

Creating the conditions for change

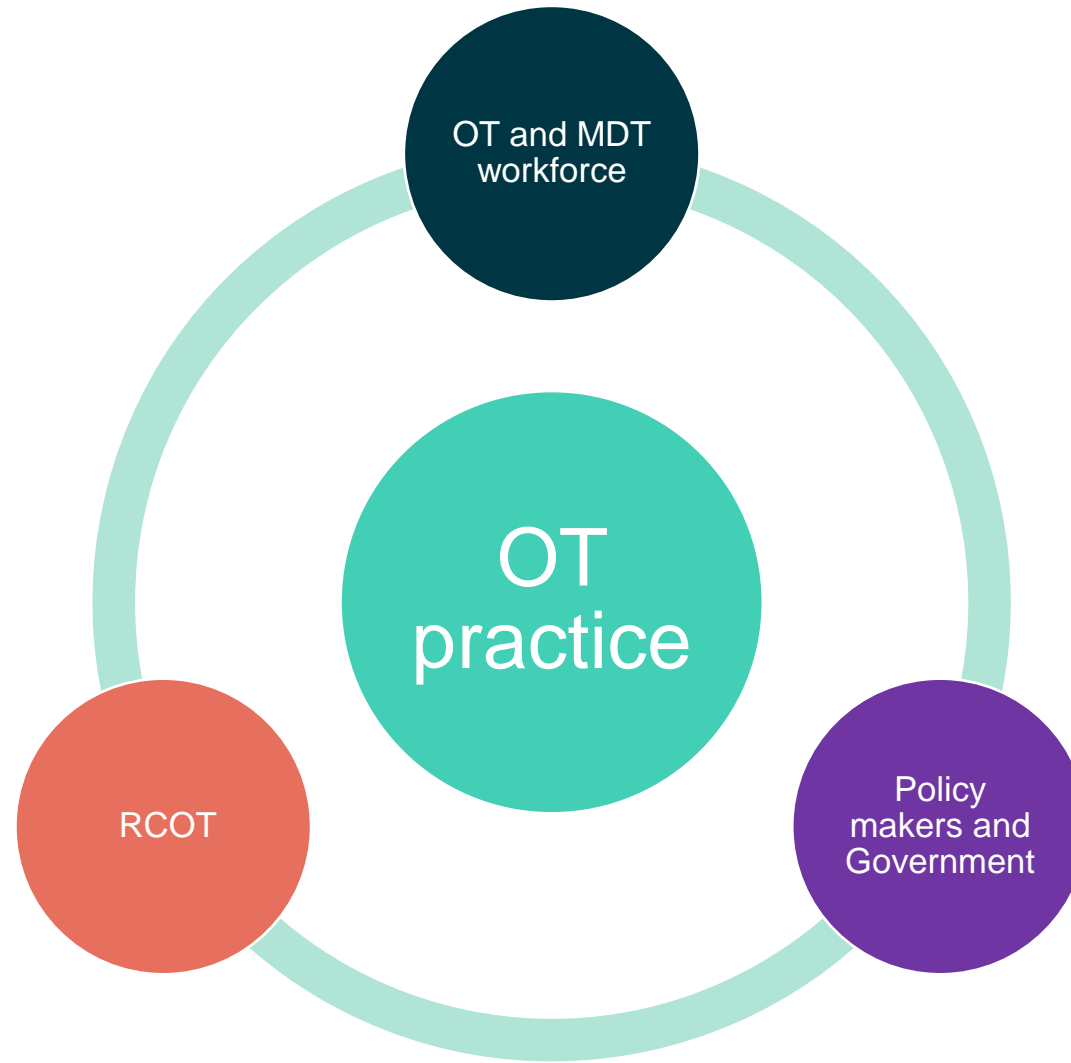
Lauren Walker

Professional Advisor

lauren.walker@rcot.co.uk



Joining the dots



Why is national change needed?

- One in four adults in England has multiple health conditions, and the number of people with four or more conditions is set to double by 2035
- In the last 40 years the number of people aged 65 and over has increased by over 3.5 million (a 52% increase)
- In 50 years time most people will be living in homes that have already been built
- 91% of homes don't provide the four main accessibility features to be considered 'visitable'

Influencing country-wide change

- Independent Investigation of the NHS in England – Lord Darzi
 - Housing as a social determinant of health
 - Prevention and early intervention
 - Prioritising services out of hospital
- Change NHS – Government 10 year health plan for England
 - Commitment to a National Care Service

RCOT headlines

- OTs are essential to a successful and sustainable health and care system
- There aren't currently enough OTs to meet demand, and demand is increasing
- The unique skills of OTs aren't always deployed in the most effective way, in the best place, or at the right time

RCOT workforce strategy

Our vision is for an expanded occupational therapy workforce positioned to have maximum impact in improving people's health and quality of life.

