

# Cross Section

WA OCCUPATIONAL THERAPY ASSOCIATION OCT/NOV 2022

## “BECAUSE OF OT I CAN....”



The “2022 WAOTA OT Week Breakfast”, on 28<sup>th</sup> October, was a grand event. It is important to recognise and thank the team of OTs, WAOTA office staff, OT students, sponsors and family members who contributed, many as volunteers, to bring this event to fruition. A special mention must go to the WAOTA Marketing Committee

and Lorna Celenza, the WAOTA Administrator.

The theme of this year’s OT Week and OT Breakfast was “Because of OT I can”. With this in mind, OTs attending the breakfast were asked to write on a sticky note to add to the theme. Thank you to all who added their contribution to the display. The sticky notes were collected so the messages written could be acknowledged.

The notes have reflected two common themes. The first theme being, Because of OT I can support and enable people to live their best lives, reaching their potential by achieving their goals and dreams. The second common theme was, Because of OT I can promote independence by grading activities to build skills, and for people to live at home doing what they need and want to do. OTs also talked about the privilege of walking with someone on their journey, through

their hardest times, but then able to promote hope. Some sticky notes were clinically specific, Because of OT I can: support families; work toward better health in Aboriginal communities; facilitate freedom from social isolation; assist in confidently returning to the workforce.

Messages were personal and specific, Because of OT I can “help my nanna”. Because of OT I can “wipe my bottom”. Others were broad and far reaching, Because of OT I can make the world a better place. The final reflections to mention focused on the profession, Because of OT I can be part of a profession that makes a difference, I can stand proud, be creative, be effective, be the one to make a plan and take up a challenge.

There is much to celebrate as an OT!



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# Chairperson Report

Hello Members,

Yet again, we have celebrated OT Week with a fantastic breakfast which provided the opportunity to network, consider “Because of OT I can.....” and listen to inspiring and informative keynote speakers who make each of us proud to be an occupational therapist.

Our sponsors continue to support our Association and we are grateful for their continued contributions, which acknowledge the value of occupational therapy across all of the sectors in which we work.

At the breakfast we were excited to announce the inaugural WAOTA Awards Ball, and encourage you to save the date for the event next year. Use the QR code below to keep up to date with information and start planning your finery and the friends you will attend with.

Wouldn't it be great to touch base with past Uni mates and get a year group table together for the WAOTA Awards Ball? Alternatively, consider a table of

past or current work colleagues to celebrate our profession.

It is great to see details of a forty year reunion in the Noticeboard section of the newsletter - Because of OT..... I can have long enduring friendships and acquaintances – another thing to celebrate! If you have a significant anniversary or event related to OT, then send it through for potential inclusion in the Newsletter.

You will notice that we are beginning to advertise our professional development courses for 2023. Attending these events at the discounted member prices is a worthwhile member benefit, and Carolyn Earle has a PD great calendar planned, with presenters secured for the entire year. Make sure you take advantage of the Early Bird membership price which represents another great saving.

Until next time, take care, and we will look forward to an exciting 2023.

WAOTA Board.

A poster for the Inaugural Awards Ball. The background is dark blue with a pattern of glowing, out-of-focus hexagons. In the top left, there is a circular logo made of many thin, radiating lines in shades of blue and green. To the right of this logo, the text "WA Occupational Therapy Association" is written in white, with "WA" in a large, bold, serif font and "Occupational Therapy Association" in a smaller, sans-serif font. Below this, the text "INAUGURAL AWARDS BALL" is written in a large, white, serif font. Underneath that, "6TH MAY, 2023" is written in a smaller, white, serif font. At the bottom, "FREMANTLE ESPLANADE HOTEL" is written in a white, serif font. In the bottom right corner, there is a square QR code.

**WA Occupational Therapy Association**

**INAUGURAL AWARDS BALL**

**6TH MAY, 2023**

**FREMANTLE ESPLANADE HOTEL**







**WA** Occupational  
Therapy  
Association

Connecting People and Environments

## MEMBER BENEFITS

As a member of a local association you can be secure in the knowledge that the subscriptions paid by you are fully reinvested for the benefit of WA occupational therapists



YOUR MEMBERSHIP MAKES A DIFFERENCE  
**STAY CONNECTED**

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- Advocacy and lobbying by WAOTA on behalf of OT members on issues of importance to the OT profession
- Over 40% discount on WAOTA courses and events
- Free access to recorded interest group PDs
- Subsidised access to interest group PDs
- PD and International Scholarships
- Research, Volunteer / Charitable Scholarships
- Free access to ProQuest
- Free OT Private Practice directory listing (over 800 views yearly)



**Membership**

[www.waota.com.au](http://www.waota.com.au)

[info@waota.com.au](mailto:info@waota.com.au)

9388 1490

# WAOTA Membership

Membership to the WA OT Association for 2023 is now open.

WAOTA would like to sincerely thank all our members for your continued support and membership. WAOTA remains dedicated to supporting the profession through professional development courses, scholarships, research grants and ongoing work on submissions and letters addressing any professional concerns raised by our members. We also aim to share pertinent information that may impact in managerial or clinical practice.

We are happy to announce, given the financial burden many are experiencing, membership fees for 2023 will remain the same.

Membership can be renewed online via <https://waota.com.au/membership-account/join-waota/> or using the QR code on the bottom left.

