

CAOT COVID-19 Exchange Forums

April 23, 2020

#OTatHome



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#OTatHome

Occupations, habits, and routines for advocating and taking care of yourself and others during the pandemic

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Dr. Barbic has no conflicts of interest to declare

Dr. Backman has no conflicts of interest to declare

A version of this webinar was previously presented
as part of the AOTA webinar series April 10, 2020



Learning Objectives

- ▶ Describe and advocate for the role of occupational therapy in the global COVID-19 pandemic
- ▶ Complete a wellness profile to thrive (or cope) during the uncertainty of the pandemic
- ▶ Outline international strategies for occupational therapy practitioner and population health and wellness

Enormous scale of occupational disruption



Experts in adapting to uncertainty



<https://internetmonk.com/wp-content/uploads/Uncertainty.jpg>

- ▶ People living with chronic illness, chronic pain, persistent mental illness, relapsing and remitting conditions, ...
- ▶ Parents of children with significant disability
- ▶
- ▶ Occupational therapists



Managing occupational disruption

Core principles to apply to individual situations:

- ▶ **Plan**
- ▶ **Pace**
- ▶ **Pause**

*well known principles in OT,
let's spin to pandemic times*

Plan – Routines are Critical

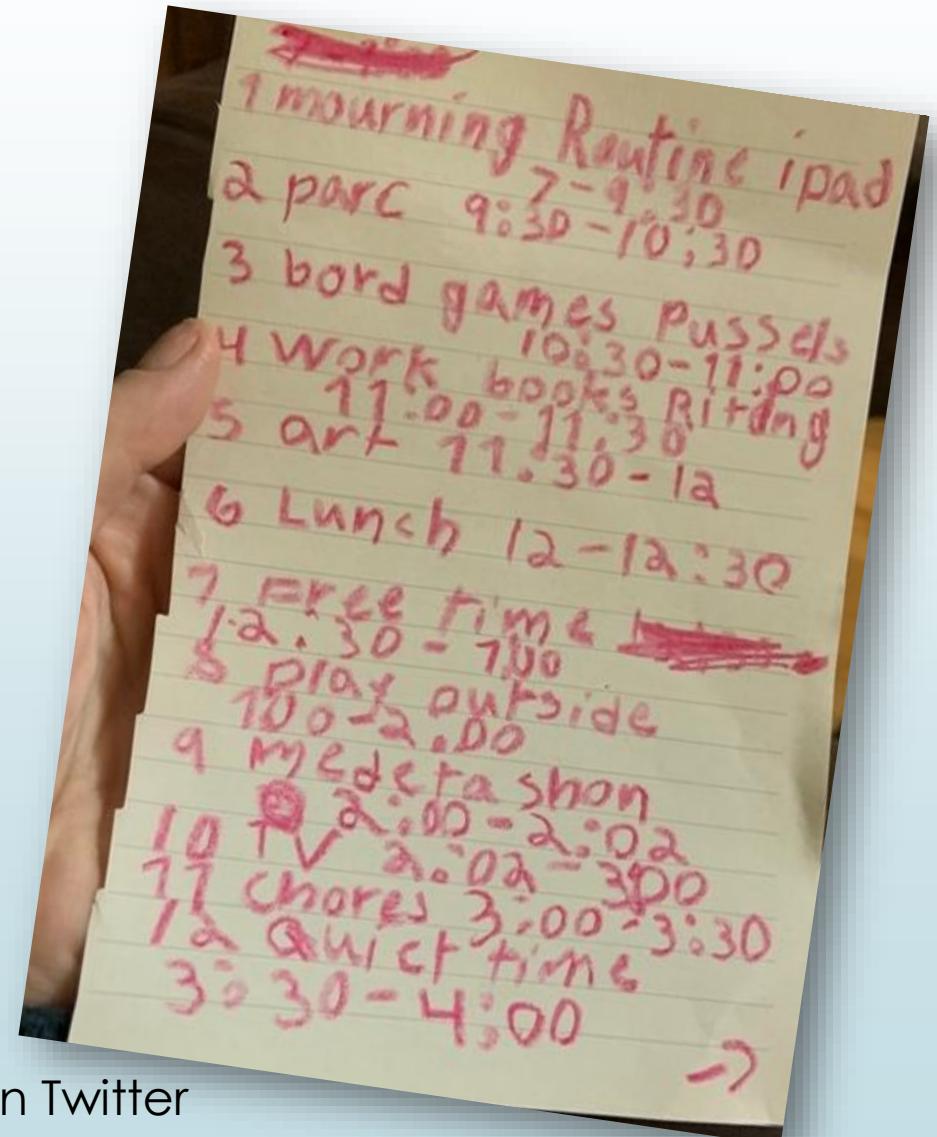
What's important?

