Occupational Therapy: Improving lives and saving money for the public purse
Demonstrating the Value of Occupational Therapy
The RCOT campaign *Occupational Therapy – Improving Lives Saving Money* is making the case for occupational therapists in key pressure points in NHS and care services across the UK.

Launched in 2015 with a call for innovative service examples from members, RCOT has now produced six reports which have raised the profile of the profession by clearly demonstrating how occupational therapy improves lives and saves money.
Why?

- NHS and social care services reaching a tipping point across the UK
- People with commissioning powers under extreme pressure
- Critical in this climate that occupational therapy states how it is
  
  1. Improving lives and
  2. Saving money for public purse

Showing what we do and how we work innovatively is good for the people we help, our employers and for the profession’s future
Challenges or Opportunities…..

£1.1bn  
Funding gap between demand for care and monies available

£760m  
Annual cost of in-patient care for those who have no medical need to be there

1.5m  
Bed days lost for the NHS as a result of delayed discharges

40%  
Of all ambulance call outs are due to falls. The single biggest cause of death from injury in the over 65s
Why Demonstrate cost effectiveness?

**Impact for the organisation**
e.g. Number of bed days saved, reduction to single handed care, delay/avoidance of admissions - hospital, residential care.

**Impact for society**
e.g. Remaining in mainstream education, staying in work, reduction of reliance on benefits, not re-offending.

**Impact on the individual - improving lives. The patient’s story**
e.g. preventing further ill health, improving wellbeing, maintaining independence.
The overarching recommendations from the reports

The RCOT campaign *Occupational Therapy – Improving Lives Saving Money* is making the case that to empower people to manage their health and wellbeing, occupational therapists should be deployed across the health and care system to:

1. **Intervene** early within primary care  
2. **Embed** personalised care through training and supervising others  
3. **Develop** wider partnerships to further innovation  
4. **Expand** therapy-led services
1. Intervene early within primary care

Hywel Dda University Health board (HDUHB), General Practice

Occupational therapy has reduced demand on GPs

Following occupational therapy, patients’ average number of visits in a month to see their GP have either halved or been reduced by up to 72%.

“A fabulous service that I am thrilled to see has expanded, it has provided improved quality of care for patients and saves GP time”

GP

www.rcot.co.uk
1. **Intervene early within primary care**

NHS Lanarkshire - *Occupational therapy has reduced demand on GPs*

Occupational therapy service within two GP practices accepts referrals for over-16s whose physical or mental health and wellbeing is having a negative impact on daily life, including ability to work.

**Outcome**

Two patient rated outcome measures identified statistically significant improvements in people’s ability to manage their health.
2. **Embed** personalised care through training and supervising others

Kent Reablement at Home Teams

**83%** of people seen are able to live independently at home

**SAVING:**

**£3.2 million**
2. **Embed** personalised care through training and supervising others

**Ways to Wellbeing service, York**
Supports people in health and wellbeing, **bridge between primary care and voluntary sector**

- For people with poor mental health, low mood and anxiety - **NOT IN CRISIS**
- MDT supports people with health and wellbeing
- Social prescribing approach
- Considers people’s interests, values and strengths, using these to increase social interactions
- Partnership with Healthwatch
- Includes volunteer roles for previous service users

80% with greater wellbeing
75% with increased confidence
30% reduction in GP appointments
3. **Develop wider partnerships to further innovation**

Mental Health and Fire and Rescue Services - Innovative partnerships between Fire and Rescue Services and occupational therapy teams meeting key challenges leading to:

- Joint home visits for people with complex needs
- Shared training programme
- Development of referral pathways that promote joint working
- Formal arrangements for students to have diverse practice placements

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3. **Develop wider partnerships to further innovation**

**Falls Response Services with occupational therapists and paramedics**

In 5 services an average of 76% of people who received an innovative joint assessment between a paramedic and an occupational therapist were able to remain at home.
4. Expand therapy-led services

South Tyneside Foundation Trust
Occupational therapy led community based pulmonary rehabilitation team.