Category	Early bird before 20/01/2023	Standard fee after 20/01/2023
Full time (working more than 20 hrs p/w)	\$385	\$460
Part time (working 1-19 hrs p/w)	\$355	\$435
Non-Working	\$355	\$435
Graduate (must have been a student member of WAOTA in 2022, excl 3rd yr MOT)		\$215
Retired from OT Workforce (60+ and must have been a WAOTA member previously)		\$55
OT University Students		Free

# Thank You to our 2022 Breakfast Sponsors

## Platinum

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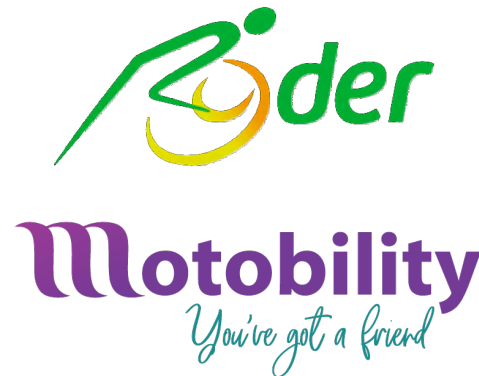
## Gold

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## Silver

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## General

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## Donations

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Pagoda Resort and Spa





# OT Week Breakfast Cont'd

## KEYNOTE SPEAKER #1 EMMA GEE

Emma Gee is an acclaimed International Inspirational Speaker & Author, offering her thoughts and solutions on person-centred care and resilience through her keynote presentations, workshops and consultancy. With a background in Occupational Therapy and as a Stroke Survivor, Emma is a renowned expert and a living example of what it takes to step in another's shoes and truly bounce back in life. Through her inspiring presentations, Emma is able to both captivate and challenge her audiences to consider what IS possible in their own lives.

Learning to speak again post-stroke, and realising the importance of sharing her story to help others, were the catalysts for Emma taking on speaking professionally. Today, and thousands of presentations later, Emma as an Inspirational Speaker has incredibly broad client group: from healthcare (associations, hospitals and rehabilitation facilities); businesses & corporate events; community organisations; through to educational facilities. She has

also just published her first book entitled Reinventing Emma.

Emma is passionate about enhancing person-centred service delivery and resilience in the lives of all she works with and promises to leave her audiences inspired to bounce back and step up. Emma Gee's signature phrase is "that it's not what happens to you that matters, it's how you choose to deal with it!" will see her audiences moving past life's hurdles to what's possible.

Emma's book "Reinventing Emma" is available as an ebook and paperback format. Please use the following code OTWAICAN2022FS to access the discount and free shipping (exp 25/11). A demo video of the book is available via YouTube <https://youtu.be/vQE4Oi3QiZ8> along with more information on examples of Emma's rehab <https://www.youtube.com/user/eegeeful/videos>



Left to Right:  
Sally Wojnar-Horton  
(WAOTA  
Chairperson)  
and Emma Gee

ndis Registered  
NDIS  
Provider



## DISCOVER THE FREEDOM YOU HAVE BEEN MISSING

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# OT Week Breakfast Cont'd

## KEYNOTE SPEAKER #2 ANNETTE BARTON

Annette has worked as an Occupational Therapist in the health system for over 40 years. She has had academic achievement in that she has a B.App.Sc (OT), a Grad Dip and Masters in Health Science plus a Diploma in Business. She has worked in the hospital setting in Canberra, then in England and for the most part in Perth. At Sir Charles Gardner Hospital over the years, she has moved from clinical therapist to Head of the OT Department. Currently Annette is head of the OT Department for the Sir Charles Gairdner Osborne Park Health Care Group, which employs in excess of 120 OT staff.

Annette has many achievements to her name; the culmination was being awarded the Medal of the order of Australia earlier this year. She has represented the OT community at both state and national levels. She has been one of 2 FIM (Functional Independence Measure) Master trainers for WA for more than 20 years. Annette has a passion for innovation and has been the driving force behind OT service

development in the emergency department, in discharge planning and in post hospital rehabilitation, with services such as the Rehabilitation in the Home program. She is a strong advocate for strategic planning for clinical areas and continually improving with service development that aligns with health directions. Her other passion is research and promoting research in OT, having submitted, led and published research in several clinical areas herself. Annette supports staff to learn the research processes and put them into practice.

At the OT breakfast she enthusiastically shared her OT journey and the lessons she has learned along the way.



Left to Right: Annette Barton OAM and Sally Wojnar-Horton (WAOTA Chairperson)



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# WATA OT WEEK

23rd - 29th October 2022

*Because of OT I can*













# Professional Development



Professional Development is for all our WAOTA members. The aim of the Association is to provide PD for as many streams of OT as possible. We provide PD as requested by members and interest groups. If you have suggestions for a course, topic or presenter contact Carolyn Earle (c.earle@bigpond.com) who will assess the PD requests.

Online booking is available for all Professional Development courses. List of current courses can be viewed on our website <https://waota.com.au/cpd-activity/current-courses/>

**We have had a very successful 2022 with our Professional Development Programme providing 17 courses spread across the year and engaging 491 OTs in these courses. Planning for 2023 is well under way and we are pleased to promote in this newsletter the courses booked for Quarter 1 of 2023.**

## PAIN FROM AN OT PERSPECTIVE

Chronic pain management is a major and growing challenge for patients, healthcare professionals and the global healthcare system. Pain science can be quite disheartening as a topic – as there are no magic bullets or quick fixes in treating chronic pain. This can make engaging with this condition difficult, with the result that occupational therapists might choose to avoid exploring this area. Of all the approaches used in the treatment of chronic pain, occupational therapy shows some of the most promising results but remains relatively unknown to the public and other healthcare practitioners.

This workshop aims to introduce pain science and unveil the role of occupational therapy in chronic pain rehabilitation. The goal is to take the science and help occupational therapists translate it into tangible, clinical concepts and tools. It is suitable for new or experienced therapists wishing to gain a broader understanding in this area. We will be reviewing the most recent and relevant approaches and technologies

for the care and management of chronic pain. Topics to be covered include:

**Pain Science Made Simple:** Learn about the basic neuroscience of pain, and the interrelationship between physiological, psychological, environmental and occupational processes in pain perception.

