students.

Vision, strategies and day-to-day approach in a sharp and flexible organization

KEY STRATEGIES

Show value of occupational therapy in established and new arenas

Work towards zero tolerance of unhealthy working life

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Vision page 5

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KEY STRATEGIES page 5

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CATALYZING STRATEGIES page 8

TAKE COMMAND
INITIATE SOUND COLLABORATIONS AND INTERACTIONS
INCREASE CO-CREATION AMONG MEMBERS

APPROACH IN DAY-TO-DAY LIFE pages 8-9

DARE TO EXPERIMENT
GUIDE AND COACH
SPUR EACH OTHER
ACTIVE ADAPTED COMMUNICATION

BE EDUCATORS
BE CURIOUS AND RESPONSIVE
CLARITY IN EVERYTHING WE DO

SWEDISH ASSOCIATION OF OCCUPATIONAL THERAPISTS
We need to highlight what is important to us.

We need to take the opportunity wherever it arises.

We need to highlight our competencies in creative and innovative ways.

We need to show the way towards tomorrow’s solutions.

Take command.

Initiate sound collaborations and interactions.

Increase co-creation among members.
Take command

- We need to highlight what is important to us
- We need to take the opportunity wherever it arises
- We need to highlight our competencies in creative and innovative ways
- We need to show the way towards tomorrow’s solutions
Initiate astute collaborations and interactions

- We are strong together with others
- We need to actively identifying which possible partners there are
- We need to deliberately choose those we can ally ourselves with
- $1 + 1 = 3$
Increase co-creation among us

• Without committed practitioners, researchers and students we lose energy and our fire fades.
• We need to create real commitment among us.
• Our profession is nothing other than ourselves.
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CATALYZING STRATEGIES

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APPRAOH IN DAY-TO-DAY LIFE

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ACTIVE ADAPTED COMMUNICATION

BE CURIOUS AND RESPONSIVE

BE EDUCATORS

CLARITY IN EVERYTHING WE DO
It’s all about self understanding. Who do we want to be?
Thank you!

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