

COTEC Annual Report 2017

COTEC is succeeding in making the voice of occupational therapy stronger and heard by other organisations. This results in more invitations to participate on a European level and a growing demand of representation and expertise. Given the limited resources (human and financial) the Executive Committee is getting more experienced in finding ways to use the expertise of Member Associations and especially the experts in the Register of Experts. At the general Assembly in Vienna 2017 it was decided to open the COTEC Register of Experts for Occupational Therapy Europe to be able to work with more experts from education, research and practice. The Executive Committee thinks it is very important not to be too dependent on one or two persons, but to involve as many people in the COTEC work for inspiration and as a way to ensure continuity. Only with the collaboration in Occupational Therapy Europe and support of members in the way of acting on calls, representation and sharing knowledge will COTEC be able to reach its goal to make high quality occupational therapy available, accessible, visible and valued in Europe. The decision of the General Assembly in favour of administrative support for the Executive Committee was a crucial step in making a sustainable organisation.

The website is further developed and is a source of information and a tool to enable Members and individual occupational therapists to participate in actions, conferences, surveys and consultations. Twitter and Facebook are actively used to alert members and individual occupational therapists to varied calls for action and to show the outside world the occupational perspective of wellbeing and health and to promote the work of COTEC.

More steps were taken in the development of the Research Occupational Therapy and Occupational Science (ROTOS) and the umbrella organisation Occupational Therapy Europe (OT-Europe). Prior to the 5th General Assembly in Vienna the full Occupational Therapy Europe Coordinating Group met.

In 2017, COTEC was able to find a good balance in internal and external activities in supporting its members and externally in collaborating with other organisations of health care professionals, which is in line with the strategic goals.

For reasons of efficiency and readability we choose this year to summarize the actions which are taken underneath the strategic goals. For those interested a detailed updated action plan is available on request.

The Executive Committee is very pleased that both President and Vice President Administration were re-elected and can continue with their work and to welcome Naomi Hankinson as new Vice President, who has a lot of experience which is useful for the team and the organisation.

I would like to thank the Executive Committee members for all their time and efforts they have given to make all this work possible and all members, experts and individuals who have supported us in any way.



Stephanie Saenger
President of COTEC

Meetings 2017

Executive Committee meetings

- Monthly Skype meetings with the full Executive Committee
- Three face-to-face Interim meetings.
 - Tallinn, February

Items discussed in Tallinn

- Register of Experts
 - Financial issues
 - Occupational Therapy Europe, legal issues
 - ROTOS development
 - WFOT
- Madrid, June

Items discussed in Madrid

- Meeting with WFOT VP finance Samantha Shann
 - Preparing symposium with Spanish colleagues
 - Action plan 2018
 - Preparing General Assembly
 - OT-Europe budget, Congress 2016 profit
 - Register of Experts, guidelines
 - Other alliances
- Vienna, September/October

Pre- and Post - General Assembly meetings in Vienna

- Joint meeting with the full Occupational Therapy Europe Coordinating Group, cooperation, PR, OT-Europe
- Evaluating GA

- Introducing Vice President Naomi Hankinson into her office
- Future of Executive Committee, elections 2019
- Administrative support COTEC
- WFOT, Member issues
- OT-Europe
- Other alliances
- Dividing tasks

Meetings in relation to OT-Europe

- Amsterdam, March 8, OT-Europe, COTEC & ENOTHE
- Vienna, September 29, OT-Europe COTEC & ENOTHE & ROTOS
- Several Skype meetings
- Meeting with presidents COTEC & ENOTHE, Nijmegen, The Netherlands