**Pain Assessment in Occupational Therapy Practice:** Gain an overview of how to assess patients with pain (acute and chronic), and using assessment findings guide diagnostic, rehabilitation and occupation-related care plans.

**Interventions for Common Clinical Pain Syndromes:** Explore the different approaches to treat chronic pain, current available evidence on their efficacy and relevance in various occupational therapy settings. Discover how occupational therapists can implement effective interventions through therapeutic neuroscience education, psychological approaches, functional rehabilitation, soft tissue therapy and assistive technology.

**This workshop will be delivered in a casual manner with inspiring recovery stories and short gentle yoga breaks (to make your experience as pain**

**free as possible). You will leave with a better foundational knowledge and understanding in this emerging area of practice for occupational therapists.**

### About the Presenter.

Ian Cheok is a senior occupational therapist at LifeWorks Occupational Therapy and TADWA, where he focuses on chronic pain care, mental health, and the use of immersive technologies such as virtual reality in clinical practice.

Ian graduated from Curtin University with a Master of Occupational Therapy degree, receiving the Head of the School Award and Outstanding Mentor Award. Additionally, he has received training from The Neuro Orthopaedic Institute, and is currently completing his postgraduate studies in chronic pain management with McGill University.

Prior to his role in occupational therapy, Ian was a Computer Science graduate from the University of Western Australia, and had worked for 15+ years in the areas of user experience design and software engineering.



# Professional Development Cont'd

## Pain from an OT Perspective

Date & Time	Friday 17 <sup>th</sup> February 2023 8:30 – 16:30
Venue	Pagoda Conference Room, Pagoda Resort, 112 Melville Parade Como
Cost	<b>Early Bird rate before 17/12/22</b> Member/Student \$200 Rural/remote member \$150 Non-members \$395  <b>Standard rate after 17/12/22</b> Member/Student \$250 Rural/remote member \$187.50 Non-members \$395

Refreshments: Welcome tea/coffee, morning tea, lunch and afternoon tea will be provided

## BASIC NEUROLOGY

Although this course is centered on Basic Neurological Assessment and therefore aims to provide it's attendees with a greater depth of understanding of why and how specific assessment components are undertaken as part of the role of Occupational Therapists working with individuals with a neurological condition; it also aims to provide a practical understanding of what the assessment results represent and how they will link to Occupational Therapy intervention.

The course will cover:

- The basis of why Neurological Assessment is important in Occupational Therapy practice
- What components make up a thorough Occupational Therapy Initial Neurological Assessment
- How to implement an Initial Neurological Assessment including practical application of techniques
- The analysis of assessment findings, as they relate to Occupational Therapy practice

- How to link assessment findings to intervention

**On completion of the course, attendees will be armed with the practical knowledge of how to complete a Basic Neurological Assessment and how to connect it to Occupational Therapy practice.**

## About the Presenter

Since graduating from Curtin University in 2006 with a Bachelor of Science in Occupational Therapy, Carlo developed his skills in Neurological Assessment working at Royal Perth Hospital and Fiona Stanley Hospital in the areas of acute neurosurgery and neurology, stroke rehabilitation and acquired brain injury rehabilitation. Most notably he has spent six years as a Senior Occupational Therapist on the State Acquired Brain Injury Rehabilitation Services unit, helping to influence its development in to one of the most well-regarded specialist brain injury units in Australia.

He has completed a Master of Clinical Rehabilitation in Neurological Occupational Therapy, from Flinders University in 2015 and has been

recognized for his level of expertise in this area, publishing a research paper and presenting at multiple state and national conferences.



# Professional Development cont'd

Basic Neurology	
Date & Time	Friday 10 <sup>th</sup> March 2023 9:00 – 16:30
Venue	Pagoda Conference Room, Pagoda Resort, 112 Melville Parade Como
Cost	<b>Early Bird rate before 10/1/23</b> Member/Student \$200 Rural/remote member \$150 Non-members \$395  <b>Standard rate after 10/1/23</b> Member/Student \$250 Rural/remote member \$185 Non-members \$395
Refreshments: Welcome tea/coffee, morning tea, lunch and afternoon tea will be provided	

## BASIC HOME MODIFICATIONS

After the recent success of both the basic and complex course Sandi Lightfoot from the University of Sydney has confirmed to return to Perth and repeat these courses in March 2023.

Sandi Lightfoot is an OT and service manager for a home visiting modification service covering the local government areas of South West Sydney. She has worked for the Universities of Sydney and Western Sydney since 1987. Her area of expertise includes environmental modifications, occupational performance and outcome measures for ensuring that clients' reach their maximum potential. She is currently involved with the honors panel for OT Australia, has developed publications with NSW Health for safe design and aged care facilities, and has participated in numerous working parties and panels related to service development for HACC Home Modifications Services, Universal and Adaptable Design. She is a foundation member and NSW Health representative on the Home Modification Clearing House based at the University of NSW.

The two day basic workshop is specifically targeted to therapists new to the area and will include: Theories behind practice, anthropometrical measurement for design, basic grab rail and handrail installation, step design and minor ramping, basic bathroom modifications, the role of the building code for design purposes and terminology and documentation.

NDIA responsibilities will also be addressed as well as the National Associations working party issues as we are privileged to have Sandi with us who consults on these National committees.