What's familiar?

Needs, wants

Write it down

Week days different than
weekends



As shared on Twitter

Pace – Engage in Varied Occupations

- ▶ subjective experience of a pattern of life activities comprised of the “right amount” of activities and the “right variation” among activities
- ▶ consider the kinds of activities (work, play, rest, restorative, ...) and their characteristics (social, challenging, active, ...) as well as time spent doing different activities

Wagman, Håkansson, Björklund (2012). Occupational balance as used in occupational therapy: A concept analysis. Scand J Occup Ther, 19, 322-327.



Optimal balance

harmony, thriving

Health Enhancing

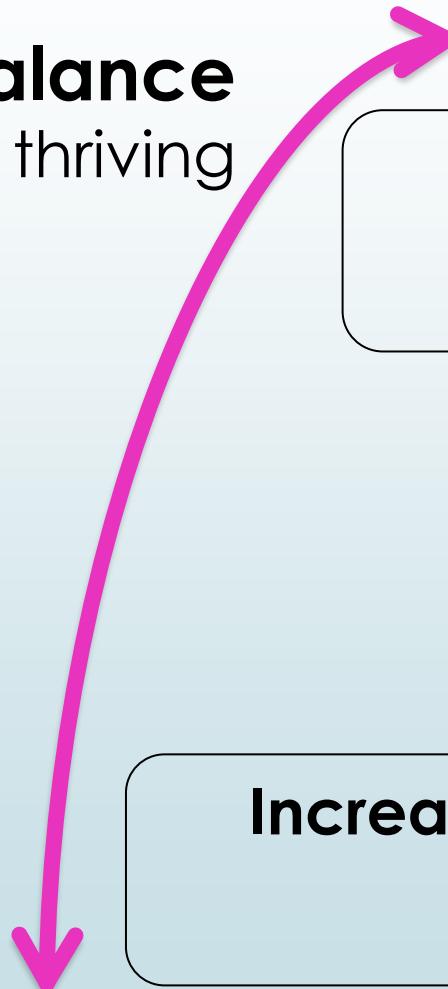
“happy”

Imbalance

role strain,
conflict, boredom

Increased Risk to Health

“unhappy”



Pause – Cut yourself some slack, adapt!

B R E A T H E

M O V E

Meditate

Ask for help: people seeking purpose & want to help

Exchange ideas and resources

Schedule time to worry & leave it there

Revise routine to fit



https://c1.staticflickr.com/3/2922/14722757476_13e4e7d9b6_b.jpg

Moving Forward

- ▶ Establish a daily routine
- ▶ Occupational exploration
- ▶ Keep Moving
- ▶ Track Outcomes

COVID-19

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Sections  Search

VANCOUVER SUN

Skye Barbic and Catherine Backman: Staying happy while staying home: Lessons from occupational therapy

Skye Barbic, Catherine Backman

March 28, 2020 • 3 minute read



<https://vancouversun.com/opinion/skye-barbic-and-catherine-backman-staying-happy-while-staying-home-lessons-from-occupational-therapy/>

Connect- “The humble phone call”

Connecting with others

- ▶ Traditional and modern ways to connect.
- ▶ Consider writing a letter to yourself or others describing the experience and your hopes for “2, 6, 12 months from now”

The Humble Phone Call Has Made a Comeback

The volume of phone calls has surged more than internet use as people want to hear each other’s voices in the pandemic.



