

COTEC

Council of Occupational Therapists
for the European Countries



Newsletter

September 2016

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Editorial



Stephanie Saenger
COTEC President

The moment I write this editorial the sun is shining outside and inside my house the 6 members of the COTEC Executive Committee are spread all over our house and are working behind their laptops. To be sure time is used efficiently and not overloads the members after meetings; we try hard to get most of the tasks done during the time we are together.

From my desk I can see Anu sitting on the couch in the living room and working on the Guidelines of the Register of Experts. We have discussed with the OT-EU coordinating group and the ENOTHE board that a strong voice in Europe would benefit from a Register for Experts open for academics and researchers. Now the register has already experts with different backgrounds but we would like to expand.

Elitsa and Eva are sitting together in the dining room and are proof reading the minutes of the meetings of the previous days, and making the task list. Elitsa did take the minutes which is quite a task as there were many agenda items and we had lively discussions.

Anne has just finished a draft answer to one of our member associations, on which Anu and I have already commented. Now she and Patric are sitting together at the corner of the kitchen table and are finalizing the discussion paper on the Register of Experts as was discussed during the meeting of Experts in Galway.

I have been working on several letters and emails and made an assignment for a working group to evaluate the effectiveness of the Executive Committee and Member associations as proposed during the GA in Galway.

In a few moments I expect the ENOTHE board will be ringing the bell to ask whether we also think it is time for lunch...

We have met several times these days in official meetings and informal meetings, to begin on Wednesday evening with drinks and a meal of pizza, salad and fruit salad in our kitchen followed by some nice gatherings in local restaurants. As occupational therapists we strongly believe it is important to balance work and leisure. During informal meetings we make time to get to know each others' personal and professional backgrounds and discover why (new) members feel voluntary work for COTEC or ENOTHE is meaningful to them. Dreams, wishes and ambitions are followed by expectations of cooperation, which has to be facilitated as much as we can.

The OT-EU coordinating group started on Thursday morning at the Hogeschool van Amsterdam a nice 40-minute walk through lovely nature from my house. We did discuss the OT-EU workshops in Galway and other issues that are important for Occupational Therapy in Europe. We prepared discussion items for both boards. After two half days of separate meetings we met together and in a very agreeable atmosphere discussed and decided upon the agenda items such as possibilities of a joint office, the Register of Experts, congresses in Galway and Prague, OT-EU website and who will be participating in joint working groups and responsible for tasks.

It was really great to work with new Executive Committee member, Eva Denysiuk, and the new board members of ENOTHE, who all are very well informed and dedicated to work together to make OT visible, valued, available and accessible in Europe.

And now the bell is ringing: it is time for a well earned walk and a lunch in the sunshine!

Stephanie Saenger, COTEC President



COTEC Executive Committee Interim meeting 2016

The 4th Interim meeting of the year took place in Amsterdam/Abcoude, Netherlands September 22-24.

Main topics on the agenda were the membership and members' issues, financial issues such as banking items, the final draft of the Action plan, COTEC representation and cooperation with other organisations, primary preparations of the next General Assembly, and professional issues such as the timeframe for the Summary of the Profession 2017.

COTEC Executive Committee had also a joint meeting with ENOTHE Board and the main topic of the joint meeting was the work of the two organisations towards the closer collaboration Occupational Therapy Europe. The OT-EU workshop outcomes, led during the first COTEC-ENOTHE Congress, were discussed.

The next COTEC Executive Committee interim meeting will be held in February 2017. Place will be decided in the coming weeks. Skype meetings continue to be held monthly.

Position Paper Occupational Therapy and Primary Care

The COTEC working group is progressing on writing the paper. During the workshop in Galway positive feedback was received. At the EFPC conference in Riga (see elsewhere in this Newsletter) Stephanie Saenger and Marije presented the draft of the Position Paper OT in Primary Care in a workshop. The participants were enthusiastic about the Paper. Suggestions were made that will improve the Position Paper. The group asked advice and best practices from Members and the experts in the Register of Experts and will send out a last draft as soon as the criteria of EFPC are known. It is important for COTEC to have the position paper spread amongst the members of EFPC. Therefore, we are very pleased that the final paper will be published in the official Journal of the EFPC (Primary Health Care Research & Development, Impact Factor 2015: 1.09).