Basic Home Modifications	
Date & Time	Monday 27 <sup>th</sup> - Tuesday 28 <sup>th</sup> March 2023 8:30 – 16:30
Venue	Pagoda Conference Room, Pagoda Resort, 112 Melville Parade Como
Cost	<b>Early Bird rate before 27/1/23</b> Member/Student \$400 Rural/remote member \$300 Non-members \$790  <b>Standard rate after 27/1/23</b> Member/Student \$500 Rural/remote member \$370 Non-members \$790
Refreshments: Welcome tea/coffee, morning tea, lunch and afternoon tea will be provided	

Disclaimer: Please note being an advertisement in the newsletter does not imply endorsement from WAOTA of the book

# Professional Development Cont'd

## COMPLEX HOME MODIFICATIONS

The complex course will include complex bathrooms for conceptual designs, major ramps and lift considerations and kitchen design. Participants can attend the complex course only if the basic course has already been completed or they have 4 or more years experience within this clinical area or similar.

NDIA responsibilities will also be addressed as well as the National Associations working party issues as we are privileged to have Sandi with us who consults on these National committees.

## SCHOLARSHIP FOR HOME MODIFICATION COURSES

We are also pleased to announce that Sandra Lightfoot has kindly agreed to provide a scholarship to a rural and remote WAOTA member who attends a home modification course, this will cover expenses including course registration, travel and accommodation and will be reimbursed after the course has concluded.

(all Rural and Remote MEMBERS registered for this course will be

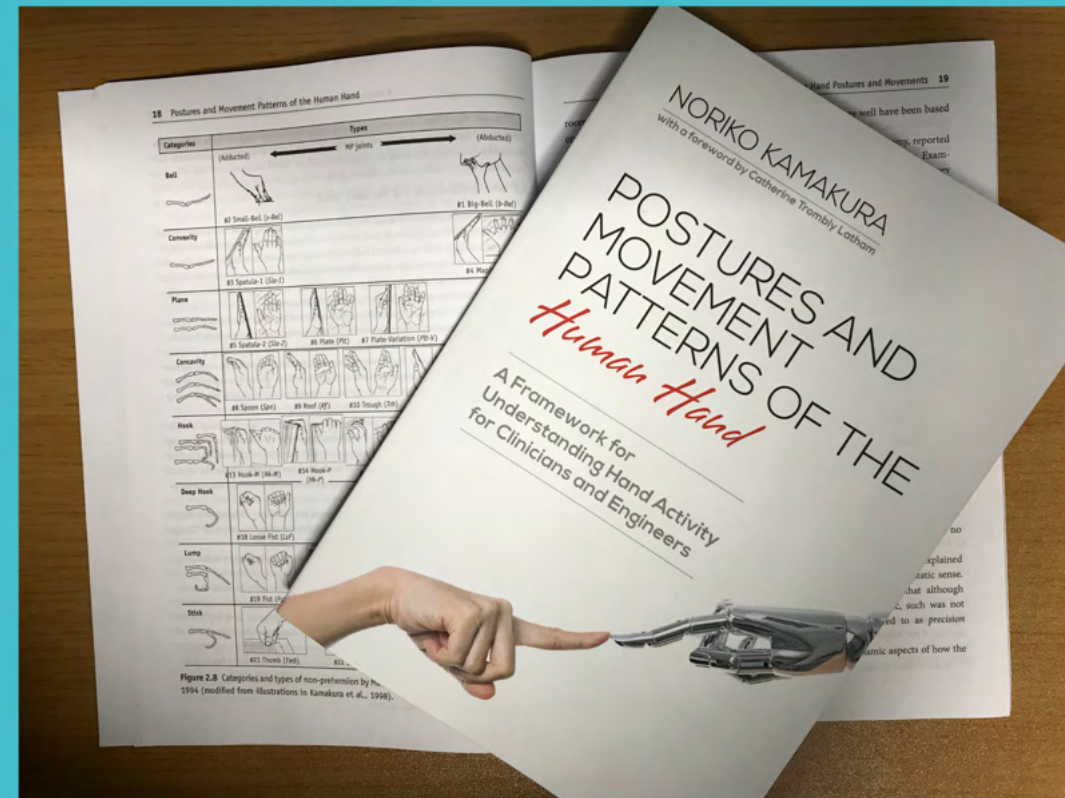
considered for this scholarship)  
Thanks again so much Sandi !!

### Complex Home Modifications

Date & Time	Saturday 1 <sup>st</sup> April 2023 8:30 – 16:30
Venue	Pagoda Conference Room, Pagoda Resort, 112 Melville Parade Como
Cost	<b>Early Bird rate before 1/2/23</b> Member/Student \$200 Rural/remote member \$150 Non-members \$395  <b>Standard rate after 1/2/23</b> Member/Student \$250 Rural/remote member \$185 Non-members \$395

Refreshments: Welcome tea/coffee, morning tea, lunch and afternoon tea will be provided

A way to view what the hand **does**  
and to express that both precisely and concisely



An OT pioneer in Japan, Kamakura surveys 100 years of research on hand function, then apologizes for not having published in English important findings of her research group over 30 years ago. This small book is her corrective.

With just a single name (e.g., *key pinch*), the way a hand grips an object can be "described" fairly precisely if names of grips are understood and accepted as common parlance. Kamakura extends this nicknaming to include non-prehensile hand postures and movements of the digits. If the collection of all these namings is comprehensive enough, she reasoned, a great deal of hand behavior should become succinctly describable.

Through photographs and motion pictures, Kamakura's research group observed and classified thousands of images to derive taxonomies for prehensile postures, non-prehensile postures, and in-hand movements.

She shows how the taxonomies fit together, using precise descriptions and illustrations to give the reader tools to form concrete notions of what a human hand ordinarily does. An occupational therapist might study such detail to attain, for example, a wide perspective when assessing the scope of a manual disability.