<https://www.nytimes.com/2020/04/09/technology/phone-calls-voice-virus.html>



Personal Wellness Plan

Barbic, S. Bill, N., Dersken, C. (2018). Personal Wellness Plan. Department of Occupational Science and Occupational Therapy. University of British Columbia.

Wellness Continuum¹



Wellness Continuum¹



My wellness indicator

GREEN ZONE

Indicators that I am in the GREEN zone.

Indicator 1: _____

Indicator 2: _____

Indicator 3: _____

GREEN ZONE

Indicators that I am in the GREEN zone.

Indicator 1: _____

Indicator 2: _____

Indicator 3: _____

In my experience, these are things that support my wellness:

THIS IS WHAT I NEED TO KEEP WELL:

Goal 1: _____

Goal 2: _____

Goal 3: _____

Wellness Continuum²



YELLOW ZONE

Indicators that I am entering the YELLOW zone.

Indicator 1: _____

Indicator 2: _____

Indicator 3: _____

This is what I need to do when I am in the yellow zone.

Strategy 1: _____

Strategy 2: _____

Strategy 3: _____

ORANGE ZONE

What are the early warning signs that I might be entering the ORANGE zone?

Indicator 1: _____

Indicator 2: _____

Indicator 3: _____

What actions can I take when I recognize the early warning signs of being in the orange zone?

Action 1: _____

Action 2: _____

Action 3: _____

RED ZONE

What are the early warning signs that I might be entering the RED zone?

Indicator 1: _____

Indicator 2: _____

Indicator 3: _____

What actions can I take when I recognize the early warning signs of being in the red zone?

Action 1: _____

Action 2: _____

Action 3: _____

RED ZONE

Personal Resources

List those people you can rely on when you are in the yellow or red zones. They can be family members, friends or health care professionals. You may want to name some people for certain tasks like taking care of children basics errands cleaning the house or apartment and for other tasks.

People I can rely on

When I should contact them

Shifting from personal wellness to advocacy



The Golden Circle

Simon Sinek, 2016

WHAT

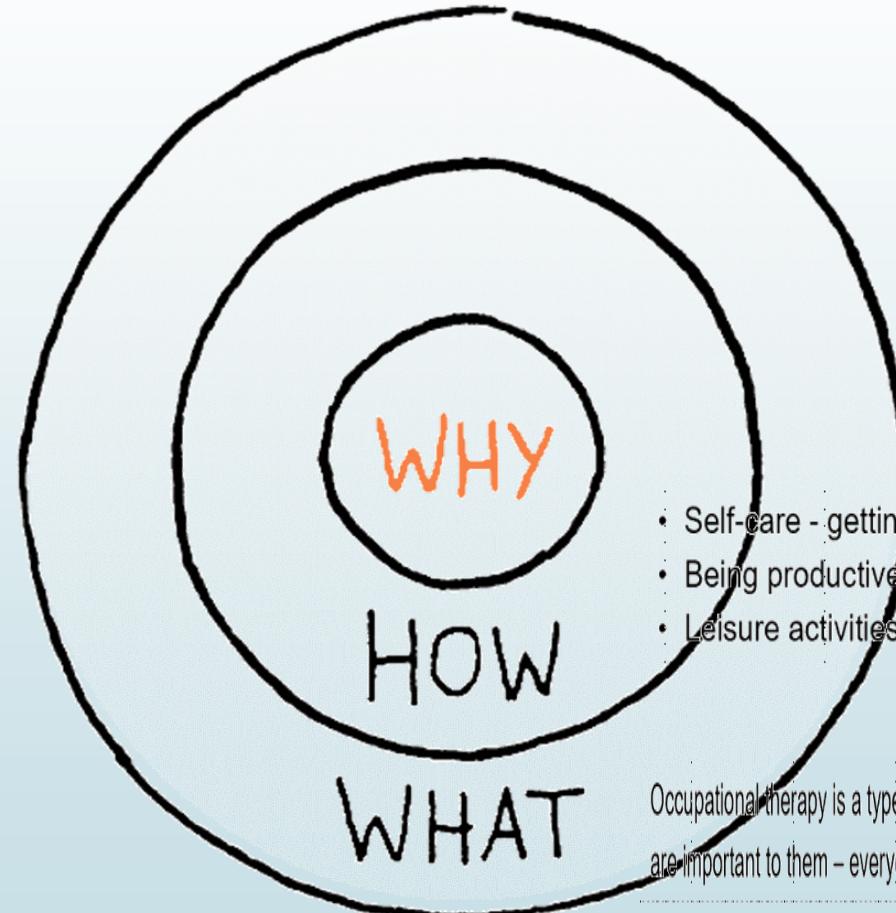
Every organization on the planet knows WHAT they do. These are products they sell or the services