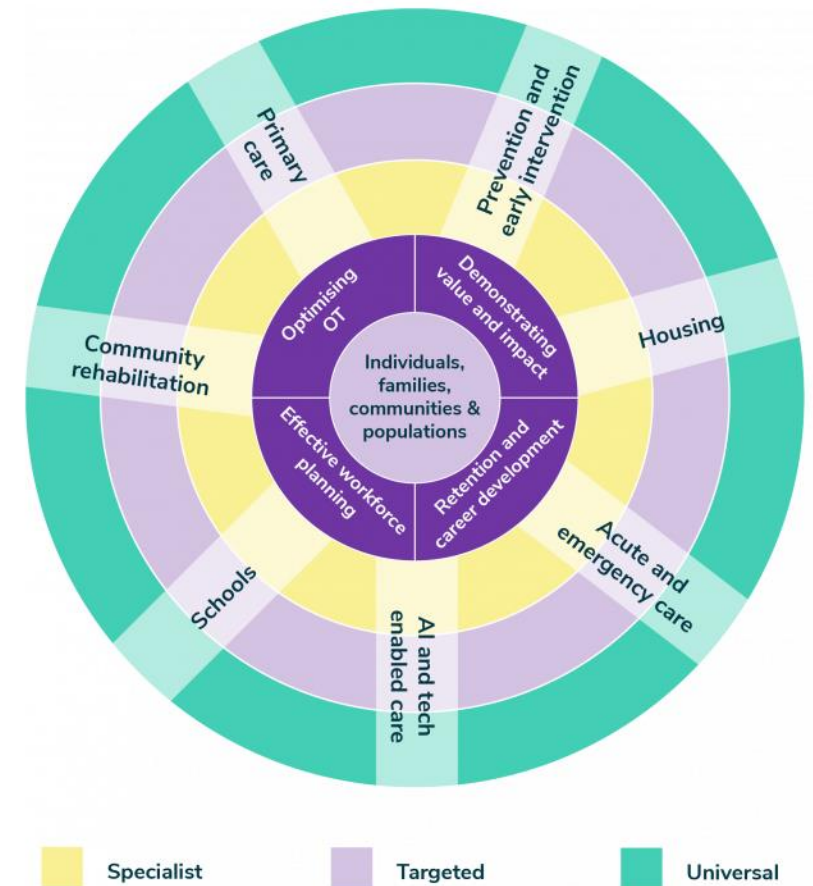
By 2035 we will have an occupational therapy workforce that is:

- confident and skilled in championing inclusion
- based primarily within communities
- positioned to focus on prevention and early interventions
- putting occupations at the forefront of their practice.



RCOT workforce strategy

- The strategy covers all areas of occupational therapy practice across the UK
- Our key areas of focus include:
 - Housing
 - Prevention and early intervention
 - AI and tech enabled care
 - Community rehabilitation
- Nation-specific implementation plans
 - Wales plan already published
 - England plan launching on 5 November
 - Northern Ireland and Scotland coming soon!



RCOT workforce strategy

Optimising OT

- [Adaptations without delay](#)
- [Making great OT referrals](#)