Published by BrownWalker Press, Irvine, California, USA.  
© 2022 ISBN 978-1-59942-630-3



# Professional Development Cont'd

## SCHOLARSHIPS

### WAOTA PD SCHOLARSHIP PROGRAM

Each WAOTA member is eligible to receive one scholarship (ie WAOTA professional development course, international event, or volunteer/charitable work) per calendar year. Volunteer / Charitable Scholarships are available to support unpaid overseas work with a recognised humanitarian organisation (please refer to appropriate criteria and application form for international / volunteer scholarships).

- WAOTA course registration up to the value of \$400 for an OT working in rural and remote.
- WAOTA course registration up to the value of \$400 for an OT working in the Metropolitan area.
- WAOTA course registration up

to the value of \$200 for a current OT student.

The applications will be assessed and selected by the WAOTA Management Committee at our monthly meetings, which are held on the second Tuesday of each month. Successful applicants will then be notified via e-mail from Lorna, our Administrator. Please ensure your applications are submitted by the deadlines listed below

Pain from an OT Perspective scholarship applications close 9<sup>th</sup> December 2022

Basic Neuroplogical Assessment scholarship applications close 9<sup>th</sup> December 2022

Home Modifications Basic scholarship applications close 10<sup>th</sup> February

Home Modifications Complex scholarship applications close 10<sup>th</sup> February



Associate Professor Margaret Potter presented an inspiring course to a group of interested OTs in September



A full room of OTs enjoyed the October PD - Introduction to Sleep. What an array of products were shown to them to improve clients sleep.



# How to Nail that OT position!

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## Top Tips for writing a CV

- Be concise, succinct, and keep it simple, do not make it too busy
- Two to three pages maximum, less if a new graduate
- Adapt your CV to the job application
- Ensure up to date details of recent experiences/employment
- Ensure contact details are accurate
- Add qualifications in chronological order, starting with the most recent. Add vocational training under “training”
- Proof-read diligently for grammar, spelling and ensure dates are accurate.
- THEN ask someone else to view it to make sure it is up to standard.

## Referees

Make sure the referee is asked prior

to submitting the application and provide details of the prospective so they can be prepared. Ask for preferred contact details and include these in the application – employers do not want to go hunting around for clues on how to contact referees. ‘Referees on request’ on a CV is time consuming for the employer to chase.

## The Selection Criteria

- **Address each Selection Criteria individually.** Use individual selection criteria as a separate heading in the document. Then, provide a summary of how skills, qualifications, experience, and personal attributes are relevant.
- **Break the Selection Criteria into key points.** The selection criteria may be written in such a way that more than one quality is being assessed. Underline key words and determine what the employer is asking for.

For example, a capability such as “Ability to communicate with people

from a variety of backgrounds” should be broken up into the factors of ability, communication, and people from a variety of backgrounds. It is important to address how often you communicated; your level of responsibility; examples of the sort of communication that was required; how well you communicate; and how you knew that the communication was of a high standard.

- **Use evidence.** Avoid blank unsubstantiated statements such as *‘I have extremely well-developed communication skills.’* This is your opinion; the employer needs evidence that it is true. You need to provide concrete examples that demonstrate your skills and abilities and illustrate the complexity and demands of the task. There are many approaches you can use to document your example. Once such approach is the **CAR** approach:
  - **Context** - Describe the

situation.

- **Action** - Explain your actions. What were your actions? What did you do?
- **Results** - Detail the result of the actions which you took.
- **Use active verbs.** Statements such as I negotiated, or I liaised with have more impact than I was involved in, or I was responsible for. Use of strong, specific verbs will help you describe your role more clearly.
- **Use good English.** The ability to communicate in writing will be assessed by the way you address the key selection criteria. Ask someone to proof-read your responses, it is easy to make spelling and grammatical mistakes without realising.
- **Ask yourself the ‘so what?’ question.** When attempting to provide appropriate evidence to support your claims it is useful to ask yourself the ‘So What?’



# How to Nail that OT position Cont'd

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question.

For example:

**Leadership, change management and teamwork skills.** In my role(s) as \_\_\_\_\_ I was responsible for managing/supervising a team of \_\_\_\_ staff. My key responsibilities extended from orientation, induction and training to guidance and direction in day-to-day operations as well as performance review and workforce planning.

**Applying the 'So What?' question: So, what? Why did you do this?**

**What did you accomplish?** I have been able to demonstrate sound and appropriate judgement in a wide range of (staffing/supervisory/management) situations during a time of significant change in my (Faculty/business unit/team/area). Additionally, I have formed strong working relationships with senior managers/academic, colleagues and staff reporting to me.

Additionally, I have contributed to

(special projects, working groups, committees?) to illustrate my abilities to work independently and as part of a team.

**Note Information from AHPRA:** An occupational therapist cannot call themselves a specialist practitioner (eg Falls Specialist, Specialist Paediatric OT). "While there are provisions for Boards to set up a national specialist register for their profession under the National Law, recognised specialties and specialist titles must be approved by Ministerial Council. To date, Ministerial Council has approved specialties for the medical, dental and podiatry professions only. Registered occupational therapists must therefore take care in their use of professional titles. This will avoid misleading the public into believing that he or she is a specialist practitioner when they are not." For more details, please see <https://www.occupationaltherapyboard.gov.au/Codes-Guidelines/FAQ.aspx>

## The interview

- Do the research on the job and the organisation and make sure you know the requirements of the position. If a contact name is given, phone them to discuss the specifics of the job, this is vital.
- As much as possible, plan and practice responses to questions. Re-read the selection criteria to get a sense of what might be asked. For example, if the selection criterion asks for good organisational skills, plan a response that plays to your strengths.
- Be prepared to talk about your strengths and how these would assist in the role. Be prepared to discuss where you think you need to develop.
- Be positive and never be derogatory about a place or person
- Be honest
- Limit the use of the word "passionate" to using only once as it is emotive and solid evidence is a much better indicator of the person you are.
- As a new grad, avoid making claims such as "I have vast experience" because plainly this is yet to come.