For more information or questions contact: positionpaperot@gmail.com



Preparation for the OT workshop



OT workshop

Occupational Therapy Europe (OT-EU)

The OT-EU coordinating group, consisting of the presidents and vice presidents of COTEC (Stephanie Saenger and Anne Lawson-Porter) and ENOTHE (Marie Antoinette van Kuyk-Minis and Johanna Stadler- Grillmaier), met on Thursday morning at the Hogeschool van Amsterdam to prepare proposals for discussion in the COTEC Executive Committee and the ENOTHE board.

Issues on the agenda were the OT-EU website and social media communication, the expanding of the Register of Experts, Galway congress and Prague 2020, possibilities of a joint office and the future of OT-EU. A proposal for joint working groups was made.

Based on the reports of the OT-EU workshops it was decided to ask the workshop leaders to make an analysis of their workshop along a few criteria/questions. When the analysis is made the OT-EU coordinating group will make proposals for priorities to follow up.

The following days the proposals were discussed in separate meetings and in the joint meeting with COTEC and ENOTHE decisions were taken.

On Saturday afternoon the OT-EU coordinating group came together again to divide tasks and set dates for meetings, which will probably be in May 2017 and in September 2017 in Vienna before the COTEC GA.



OT-EU coordinating group

Support Occupational Therapy on Twitter

During the last months we noticed COTEC acquired over 750 followers on the social media platform Twitter (@COTECEurope). We are quite happy about this and recognize that our members and partners are active in supporting us to make Occupational Therapy more visible & valued in Europe.

Therefore we took the opportunity of the upcoming World Occupational Therapy Day on October 27th to provide you with a "[Tweet Sheet](#)", giving you ready-to-post tweets you just need to copy and paste. If you'd rather think of a tweet yourselves, we are encouraging individuals and groups to post to social media on that day using the hashtag #WorldOTDay and mentioning @COTECEurope.

You may also want to have a look at WFOT's resource centre with free downloads of Twitter and Facebook Cover Art for the occasion: <http://www.wfot.org/ResourceCentre.aspx>

Follow us on
twitter 

News from COTEC Member Associations

In this September 2016 issue of COTEC Newsletter there are national news from four COTEC Member associations.

[The British Association of Occupational Therapists](#) news include e.g. the newly launched Improving Lives, Saving Money campaign promoting the value of the profession; 40th Annual Conference & Exhibition held in June 2016; and COT publications.

British
Association of
Occupational
Therapists



[ANFE](#), France describes the regular activities of the association and also announces Paris to host the WFOT2022 Congress.

[Icelandic Association of Occupational Therapists](#) is celebrating the 40th anniversary in 2016. Read how the association's future prospects have been defined through member involvement.



**Boardmembers and
keynotespeakers**



**Members at the 40th Anniversary
Conference**



Future Assembly



Latvijas Ergoterapeitu Asociācija
Latvian Association of Occupational Therapists
Association Lettone des Ergothérapeutes



**Graduates of the first class of OTs in
Latvia, from left Signe Tomsone, Ilze
Berzina, Inara Kalnina and Lolita
Cibule**

The news from the [Latvian Association of Occupational Therapists](#) highlight the two day conference "New Technologies - challenges and opportunities for occupational therapy practice in Latvia" arranged at the end of August to celebrate the 20th anniversary of the association.



**Vice presidents of the Latvian association,
Zane Liepina and Liene Saukuma chairing a session**



**The two day conference had
about 90 attendees at the
Jaunkemeri rehabilitation
center**

20th Anniversary Conference of the Latvian association of Occupational Therapists

The Latvian association of Occupational Therapists is celebrating their 20th Anniversary this year. COTEC Executive Committee was invited to take part in the Anniversary conference with the theme *"New Technologies - challenges and opportunities for occupational therapy practice in Latvia"*. The conference was held at Jaunkemeri Rehabilitation center in Jurmala Aug 27-28, 2016 and COTEC VP Administration Anu Söderström represented COTEC at the event.

Read more [here](#).



COTEC VP Administration with members of the board of the Latvian association of Occupational Therapists, from left: Zane Liepiņa, Anda Beķere, Lotārs Freivalds, Anu Söderström and Liene Saukuma.



Anu Söderström giving a presentation at the conference on how OTs can be involved in COTEC activities on different levels.