Projects, conferences and external meetings, participated in

- **European Brain Council Plenary Meeting- *Project Value of Treatment: Bridging the Early Diagnosis and Treatment Gap for Brain Disorders***, January 18, 2017, Brussels, Belgium (Daphne Kos, OT, PhD, member of the COTEC Register of Experts, KU Leuven)
- **ECCO 2017, European CanCer Conference**, 27-30 January, Amsterdam, The Netherlands. Presentation on the role of Occupational therapy in oncology treatment in Primary Health Care i.c.w. EFPC (Marije Bolt, OT member of the COTEC Register of Experts, Primary Care)
- **CHRODIS–Joint Action on Chronic Diseases and Promoting Healthy Ageing Across the Life Cycle**, 27-28 February 2017, Brussels, Belgium. (Giedre Kavaliauskiene, President of the Lithuanian Association of Occupational Therapists)
- **Brain Awareness week lunch debate**, March 14, 2017, Brussels, Belgium. (Annick van Gils, OT, PhD-student, member of the COTEC Register of Experts, KU Leuven)
- **4th Horatio Festival of Psychiatric Nursing, *Working in partnership*** 11-14 May 2017, Malta. Key note Presentation "*How do you do? Best practices of collaboration, partnerships and integrated care in Occupational Therapy and Mental Health*" (President Stephanie Saenger)
- **European Brain Council: Time Matters, Final conference of the EBC research project: The Value of treatment for Brain disorders**. June 22, Brussels, Belgium (Annick van Gils (OT, PhD-student, member of the COTEC Register of Experts, KU Leuven)
- **1st International Scientific Conference on Occupational Therapy**, 16-17 June, Bacau, Romania (Elitsa Velikova, member of the COTEC Executive Committee)
- **Occupational Science Europe Conference**, 8-9 September 2017, Hildesheim Germany (on behalf of OT-Europe, Esther Steultjens ROTOS, Johanna Grillmaier ENOTHE)
- Meeting of **European Parliament Interest Group on Mental Health, Well-being and Brain Disorders**, organised by European Brain Council (EBC) and Global Alliance of Mental Illness Advocacy Networks-Europe (**GAMIAN-Europe**) Brussels, July 13, 2016. (VP Finance Eva Denysiuk)
- **WHO Regional Committee for Europe, meeting of Staff groups active in mental health in the European Region**, September 4, 2017, Copenhagen, Denmark. (President) With presidents of

European associations psychologists (**EFPA**), psychiatrists (**EPA**), mental health nurses (**Horatio**), and social workers (**IFSW**), Physiotherapists working in Mental Health (**IOPTMH**)

- **Advisory board of European Forum of Primary Care (EFPC) and 12th EFPC conference**, September 24-26, 2017, Porto, Portugal. (Leen DeConinck COTEC representative in the advisory board EFPC)
- **Retirement Professor Jan de Maeseneer**, September 30, Ghent, Belgium (Leen DeConinck COTEC representative in the advisory board EFPC)
- **WHO Regional Committee for Europe 67th session**, September 10- 13, 2017, Budapest, Hungary (President representing WFOT)
- **4th meeting WHO Regional Committee for Europe, meeting of Staff groups active in mental health in the European Region**, September 22, 2017, Copenhagen, Denmark, (President)
- **Health Professional Dialogue**, on initiative of The International Federation of Podiatrists – Fédération Internationale des Podologues (FIP-IFP), August 29, Brussels, Belgium (President)
- **EMA Human Scientific Committees' Working Parties with Patients' & Consumers' organisations (PCWP) and Healthcare Professionals' Organisations (HCPWP) joint meeting**, September 19, 2017, London, United Kingdom, (President, representing EFPC)
- **Event Mental Health in the Workplace**, EUMH Alliance, October 11, Brussels, Belgium (VP Finance Eva Denysiuk)
- **23rd ENOTHE Annual Meeting**, 26-28 October, Zagreb, Croatia (Patric Duletzki member of the COTEC Executive Committee)
- **Occupational Therapy Show**, 22-23 November 2017, Birmingham, United Kingdom. Key note speech '*Occupational Therapy Visible & Valued in Europe: what do we do and what do we need?*' (President)
- **Meeting Innovative Health Systems Reform, Health First Europe**, November 28, Brussels, Belgium (President)
- **Closing event European Patients' Forum Access Campaign**, December 6, 2017, Brussels, Belgium. (President)