Michelle Carrington and Sally Wojnar  
Horton, WAOTA 2022

# Noticeboard



## FORTY YEAR REUNION



### WAIT Occupational Therapy Class of '82

**Date:** Saturday 19<sup>th</sup> November 2022

**Time:** 5pm

**Venue:** The Park Floreat Hotel, meet at the "Fire Pit" (seated area around the wood-fire heater)

**Address:** 5 Howtree Place, Floreat WA

**Cost:** \$25 per person for a shared grazing plate and pizza slices

**Drinks:** Buy own drinks from the bar

**RSVP:** Contact Karen Long to RSVP and obtain payment details email karenlong@westnet.com.au

**Please join us to catch up with your uni buddies!**

## ANNUAL INDEXATION OF MEDICAL AND ALLIED HEALTH FEES

WorkCover WA have advised a 2.25% increase to all medical and allied health fees effective 1st November 2022. All updated medical and allied health fees will be available on [www.workcover.wa.gov.au](http://www.workcover.wa.gov.au).

WAOTA did raise concerns directly with WorkCover regarding the proposed increase which we deem to be far below CPI for Perth. Two main factors raised were costs for private practitioners in wages and rent. Rent increases usually mirror CPI which was already at 7.4% and wages around 5 – 5.5% which is well above the proposed increase of only 2.25%.

WorkCover WA response is noted below as at 12<sup>th</sup> October 2022:

*"I note your organisation has raised concerns around the 2.25% increase as determined by the Composite Index (CI) relative to CPI. As you*

*may be aware, the CI is comprised of 60% Wage Price Index (for WA ordinary time earnings), 30% Medical Fees Index as published by the Australian Medical Association and 10% Consumer Price Index (for WA all groups excluding housing). While occasional reviews of the CI have been undertaken in recent years, the CI continues in its original form as the indices and weightings are considered more appropriate and reliable than CPI alone.*

*Although the annual percentage increase in the CI has generally been higher than CPI over the last 10 years, I understand there are concerns around current inflationary pressures which is no doubt shared across the community.*

*However, the CI is similar to most other indexation methodologies in that it is based on quantifiable data from previous time periods rather than future estimates. Therefore, there will be occasions where economic conditions might outpace*

*the CI in the short term.*

*Although any changes, as measured by the CI, will be incorporated into calculations in future years".*

## SMALL BUSINESS SUPPORT FOR YOUR PRACTICE



The Small Business Development Corporation (SBDC) is the only State Government agency that provides advice and support to small businesses in Western Australia, including those in regional WA through their Business Local network.

You can turn to them for free support services including:

- practical, low cost business workshops on a range of topics



# Noticeboard Cont'd

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- useful resources, including business planning templates and financial tools
- a business advisory service - available over the phone, via email or through live chat on their website [www.smallbusiness.wa.gov.au](http://www.smallbusiness.wa.gov.au)
- specialist commercial tenancy advice on your lease
- an active Facebook group "I'm a Small Business Owner in Western Australia" where members can seek advice and share information with other business owners
- a dispute resolution service to help negotiate mutual outcomes with parties you may have a dispute with.
- Current updates about the business environment and useful information to grow your business

Visit <https://www.smallbusiness.wa.gov.au/> and sign up to receive

regular email updates about how the SBDC can support your business to start well, survive and thrive.

## **FALLS PREVENTION COMMUNITY GRANTS: NOW OPEN**

Applications are now open for the Improve Your Health round of Stay On Your Feet® Move Improve Remove grants. Grants up to \$5,000 (plus GST) are available and will fund projects running between 1 March and 31 May 2023.

Applications for Improve Your Health grants close 5pm Friday 14 October 2022.

More information can be found on the Injury matters website

## **NDIS PRICING UPDATES**

An update to the NDIS pricing arrangements, pricing limits and support catalogue 2022-23 has come into effect from 1st October 2022.

Some key updates include

- Early childhood
- Home and living demonstration projects
- Home modifications

More information can be found on the NDIS website or email provider. [support@ndis.gov.au](mailto:support@ndis.gov.au)



# Interest Groups

All Interest Groups are affiliated with WAOTA and provide professional development opportunities in areas of clinical specialty. Generally, WAOTA members attend the interest group sessions at no cost, for non-members the cost is \$10 per session, unless otherwise stated by the interest group convenor.

## **DOT(WA) - THE DEVELOPMENTAL OT INTEREST GROUP**

As 2022 powers on, DOT(WA) have seen some changes to our executive and we thank all outgoing executives for their hard work within DOT(WA), and we welcome some new faces. At our AGM in August, we filled most of the executive positions, but still have a couple of positions that we would love to fill. If you feel that you would like to volunteer so that you can contribute to the learning and development of paediatric occupational therapists in WA, one of these roles might be a great

opportunity for you. Please email us at [dotwa@outlook.com](mailto:dotwa@outlook.com) and we can let you know more about the vacant positions.

Our most recent meeting and PD was very well attended and we were very fortunate to have some of the amazing team from Telethon Clinikids come along and present to us on 'The CO-OP Approach.' Briohny Dempsey (Clinical Research Assessor), Jess Reynolds (Project Manager) and Marie Rodatz (CliniKids Clinical Lead of Occupational Therapy) presented on the background behind the CO-OP approach, current evidence supporting the approach, what the intervention looks like in practice and the current research protocol for a Clinikids' CO-OP study. This team are currently recruiting for the CO-OP research project looking at the acceptability, feasibility, and efficacy of CO-OP for children with autism aged 5-10 years.