HOW

Some organizations know HOW they do it. These are the things that make them special or set them apart from their competition.

WHY

Very few organizations know WHY they do what they do. WHY is not about making money. That's a result. WHY is a purpose, cause or belief. It's the very reason your organization exists.



- Self-care - getting dressed, eating, moving around the house,
- Being productive - going to work or school, participating in the community, and
- Leisure activities - sports, gardening, social activities.

Occupational therapy is a type of health care that helps to solve the problems that interfere with a person's ability to do the things that are important to them – everyday things like:

The Golden Circle

Simon Sinek, 2016

WHAT

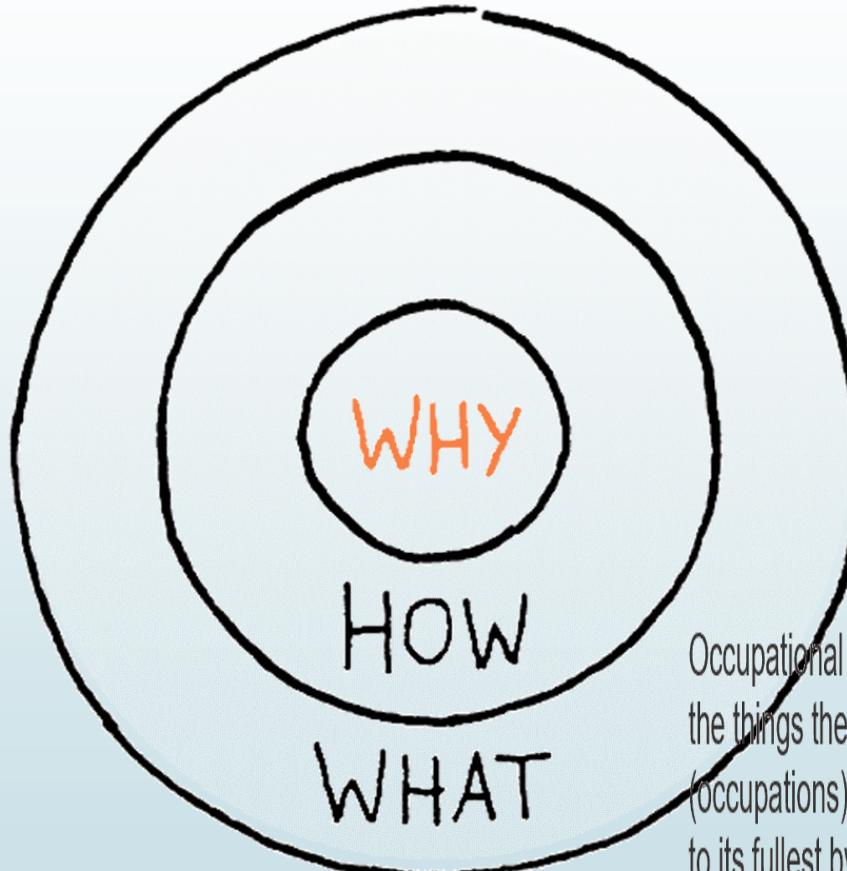
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Occupational therapy is the only profession that helps people across the lifespan to do the things they want and need to do through the therapeutic use of daily activities (occupations). Occupational therapy practitioners enable people of all ages to live life to its fullest by helping them promote health, and prevent—or live better with—injury, illness, or disability.

