

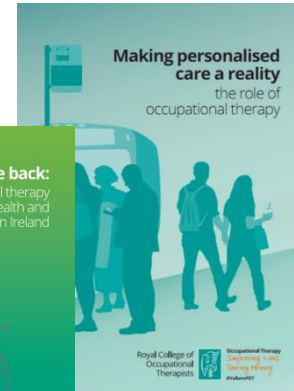
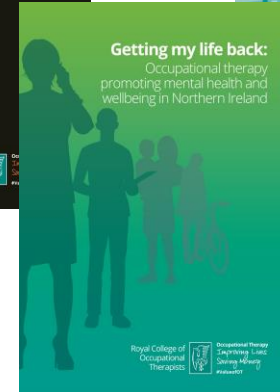
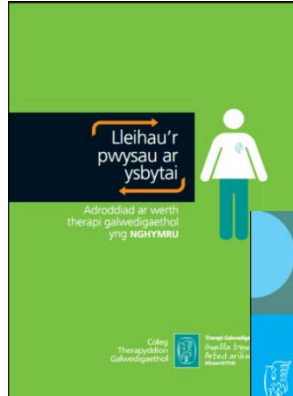


Occupational Therapy: Improving lives and saving money for the public purse

Occupational Therapy
Improving Lives
Saving Money



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

1.5m

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

£760m

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

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



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



Stills from the film *Value of Occupational Therapy*. To view the whole film, visit: www.rcotimprovinglives.com



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

Joint home visits for people with complex needs



Shared training programme



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



www.rcot.co.uk

Development of referral pathways that promote joint working



Formal arrangements for students to have diverse practice placements





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.

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 AbbVie's
"Supporting Individuals to
Take Control of Their Care
Award in 2016"

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



4. **Expand** therapy-led services

NHS Grampian

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

**32 fewer
days in
hospital**

(compared to NHS Grampian
medical model unit)

- 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

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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 role 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



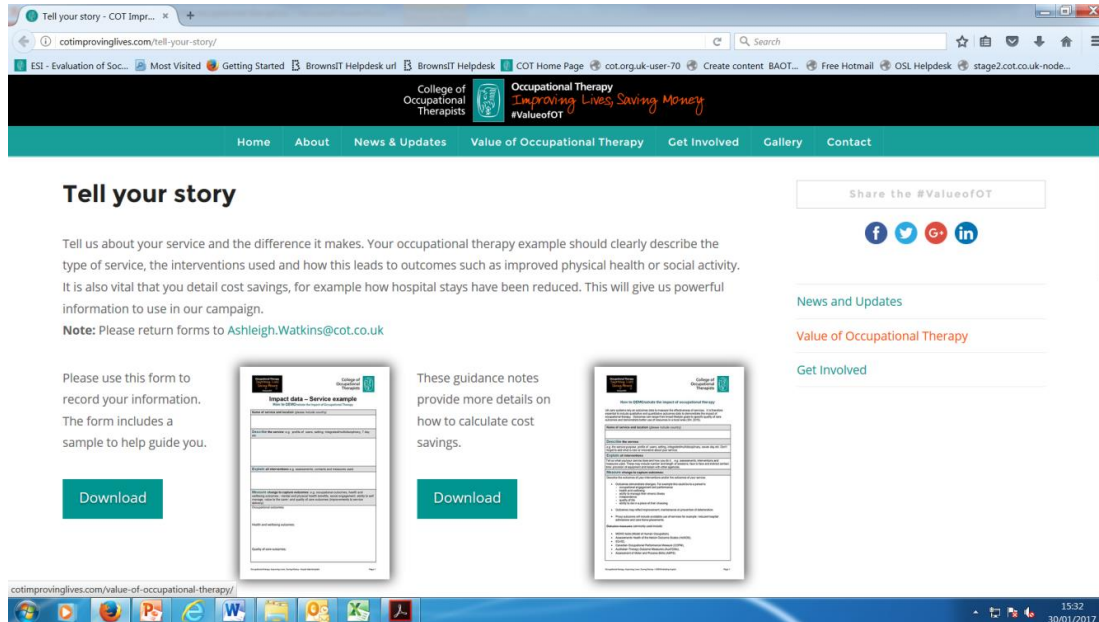
How can you spread the word?



- 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 and using the hashtag #ValueofOT



Submit a data input example



Send in service
examples
to find out how click [here](#)

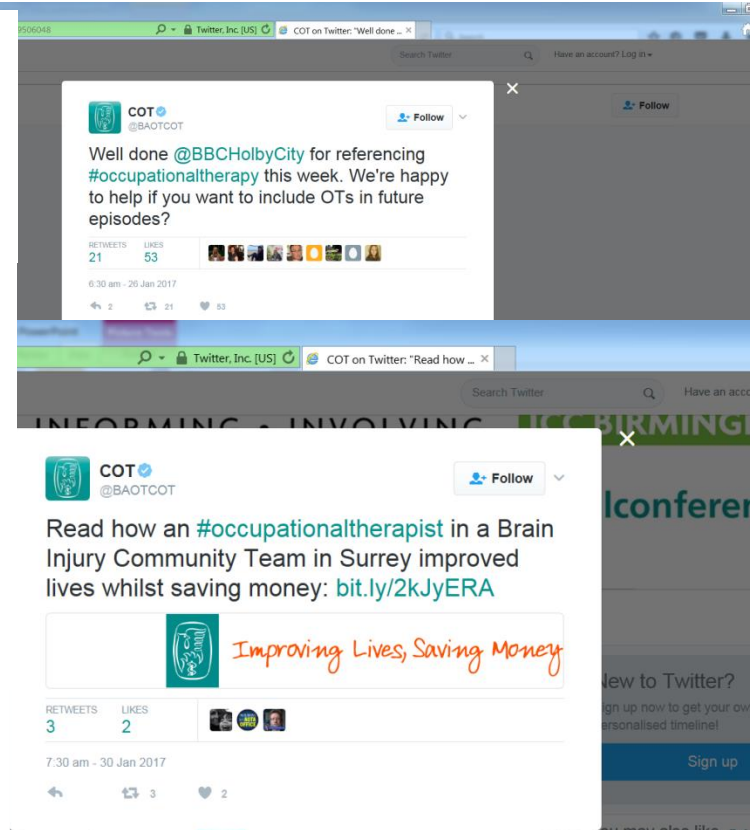


What's next

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