Throughout 2022, DOT(WA) will

continue to host DOT(WA) PD and meetings every two months using the Zoom platform. All DOT(WA) members can access the URL to attend the PD and meetings online. Whether you are in the metro area, or you are in rural/remote WA, if you are a DOT(WA) member you simply need to stay tuned to e-mails and newsletters for the URL to access meetings online from your phone, iPad or PC. Information of PD events is also shared via WAOTA announcements.

We welcome new members at any time so if you would like to join DOT (WA) or would like further information, please visit our website: [dotwa.org.au](http://dotwa.org.au)

Members of WA OT Association receive a \$5.00 discount on our membership fees and a 10% discount on our training events.

We look forward to seeing many of you online soon or face to face at our PD in June.

Stay well

Jacqui Hunt  
Vice Chairperson  
DOT (WA)

## **OT SERVICES IN THE HOME INTEREST GROUP**

Our next Occupational Therapy Services in the Home Interest Group workshop takes place on Thursday 17<sup>th</sup> November via zoom, when we will be joined by OT Anthony Hartland for a presentation on OT and Palliative Care. Anthony is an Australian trained Occupational Therapist, with over 25 years' international experience in a diverse range of clinical areas and management, including hospital, community, hospice, not for profit and private practice. He is currently working with the Bunbury Community Palliative Care Team. His presentation will cover palliative care and allied health – Living well until death and he will also provide an update of 12 months of Voluntary



# Interest Groups Cont'd

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Assisted Dying (VAD) in WA.

Bookings are available online <https://waota.com.au/cpd-activity/interest-group-courses/>, free for WAOTA members and \$10 for non-members.

Anna Mills and Camille Wakefield  
(Co-convenors)

## WAOTA STUDENT COMMITTEE

### Summary of New Graduate Experience

In September, the WAOTA student committee was fortunate to have Alex Esterhuizen, Jessica Tang and Jerome Choo present to us their different experiences as new graduates. Alex currently works as an OT in hand and upper limb therapy at RediMed where she completed her last 8-week block placement. In hand therapy, an OT is responsible for conducting clinical assessments, providing wound care, making splints, educating patients, providing

exercises and patient care. Alex was also responsible for ordering products in the clinic and liaising with surgeons, GPs, RTW/injury managers and insurers. She works with patients who have conditions such as crush injuries and nail bed repairs, volar plate injuries, finger and hand fractures, chronic pain and more. Two case studies were introduced, and their treatment processes were explained. Some important tips that Alex shared with us were to find our personal style of study, talk to someone such as a mentor or friends/family and develop a self-care routine. During placements, we should always give 110% effort even if it is not an area of interest, be proactive in learning and ask questions. When applying for a job, it is essential to keep our resumes to a limit of two pages with only the most recent and relevant information. She ended the presentation by advising us not to settle for average!

Jessica studied pharmacy and

worked as a pharmacy assistant for 7.5 years before switching to occupational therapy and graduated from Curtin University in 2021. She started by sharing numerous useful tips for studying, placements and applying for a job. While on placement, Jessica highlighted the importance of challenging our comfort zones, understanding our learning style, doing as much preparation work as possible and continuously asking for feedback. Some important questions to ask when looking for a job include salary breakdown and packages, the types of leave we are entitled to, CPD allowance (if there are any internal or external PD opportunities) and the amount of supervision provided. Jessica applied for Rocky Bay through their new graduate program and received a position as an allied health assistant before eventually becoming a registered OT with them. She works with a mixed caseload of youth and adult clients with diagnoses such as autism,

intellectual disability, cerebral palsy, spinal cord injury and many more. Her role at Rocky Bay is to provide intervention sessions, assessments and reports, recommendations for assistive technology and referral to other services. Transport plans can also be completed with clients who use a wheelchair as their vehicle seat.

Our last presenter is Jerome, who has been working with the ORS group. He worked as a chef for 10-12 years previously and enjoyed doing graphic design on the side. While studying at Curtin, he completed two paediatric placements where he worked with many speech pathologists and other health professionals. As a new graduate, he received training for completing assessments, home modifications, working with the NDIS and recommending assistive technology. He also received supervision for working with clients who had complex cases. Jerome signed off on assessments such as the functional

# Interest Groups Cont'd

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and sensory assessments, supported independent living (higher needs), independent living options and assistive technology assessments. For ongoing capacity building, Jerome completes interventions for sensory and functional daily living skill building, energy conservation techniques, manual handling and more. For professional development, the ORS group covers the cost of an intensive 6-month program where monthly training is provided by external providers.

We would like to give our appreciation to all three presenters who have kindly shared with us their amazing and unique experiences transitioning from new graduates to occupational therapists! Many helpful tips were given to help students become successful in placements and job applications. Thank you once again to Alex Esterhuizen, Jessica Tang and Jerome Choo!

## **Summary of Occupational Therapy in Geriatric Rehabilitation**

For the month of October, the WAOTA student committee was thrilled to have Jade Beck present the role of occupational therapy in geriatric rehabilitation! She is a senior OT who has worked in a variety of clinical areas including acute general medicine, ICU, trauma and orthopaedics and stroke rehabilitation. She shared many of her key learnings she gained throughout the years from working in Osborne Park Hospital, Royal Free London and Fiona Stanley Fremantle Hospital. Jade also walked us through the process of numerous case studies and explained the clinical area of geriatric rehabilitation. Patients are admitted to this rehab ward if they are over the age of 65 and have not been deemed appropriate to discharge from Fiona Stanley Hospital. Some of the diagnoses seen in this area include delirium, falls and general functional or cognitive decline. MBI/

FIM are essential assessments done for every patient in the rehab ward. Other important assessments are those of the functional and kitchen assessments, the MOCA, KICA and RUDAS. A common intervention Jade has used is the PADL retraining where she teaches patients how to don their pants and use long-handled aids and other useful techniques. Other interventions an OT can do is educate the patient and their family, provide carer training, prescribe equipment and do home visits before the patient is discharged. Towards the end of the presentation, Jade shared with us some helpful tips for becoming successful students and new graduates. She emphasized the importance of asking questions to supervisors, taking the initiative to self-learn and having a self-care routine outside of work to look after ourselves. By embracing new opportunities and constructive feedback, we can challenge ourselves and continue to grow and learn as OTs. We

would like to express our gratitude to Jade for taking the time to share her knowledge and experience in this interesting field of geriatric rehabilitation!