Effective workforce planning

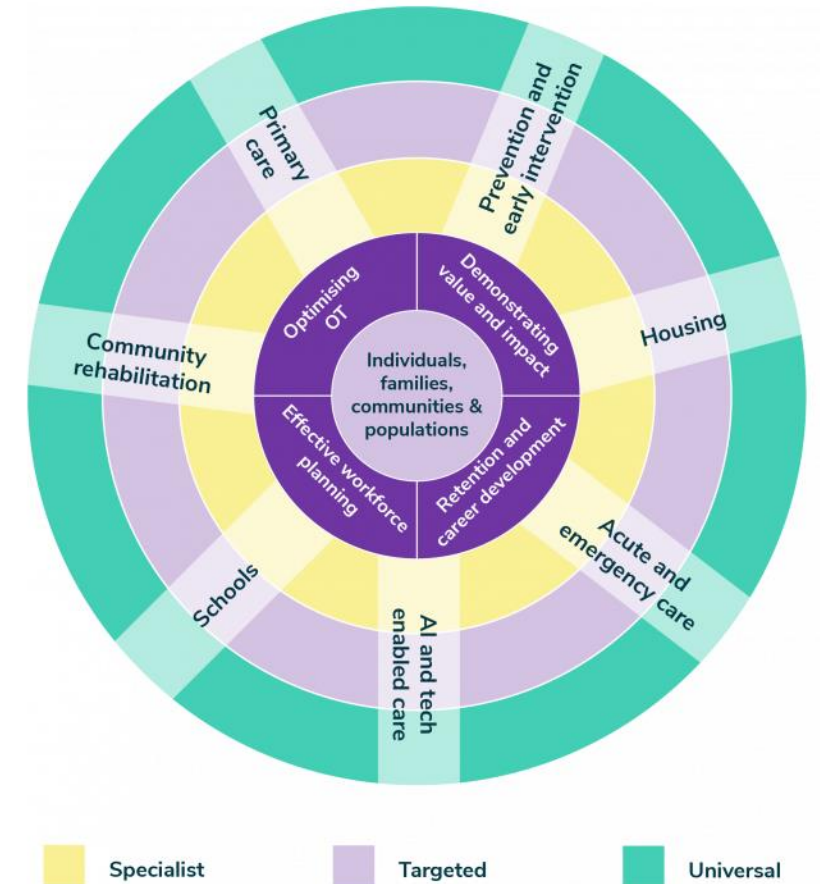
- [Social care workforce strategy – Skills for Care](#)

Demonstrating value and impact

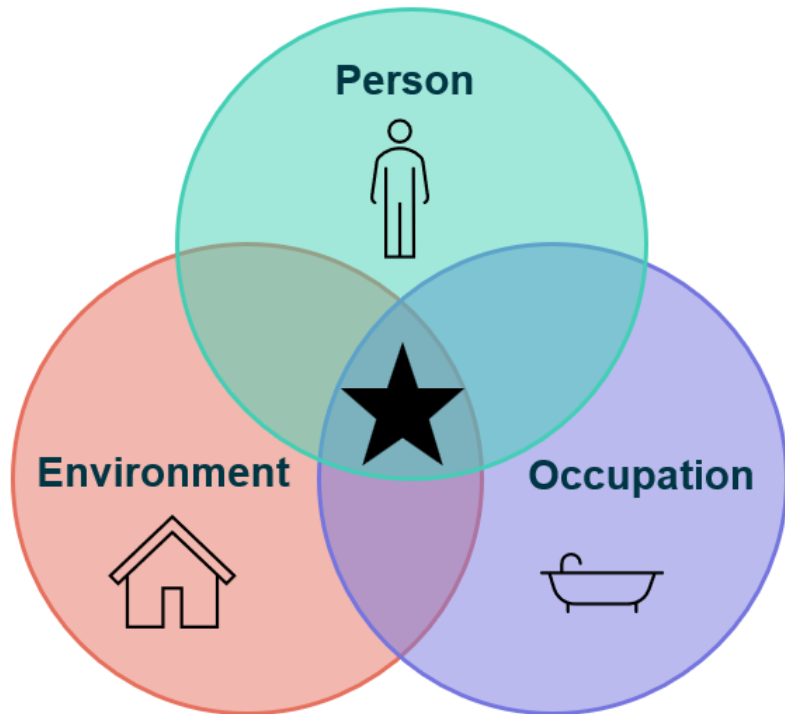
- [Innovation hub](#)
- [Unlocking the potential - ADASS](#)

Retention and career development

- Increasing placement capacity
- Cross-organisational rotations
- [Leadership forum](#)



Using occupational therapy models



★ = Effective occupational performance

A person may be at greater risk from fire if:

- There is an increased fire risk in their property
- Memory problems
- Faulty electrics
- Smoking
- They have a reduced ability to react to a fire
- Reduced sense of smell
- Faulty smoke detector
- Heavy alcohol use
- They have a reduced ability to escape from a fire
- Recent hip replacement
- Door keys not freely available
- Hoarding behaviour

OT Week 4 – 10 November 2024

How can you raise the profile of occupational therapy?

- Use our resources
- Prepare a story
- Act local
- Be a media spokesperson
- Influence decision-makers
- Get social



The power of occupational therapy

Transforming health and social care

RCOT Royal College of Occupational Therapists

rcot.co.uk/aboutot

Final thoughts

- We can't keep doing the same things in the same way and expect different results
- Don't let 'perfect' be the enemy of 'good'
- Collaboration and communication is key – across professions, teams and services
- Be generous in sharing your learning, and be open to learning from others