Tina Nør Langager new president of the Danish OT association

In December 2015 Tina Nør Langager was elected new president of the Danish OT association. She has worked as an occupational therapist with rehabilitation and provision of assistive technology at hospitals and in local authorities. As an employee of the Association of Occupational Therapists for the past eight years, she devoted her time to the occupational therapy profession, salaries and terms and conditions, the education and management development.

Tina began her union career as a trade union representative back in 1999 in the City of Copenhagen. Her commitment to occupational therapy and the desire to improve conditions for occupational therapists resulted in seats on the board of the Association's East Region and on the central board of the Association of Occupational Therapists until she took up employment with the Association.

For more information visit the website of the Danish OT association:
<http://www.etf.dk/cv-tina-noer-langager>

COTEC wishes Tina Nør Langager success in this new and exciting position.



Tina Nør Langager the president of Danish OT association

World Health Organisation 66th Regional Meeting

The 66th WHO was held in Copenhagen, Denmark on 12-15 September 2016. All delegates of the Countries on Ministerial level were present and many delegates of NGO's and or UN offices. Representation of Occupational Therapy on this high level is important, mainly to promote Occupational Therapy and to make connections with other NGO's and WHO officials.

Occupational Therapy was represented by Samantha Shann, VP Finance of WFOT and Stephanie Saenger president of COTEC, as regional group of WFOT. Tina Nør Langager, president of the Danish association was present at the social evening on Monday and introduced us to the Minister of Health of Denmark.

The evening before the meeting and the following days interested NGO's came together to make joint statements. This process went far better than last year and all the statements were presented during the meeting. In these statements the COTEC logo was incorporated.



Stephanie Saenger photobooth

At the Photo Booth Samantha and Stephanie made pictures to align OT with the Sustainable Development Goals. These pictures were tweeted and other tweets of @COTECurope and @theWFOT #RC66 which were on the top-tweets of the meeting.

During the meeting we spoke to many people and strengthened contacts with the WHO staff members, president elect of WONCA, the very active medical students IFMSA. COTEC president made interesting contacts with the representative of European Association for Palliative Care who was representing International Association for Hospice and Palliative Care <http://hospicecare.com/home/> who was very interested to cooperate with Occupational Therapists.

For more information regarding the representation and contacts made please contact stephanie.saenger@coteceurope.eu

For information about the statements please visit:

- Statements of WFOT can be found at <http://www.wfot.org/AboutUs/InternationalUpdatesandNews.aspx>
- All statements of NGO's: <http://www.euro.who.int/en/about-us/governance/regional-committee-for-europe/66th-session/%20statements-from-the-nongovernmental-organizations-ngos>
- Joint statements can be found here:
 - 1) [Statement on Refugee and Migrant Health](#)
 - 2) [NGO Joint Statement on: 5\(c\) Action plan for the prevention and control of noncommunicable diseases in the WHO European Region](#)
 - 3) [Joint Statement to the 66th session of the WHO Regional Committee for Europe on session 5 \(g\) 'Strengthening people-centred health systems in the WHO European Region: framework for action on integrated health services delivery'](#)

More information about the meeting is available at:

<http://www.euro.who.int/en/about-us/governance/regional-committee-for-europe/66th-session>



Samantha Shann, VP Finance of WFOT and Stephanie Saenger president of COTEC



Tina Nør Langager, Samantha Shann and Stephanie Saenger

EFPC Congress in Riga

The 11th conference of the European Forum for Primary Care was held in Riga, Latvia, 4-6 September 2016. 145 participants from all over Europe, Canada, America and Australia, visited health care facilities during the preliminary program and presented and discussed their findings and ideas during the 2 days' conference. The main participants were policy makers at national and EU Level and researchers.

Occupational Therapy was very well presented with two banners of OT-EU and COTEC at the entrance and 11 occupational therapists (2 Norway, 1 Latvia, 1 Estonia 5 Netherlands, 1 Belgium, 1 Germany).

The conference was a success in relation to lobbying for OT in Primary Care. The participants were very positive about the strong representation of OT's: "you are really everywhere, tell us what you do!" Positioning OT-EU is very important to ensure visibility of OT in practice and interdisciplinary networks.