## **Summary of Occupational Therapy in Paediatric Neurorehabilitation**

In August, we welcomed Loren West who currently works as a clinical coordinator and lead occupational therapist at the Healthy Strides Foundation. She has extensive experience as an allied health assistant and has developed a passion for delivering evidence-based interventions for children with neurological conditions and injuries. Working at Healthy Strides Foundation, she uses the ICF model to provide multidisciplinary evidence-based rehabilitation programs for children and young adults with conditions/injuries to improve their quality of life and meaningful participation. She uses the following principles of neuroplasticity within



# Interest Groups Cont'd

focused, function, meaningful and motivating, intensity, density, consistent, critical timing, focused incremental challenge and engaging. Many of the children she works with are diagnosed with Cerebral Palsy (CP), and thus she uses the GMFCS, FMS, MACS and CFCS classification systems. Loren discussed with us the systematic review that introduced the traffic light system of interventions targeting motor control for children with CP. She also provided a snapshot of what a Healthy Strides Foundation client's journey would look like.

Whilst providing very insightful and interesting information about paediatric neurorehabilitation, we also thank her for sharing useful tips with the students. She highlighted the importance of knowing how to review literature, asking questions, taking new opportunities presented and learning lots of nursery rhymes!

WAOTA Student Committee

## WAOTA Board and Management Committee

### BOARD

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Lynda Quigley	Deputy Chairperson
Sandra Kevill	Treasurer
Michelle Carrington	Secretary
Mike Lyttle Dan Hill	Advisor

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# Courses and Seminars



Please note these are not courses organised by WAOTA. Advertisement and distribution of this information does not imply endorsement from WAOTA for the event being organised.

## COURSES & SEMINARS - WA

Subject: **WA Mental Health Conference**  
 Date: 7<sup>th</sup> - 8<sup>th</sup> November  
 Location: Optus Stadium, Perth  
 Details: conference@waamh.org.au

Subject: **WA Simulation in Healthcare Alliance Seminar**  
 Date: 10<sup>th</sup> November  
 Location: Notre Dame University  
 Details: secretary@washa.org.au

## COURSES & SEMINARS - OUTSIDE WA

Subject: **55th Australian Association of Gerontology Conference**  
 Date: 22<sup>nd</sup> - 25<sup>th</sup> November  
 Location: Adelaide  
 Details: www.aag.asn.au

## ONLINE

Subject: **Incontinence and Falls in Older Adults**  
 Details: Injury Matters [https://www.youtube.com/watch?v=7\\_FjOZfXWU4](https://www.youtube.com/watch?v=7_FjOZfXWU4)

Subject: **Setting the record straight on evidence-based exercises for falls prevention**  
 Details: Injury Matters <https://www.youtube.com/watch?v=EaMAjE-UFJA>

Subject: **Injury Epidemiology**  
 Details: Injury Matters <https://www.youtube.com/watch?v=Wq2yYeK6-ns>

Subject: **Services for Australian Rural and Remote Allied Health (SARRAH)**  
 Date: 15<sup>th</sup> - 16<sup>th</sup> November  
 Details: <https://sarrahconference.com.au/>

Subject: **How to Write a Business Plan**  
 Date: 19<sup>th</sup> November  
 Details: <https://www.smallbusiness.wa.gov.au/workshops/how-to-write-a-business-plan>

Subject: **Canva: Beyond the Basics**  
 Date: 23<sup>rd</sup> November  
 Details: <https://www.smallbusiness.wa.gov.au/workshops/canva-beyond-basics>

Subject: **Effective Leadership Skills**  
 Date: 5<sup>th</sup> and 12<sup>th</sup> December  
 Details: <https://360e-learning.com.au/upcoming-workshops/>

Subject: **Preventing harm from alcohol using Communities that care**  
 Details: Injury Matters <https://www.youtube.com/watch?v=mC7o1nZj6hg>

Subject: **Building Support in Prevention Violence in WA**  
 Details: Injury Matters <https://www.youtube.com/watch?v=sCFEurRFrvk>

Subject: **After a Road Crash/Road Trauma Support**  
 Details: Injury Matters [https://www.youtube.com/watch?v=Eb\\_oKT58Dcg](https://www.youtube.com/watch?v=Eb_oKT58Dcg)

Subject: **Loneliness and its impact on the mental health of the older person**  
 Details: Injury Matters [https://soundcloud.com/user-739013830/loneliness-and-its-impact-on-the-mental-health-of-the-older-person?utm\\_source=clipboard&utm\\_medium=text&utm\\_campaign=social\\_sharing](https://soundcloud.com/user-739013830/loneliness-and-its-impact-on-the-mental-health-of-the-older-person?utm_source=clipboard&utm_medium=text&utm_campaign=social_sharing)

Subject: **Understanding Dementia - Online Course (University of Tasmania)**  
 Date: 17<sup>th</sup> February 2023, 7 weeks self paced  
 Details: <https://mooc.utas.edu.au/>





# WAOTA Merchandise

Shop Now



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