Meetings and conferences with Member Associations

- **Workshop "Making the national OT association an effective organisation"**, February 11th, 2017, Tallinn, Estonia (Executive Committee)
- **Meeting with Commissioner of Mental Health Dr. John M. Cachia**, May 2017, Malta (President and representatives MAOT)
- **Meeting with four Directors of the Ministry of Health and the Chief Medical Officer**, Malta (President and representatives MAOT, leading professionals)
- **Meeting with MEP Miriam Dalli**, May 2017, Malta (President, representatives MAOT, leading professionals)
- **Meeting with MEP Roberta Metsola**, May 2017, Malta (President, representatives MAOT and leading professionals)
- **Symposium " Making a strong voice for Occupational Therapy in Spain"** with APETO and regional Collegios, CNDEUSTO and SOCINTO, June 11, Madrid, Spain (Executive Committee and WFOT representative Samantha Shann)
- **RCOT Celebration of Excellence in Occupational Therapy Awards 2017**, September 20, London, United Kingdom. (President & Vice President)
- **ODE Education Day**, Artevelde Hogeschool Ghent, Belgium Keynote '*Occupational Therapy Visible & Valued in Europe: what do we do and what do we need?*' on invitation of The Flemish Association and Vlaams Overleg Ergotherapie (VLOE)
- **General Assembly & Governance Day**, Vienna, Austria

Consultations, Surveys, letters and declarations

- Public Consultation on Digital innovation & cross border Exchange in Health and care sector
- Endorsement Joint statement on Mental Health

Publications

- Four COTEC Newsletters
- Summary of the Profession 2017

Actions taken in relation to the Strategic Goals and the Action Plan 2017

1. *Develop political and strategic partnerships locally, nationally, and European wide to increase our presence and visibility in addressing societal issues and to promote an occupational perspective of life.*

- External meetings see above
- Sending COTEC newsletter to organisations below
- Follow on Twitter, and retweet with comments in relation to Occupational Perspective of life
- Planned Publication of articles in PHC R&D, the official journal of EFPC
- PR-material
- Social media – twitter and Facebook
- Contacts are made, kept or strengthened with e.g.

Umbrella Organisations on EU level

- EUPHA European Public Health Association
- EFPC European Forum for Primary Care
- EBC European Brain Council
- ECCO European Cancer Organisation

Health Professionals Organisations

- EFAD (European Federation of the associations of Dieticians)
- CPLOL (European speech and language therapists)
- FIP-FFP (Podologists)
- PGEU-GPUE (community pharmacists)
- ECU (European Chiropractors Union)
- ER-WCPT (Physiotherapists)
- CED (Council of European Dentists)

- CPME (Standing Committee of European Doctors)
- EHAP (European Association of Hospital Pharmacists)
- EFPA (EU psychologists),
- EPA (EU Psychiatrists,
- Horatio (psychiatric Nurses),
- IFSW (social workers)
- IOPTMH (PT's in Mental Health)

Service user's organisations

- European Patients' Forum
- Gamian
- Eurocarers

European Institutions or Organisations and Platforms

- WHO Europe
- European Health Policy Platform
- Health First Europe
- Mental Health Europe
- European Alliance for Mental Health Employment and work

2. *Ensure that COTEC engages with and inspires its Member Associations and their members to continue to deliver high quality occupational therapy and occupationally based, evidence informed services in existing and emerging areas of practice.*

- See actions taken with and for Members
 - Register of Experts & representatives to EU events
 - Newsletters
 - Calls for action for OT's to get involved
 - Letters of support for e.g. Greece, Spain, Luxembourg
 - Website & Social Media
3. *Continue to work towards the development of a sustainable network organisation by improving member engagement and ensuring that every occupational therapist understands the importance of being a member of their national association and pride in belonging to the community of occupational therapy.*
- Work on reviewing Register of Experts, expanding to OT-Europe register
 - Actions taken with or for Member associations e.g. Baltic workshop in Tallinn symposium in Madrid
 - Making a profile and advert for administrative support
 - Presentation at e.g. OT-show, ODE education day
 - Call for news in COTEC newsletters
 - Call for information of the contribution of Members actions in relation to the Action Plan for the interim report 2017
 - Work together with WFOT and ENOTHE
 - General Assembly and Governance Day
 - Website & Social Media
4. *To collaborate with ENOTHE and establish a new European umbrella organisation to coordinate and strengthen the impact of Occupational Therapy in Europe.*
- Meetings with ENOTHE

- Attendance at ENOTHE Annual Meeting
- Exchanging items for newsletters
- Establishing meetings with ROTOS
- Meetings with Coordinating Group OT-Europe
- Work on joint project groups and actions (e.g. Migrants)
- PR- material
- Website & Social Media