IMPACT
- 3 year occupational therapist led service now commissioned
- People have confidence to lead their own recovery
- 75% of people maintain exercise levels and manage breathlessness following a year from discharge
- Reduced; GP appointments, hospital admissions and reduction in medication

Pilot programme co-designed and delivered at a range of locations linking people in with community resources as well as providing focused intervention regarding exercise, education and self-management.

Won AbbVies’s “Supporting Individuals to Take Control of Their Care Award in 2016”
4. Expand therapy-led services

**NHS Grampian**
Rehabilitation – Consultant occupational therapy led stroke unit – reduced length of stay

- The consultant occupational therapist now responsible for some beds on the **second unit** to support a similar **person-centred rehabilitation process**, which has impacted on the **effectiveness** and **efficiency** of services.
- Has led to a reduction in bed days within the second unit.

32 fewer days in hospital
(compared to NHS Grampian medical model unit)

Patients reported:
- increased satisfaction
- improved ability to engage in occupations,
- ability to return to roles at home, at work and socially
What health leaders are saying

‘Occupational therapists are usually very creative and driven to deliver, which means they often find themselves in roles where they are leading on new ways of working and information organisational changes which are required to underpin our transformational work’ Joe Rafferty, Chief Executive of Mersey Care NHS Foundation Trust

‘A fantastic resource that has been underused in primary care...having an occupational therapist attached to the practice has many benefits...the occupational therapist is able to respond appropriately within 24 hours...to help people remain at home safely and comfortably. We are now recruiting two more occupational therapists.’ GPs from S Pembrokeshire cluster

A recent parliamentary report on the discharge of patients...identified us as having the lowest number of ‘delayed discharges’ in the UK. With doubt this is because our integrated service model which places occupational therapy teams as core members of our planning for home and facilitated discharge teams. David Evans, Chief Executive Northumbria NHS Foundation Trust

Action must be taken to address demand and relieve pressure on A&Es......occupational therapists have a key role to play in reducing pressures on primary care services alongside improving the overall quality of care that patients receive. I work in a unit with front door occupational therapy seven days per week and am acutely aware of the benefits to the system that it brings.” Dr. Sean McGovern, Vice President of the Royal College of Emergency Medicine Northern Ireland
Impact of the Campaign

Greater **visibility** of occupational therapy with politicians, key senior health officials and public.

Members are **engaged** and want to be a part of the campaign.

Occupational therapists talking about **occupation-centred practice**.

**Raised RCOT profile**: e.g. Increased number of speaker invites, high level strategy group invitations, media.
How can you spread the word?

- Share the reports with your managers, head of therapy services and senior leaders across your organisation.
- Promote the reports to your parliamentary representative.
- Inform the communications team where you work so that they can include it on their website, email newsletters and social media channels.
- Get involved in the campaign by signing up to our microsite [www.cotimprovinglives.com](http://www.cotimprovinglives.com) and using the hashtag #ValueofOT.
Submit a data input example

Tell your story

Tell us about your service and the difference it makes. Your occupational therapy example should clearly describe the type of service, the interventions used and how this leads to outcomes such as improved physical health or social activity. It is also vital that you detail cost savings, for example how hospital stays have been reduced. This will give us powerful information to use in our campaign.

Note: Please return forms to Ashleigh.Watkins@cot.co.uk

Send in service examples to find out how click here
What’s next

Remember every little helps

With a tweet you could get your message across widely and quickly…. people are busy – do what you can

• Follow RCOT on twitter and retweet!
• Tweet about your own service
What’s Next?

• Use the resources on the RCOT website

• Request copies of the reports to promote with your stakeholders.
  Email clare.leggett@rcot.co.uk

• Call our professional advisors for help and advice on producing impact data and influencing.
  Email cassie.fraser-shanley@rcot.co.uk