OCCUPATIONAL THERAPY & PRIMARY AND COMMUNITY CARE IN BC

HIGHER HOSPITAL SPENDING ON OCCUPATIONAL THERAPY IS ASSOCIATED WITH LOWER RE-ADMISSION RATES

Occupational therapy could save the province of BC \$13 million*

*Cost of re-admissions in BC between 2010 and 2013 (Heestern, Liu, Yue, Gao, & Sutherland, 2016).

RESEARCH SHOWS...



ACCESS TO AN OT ASSESSMENT
IN THE ER REDUCES

HOSPITAL ADMISSIONS
DISCHARGE DELAYS
THE TIME PATIENTS SPEND IN THE
HOSPITAL UNNECESSARILY



FOR PEOPLE WITH CHRONIC
CONDITIONS, OT-LED PRIMARY
CARE PROGRAMS CAN IMPROVE:

ACTIVITY PARTICIPATION
SELF-EFFICACY
QUALITY OF LIFE



FOR SENIORS, ACCESS TO
OT IMPROVES:

MOBILITY
SOCIAL PARTICIPATION
THE ABILITY TO COMPLETE
DAILY LIVING ACTIVITIES

OCCUPATIONAL THERAPISTS' VITAL ROLE ON TEAMS

REDUCE

RISK OF IN-HOME FALLS.
UNNECESSARY
HOSPITALIZATIONS.
UNNECESSARY
RESIDENTIAL CARE
PLACEMENT.

PREPARE

EMERGENCY DEPARTMENT
VISITS.
ADMISSIONS FROM
EMERGENCY DEPARTMENT
TO HOSPITAL.

HELP

SENIORS STAY AT HOME.
PEOPLE MANAGE
INDEPENDENTLY AT HOME.
PEOPLE STAY AT WORK OR
RETURN TO WORK.
PEOPLE PARTICIPATE IN
THEIR COMMUNITIES.
ENABLE KIDS TO SUCCEED
AT SCHOOL.

ENSURE

SAFE & TIMELY
DISCHARGE FROM
HOSPITAL.
HIGH QUALITY END
OF LIFE CARE FOR PEOPLE
WITH PALLIATIVE
CONDITIONS.

OCCUPATIONAL THERAPISTS CONSIDER



BETTER HEALTH OUTCOMES

HIGHER QUALITY OF LIFE

COST-EFFECTIVE CARE

Occupational therapy is a health profession focused on improving your health and well-being so you can do more and live better.

LEARN MORE

ABOUT HOW OCCUPATIONAL THERAPY CAN HELP

www.caot.ca/caot-bc

OCCUPATIONAL THERAPY

& PRIMARY AND COMMUNITY CARE IN BC

"There is no health without mental health."

—World Health Organization

1 IN 5 BRITISH COLUMBIANS

will experience a mental health or substance use problem this year

OCCUPATIONAL THERAPISTS HELP PEOPLE



PREVENT MENTAL ILLNESS
AND SUBSTANCE USE



RECOVER FROM MENTAL
HEALTH CONDITIONS,
KEEPING FAMILIES AND
COMMUNITIES TOGETHER



MAINTAIN POSITIVE
MENTAL HEALTH

75% of young people will experience
a mental health or substance use
problem by the age of 24

ONLY 10%
of BC OTs work in mental health and
substance use

OCCUPATIONAL THERAPISTS PROVIDE



EARLY PREVENTION &
YOUTH-CENTRED
INTERVENTIONS



SUPPORT TO HELP BUILD LIFE SKILLS
SO PEOPLE CAN BE ACTIVE &
ENGAGED MEMBERS OF SOCIETY



COST-EFFECTIVE
& TIMELY CARE

OCCUPATIONAL THERAPISTS CONSIDER THE WHOLE-PERSON, FOCUSING ON...



