

A frequently asked question:

What CPD opportunities are available through membership of COTSS-OP?

As a member of COTSS-Older People you are welcome to join, *for no extra charge*, one or more clinical forums relevant to your area of work. Currently our **clinical forums** include: **ACE** (Acute Care and Emergency), **Care Homes**, **Dementia**, **Falls**, **Intermediate Care** (including rapid response, reablement, home and bed based IC) **and Mental Health & Young Onset Dementia**.

If you are interested in joining a forum, please contact Selvin Ennis at COT – all contact details are on our COTSS-OP webpages located on the BAOT website.

As a member of COTSS-OP you will receive electronic copies of our **newsletter** 3 times throughout the year. Is this recent edition something you contributed to? We are always keen to hear from members who would like to **share examples of good practice** from the field they work in, **write a brief article** about any training sessions they have attended, or are willing to **complete a book review**. If you are interested in learning more about how to do this, either check out the latest newsletter or contact our communications officer - Sarah Montgomery sarah.montgomeryOT@outlook.com

Did you attend the COTSS-OP **study event** last year, which ran as a conference in parallel with the COT Conference? If so, did anything in particular inspire you? Perhaps you will be able to attend this year's COTSS-OP study event. Is this something you could write a brief article about? As well as being a form of clinical reflection, it would also be clinical evidence of something you learnt, reflected upon and shared with others, ticking many boxes as CPD evidence for HPC.

If you are a **clinical forum member**, have you become involved in any peer discussions with other forum members? Have you posed any queries to forum leads, asking them to share your query with other forum members? Each forum operates differently, thus offering different opportunities to communicate and share with other clinicians working in your field...

Have your say... Have you responded to any invitations for members to take part in research, or expressed an opinion on any national documents circulated by NEC members for consultation (e.g. In 2013 the **National survey of hip fracture rehabilitation?**)

Have you read the new publication - **Living well through activity in care homes: the toolkit**

Obviously from a CPD perspective it is not enough to just attend a training session/ study event, one must reflect upon it and change one's practice as the result of this. In the same way HCPC when they suggest membership of a specialist interest group as part of evidence of Professional activity, expect members to actively participate and *"improve the quality of your work"* or *"benefit service users"* as the result of this. And so **active participation as a COTSS-OP member will result in more relevant CPD opportunities and evidence**. Generally members gain more from membership

by actively participating - thus getting benefits out of membership is in direct proportion to what they put into it.

Please do not forget that all COT specialist section NEC members conduct these roles in their own time, on a voluntary basis, on top of their day jobs. Like you, we also have the challenges of balancing work and family life, whilst endeavouring to do our bit to promote the role of the OT - crucial in this financial climate when the value of OT has to be evidenced not only in terms of the difference we make to clients' lives, but also in terms of value for money.

We do look forward to hearing from you, by email, in person at study events, through the clinical forums or in the newsletter - all ways of generating CPD evidence as well as sharing examples of good practice with your OT colleagues.

Cynthia Murphy, Acting Chair, COTSS-OP