At the conference Stephanie Saenger and Marije Bolt presented the draft of the Position Paper OT in Primary Care in a workshop, which was well received. OT was mentioned in several sessions and in the closing as being passionate about the profession and a vital part of the primary care team. Many new contacts were made and old contact were strengthened. Possibilities of cooperation (e.g. World Mental Health Day 2017) were discussed. @COTECurope twittered intensively during the conference, which resulted in more followers and quite some likes and retweets.

Marije Bolt, OT in Primary Care ended her term of 3 years in the EFPC Advisory Board and Leen De Coninck, Belgium was elected as new representative for COTEC/OT-EU.

We would like to thank Marije Bolt for her outstanding work in making Occupational Therapy well known within EFPC and wish Leen De Coninck success.

The next EFPC conference will be in Porto at the 24-26th of September 2017.

For more detailed information about the conference please contact stephanie.saenger@coteceurope.eu

A summary of the congress and PPT of the presentations can be found on the website of the EFPC: <http://www.euprimarycare.org/riga/efpc-2016-riga-conference-4-6-september>



Marije Bolt and Leen De Coninck



Marije Bolt



Stephanie Saenger, Marije Bolt, Leen De Coninck and Soemitro Poerbodipoero



Stephanie Saenger, Marije Bolt and Leen De Coninck

Chances for Occupational Therapy in Primary Care: PORTO 2017

The next European Forum for Primary Care conference will be in Porto at the 24-26th of September 2017. The theme of the conference will be " **The citizen voice in primary care- a social commitment to 'health for all' "**. The scientific committee started planning the conference and one of the keynote speakers will be the Minister of Health of Portugal. **The conference in Porto is a huge opportunity for APTO and OT's in Portugal to attend and participate in the conference, submit abstracts and to spread the message of the importance of OT in primary care.**

We encourage all members and especially the occupational therapists in Portugal to subscribe to the Porto conference newsletter at: www.efpc2017.pt



Ecco European Cancer Congress



COTEC is very pleased to announce that Marije Bolt (former representative of OT-EU in the Advisory Board of EFPC) will present on the ECCO Conference 2017 in Amsterdam. This annual conference has more over 20.000 participants, mainly specialist and doctors. For the first time ever, a substantial part of the conference programme will be dedicated to primary care. COTEC and Ergotherapie Nederland (the Dutch Association) were asked by Diederik Aarendonk, coordinator of EFPC, to name a person to present about OT in this Primary Care program. As Marije does give education on OT and oncology and PC she is a very good candidate. At the EFPC conference in Riga, Marije was present at the workshop of Ian Banks, Co chair ECCO conference 2017 and promoted Occupational Therapy.

We encourage all Occupational Therapists to attend the ECCO conference in Amsterdam, to share knowledge about Occupational Therapy and Oncology.

For more information, please visit: <http://www.eccocongress.org>

COTEC Secretarial News

COTEC Action Plan 2017

The final draft of COTEC Action Plan 2017 has been circulated to Members at the end of September. The Members are asked to approve the Plan by an electronic vote by November 20th, 2016. Instructions for the voting procedure were circulated together with the document.

5th COTEC General Assembly 2017

The 5th COTEC General Assembly will be held in Vienna, Austria, October 1st, 2017. Agenda and papers will be circulated two months prior the meeting.

COTEC Governance day will be held September 30th and the Executive Committee will prepare a program for this. All enquiries and requests concerning the GA should be addressed to VP Administration Anu Söderström.

COTEC Newsletter

Starting from the June 2016 issue the Newsletter will always include news from COTEC Member associations. A group of Members will be asked to submit news to each issue and all 30 Members will be given space in one Newsletter every year. Members who will be asked to contribute to the December Newsletter will be contacted with instructions soon.

For any other comments or feedback related to the Newsletter, please contact Executive Committee Member Elitsa Velikova, elitsa.velikova@coteceurope.eu

COTEC Executive Committee meetings

The Executive Committee has a Skype meeting every month. The next Skype meetings are scheduled for Thursday, October 13th and Thursday, November 10th 2016. For agenda items and other issues or proposals please contact anu.soderstrom@coteceurope.eu. The meetings are scheduled to start at 18:00 CET the above mentioned dates.

COTEC Executive Committee next face-to-face meeting will take place in February 2017.



COTEC

Council of Occupational Therapists
for the European Countries



COTEC is working to make OT more visible in Europe!



World Occupational
Therapy Day 2016

October 27th

What are you doing to make OT visible in your country?