PERSONAL GOALS
CLIENT DRIVEN



ENVIRONMENT
HOME - WORK - SCHOOL



PARTICIPATION IN
MEANINGFUL ACTIVITIES

LIVE A FULFILLING LIFE

OCCUPATIONAL THERAPISTS HELP YOU PARTICIPATE IN THE ACTIVITIES THAT ARE IMPORTANT TO YOUR EVERYDAY LIFE



SUPPORTING
TRANSITIONS



RETURNING TO
WORK OR SCHOOL



BUILDING
LIFE SKILLS



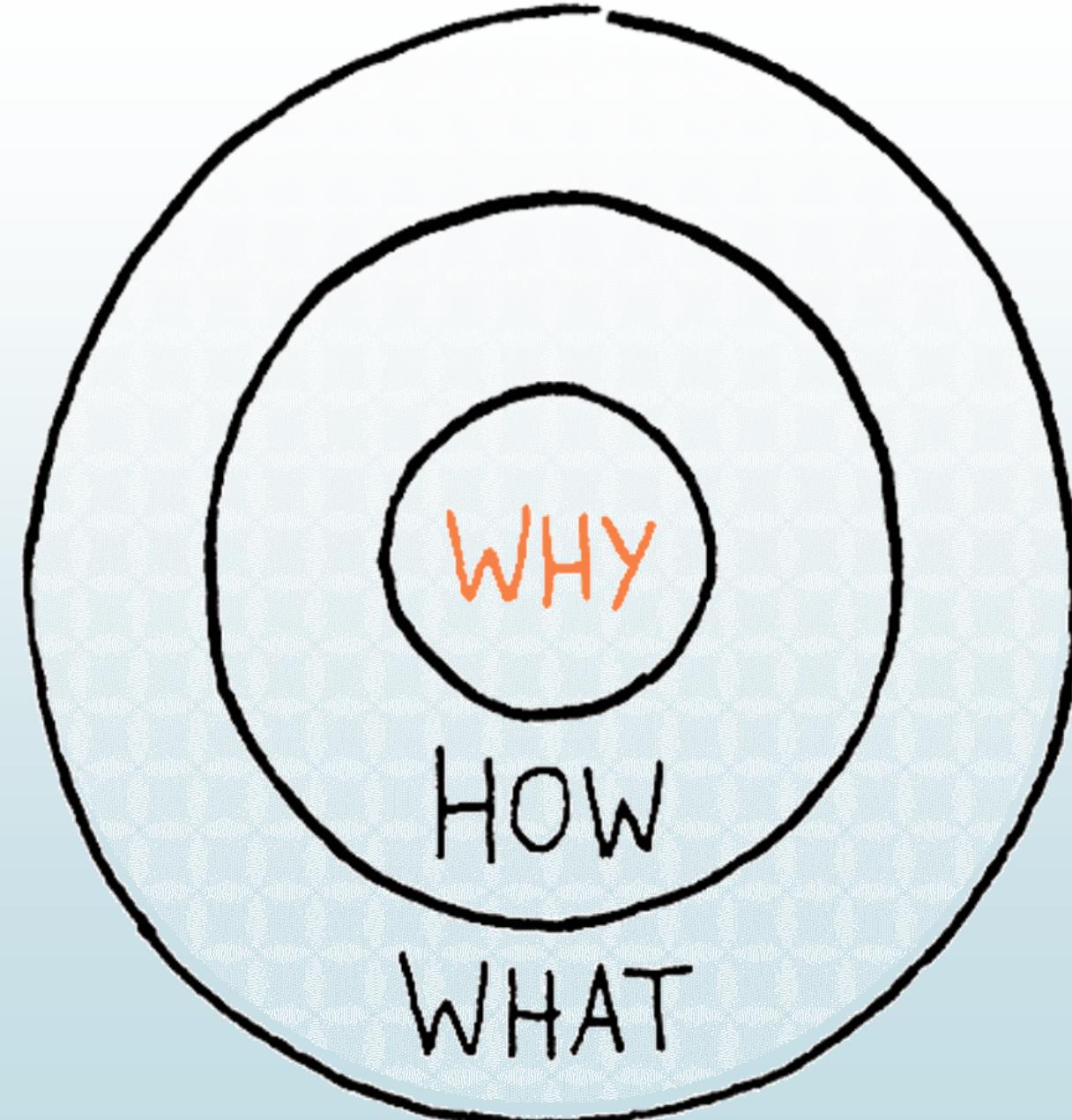
TAKING CARE OF
YOURSELF

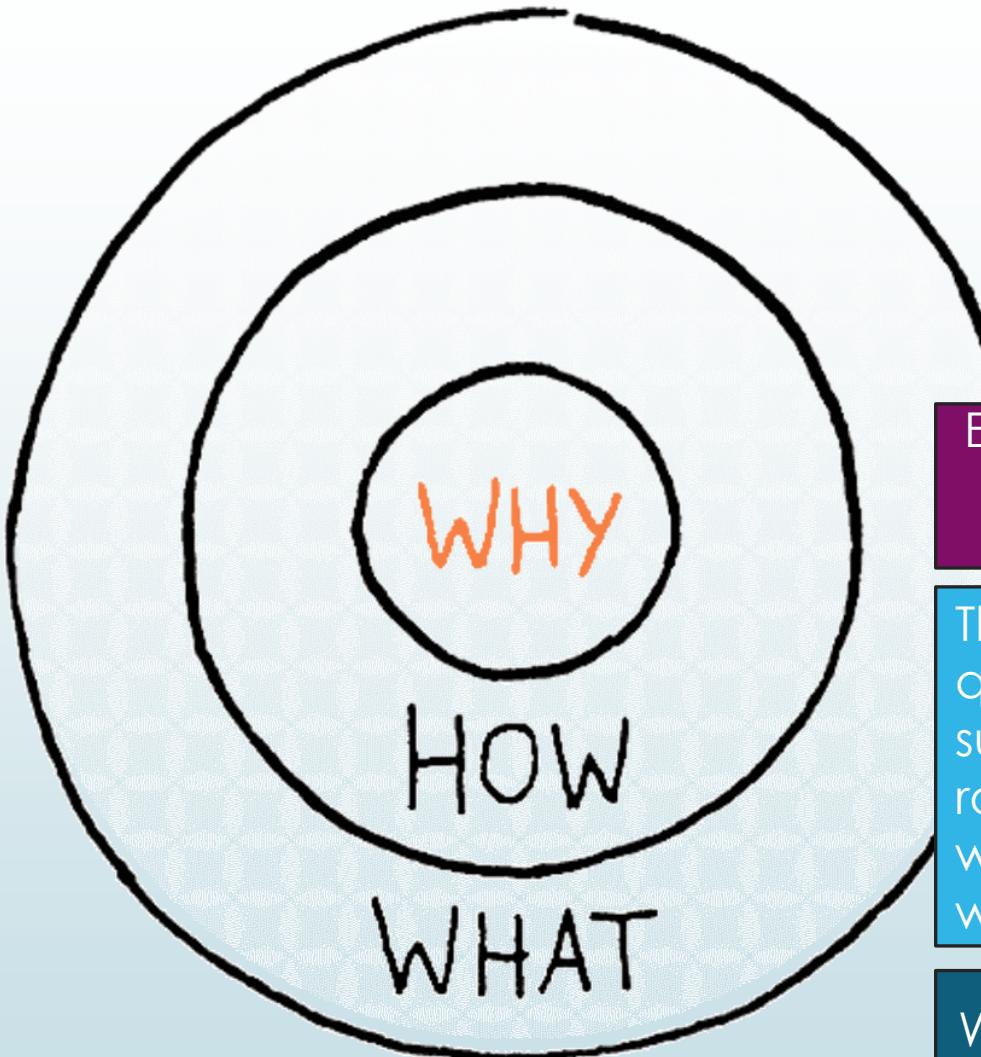
Occupational therapy is a regulated health profession
focused on improving your health and well-being so you
can do more and live better

LEARN MORE

ABOUT HOW OCCUPATIONAL THERAPY CAN HELP

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Everything we do, we believe in challenging the health status quo. We believe in thinking differently

The way in which we challenge the health status quo is by providing world-leading care to support all people to participate in activities and routines that are meaningful to them, no matter what age, disability, or life challenge is in the way.

We just happened to be evidence-based and in nearly every community in the United States and Canada

You've got friends...

What is the international community doing?



Welcome to Kindergarten

Live a balanced life - learn some
and think some and draw and
paint and sing and dance and
play and work every day some.

Take a nap every afternoon.

When you go out in the world,
watch out for traffic,
(figuratively) hold hands and
stick together.



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Selected Resources Compiled April 9, 2020



Normal life has been disrupted

Free guide to help manage the
disruption caused by COVID-19



Normal life has been disrupted.

In collaboration with Occupational Therapy Australia, Forensicare's Lorrae Mynard has created an important resource for managing daily life amid the coronavirus (COVID-19) pandemic.

<https://www.forensicare.vic.gov.au/normal-life-has-been-disrupted-a-guide-to-managing-disruption-caused-by-covid-19/>

A GUIDE TO KEEPING YOUR SH*T TOGETHER DURING COVID-19



KATH BURNARD

SQUARE CIRCLE FOUNDER/ OCCUPATIONAL
THERAPIST/ PROFESSIONAL HAND
WASHER/OCCASIONAL PANIC BUYER

A guide to keeping your sh*t together during COVID-19.

By Kath Burnard, Square Circle Founder.

If you'd like to be sent an editable version of the template so you can be the master of your own routine just email team@squarecircleagency.com

<https://www.squarecircleagency.com/blog-1/keeping-it-together-during-covid-19>



The Doing Library

It's OK not to be OK

Occupational Therapy & Science

Coping with COVID

Relaxation Strategies

Financial Aid & Support

Arts & Culture

Get Outside

Sticking Together while Apart

Fitness & Fun

Health Professional Development

For Kids & Kids at Heart

Get Creative

News for Hope

Stay at Home

Thinking beyond COVID

Learn Something New

<https://beyondcovid-19.com/the-doing-library>

@BeyondCovid



ENGAGEMENT IN LIVING DURING THE COVID-19 PANDEMIC AND ENSUING OCCUPATIONAL DISRUPTION

Karen Whalley Hammell, PhD, OT(C), MRCOT

Honorary Professor, Department of Occupational Science & Occupational Therapy,
University of British Columbia.



Karen Whalley Hammell reflects on occupational disruption. 3-minute read.

<https://www.caot.ca/document/7179/Ensuring%20Occupational%20Disruption.pdf>

COVID-19 pages on all occupational therapy organization web sites, including:

Canadian Association of Occupational Therapists

<https://www.caot.ca/site/pt/COVID-19?nav=sidebar>

American Occupational Therapy Association

<https://www.aota.org/coronavirus>

Royal College of Occupational Therapists

<https://www.rcot.co.uk/coronavirus-covid-19-0>

World Federation of Occupational Therapists

<https://www.wfot.org/news/2020/occupational-therapy-response-to-the-covid-19-pandemic>