

# #OTalk Transcript

Healthcare social media transcript of the #OTalk hashtag.

Tue, September 25th 2018, 8:00PM – Tue, September 25th 2018, 9:15PM (Europe/London).

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**sherlyn graham** @sherlynmelody  
Lurking tonight people.....Culture 😊 #OTalk



**Nicky Smith** @nickyruthsmith  
@TanyaRihtman @otalk You could immerse yourself in other culture through buddying and shadowing? Regular online facetime conversations with people living the experience or change makers? The spoken word and face to face interaction is a must #OTalk



**Becky Cooper** @beckycooper\_\_\_\_  
@TanyaRihtman @otalk To me, it depends on an individual's concept of culture whether in a broad or a more local sense. Basing a culture on the customs of a group, it could mean your closest of friends would align with a different culture to yourself #OTalk



**Tanya Rihtman** @TanyaRihtman  
How do we 'immerse' ourselves in another culture? Does this necessarily require travel? If not, how might we encourage engagement with a culture without travel? #OTalk @OTalk\_



**Bill Wong, OTD, OTR/L** @BillWongOT  
Hello peeps! #otalk



**Nicky Smith** @nickyruthsmith  
@TanyaRihtman @OTalk\_ You could immerse yourself in other culture through buddying and shadowing? Regular online facetime conversations with people living the experience or change makers? The spoken word and face to face interaction is a must #OTalk



**Bill Wong, OTD, OTR/L** @BillWongOT  
RT @beckycooper\_\_\_\_: @TanyaRihtman @otalk To me, it depends on an individual's concept of culture whether in a broad or a more local sense. B...



**OTalk** @OTalk\_  
Question 1! (also - hello to everyone just joining us!) #OTalk



**Holleigh Bryan** 🍷 @HolleighLouise  
@TanyaRihtman @OTalk\_ I think of course traveling is one way. But through networking and talking with professionals and patients from other cultures and researching can be helpful. #OTALK



**Toks Odutayo** @TokunboTweetz  
@TanyaRihtman @OTalk\_ Using models of Occupational Therapy are helpful in getting to know the whole person, including their culture. We have to take the time to grasp this #OTalk



**Bill Wong, OTD, OTR/L** @BillWongOT  
@TanyaRihtman @OTalk\_ In a multicultural place like Los Angeles, I definitely have access to different cultures. In fact, many OT and OT programs in Southern California are pretty culturally diverse. #otalk

**sherlyn graham** @sherlynmelody



@OTalk\_ Visiting the homes of those from a different culture is a great way. #otalk



**Bill Wong, OTD, OTR/L** @BillWongOT

RT @TokunboTweetz: @TanyaRihtman @OTalk\_ Using models of Occupational Therapy are helpful in getting to know the whole person, in th...



**OT Child (Kat Carruthers)** @OT\_Child

OT practice should inherently be culturally competent because of "meaningful" occupation within the context of the person and their environm (spiritually and culturally). Need to remember to question what is culturally significant to individuals to modify intervention #OTalk



**Tanya Rihtman** @TanyaRihtman

@beckycooper\_\_\_ @otalk I agree! Culture does not necessarily equate with location, but what then does travel contribute to broadening our awareness? #OTalk



**Bill Wong, OTD, OTR/L** @BillWongOT

@sherlynmelody @OTalk\_ Or attending places of worship. #otalk



**Louise McMann** @louise\_mcmann

Talking talking talking (which us OTs are great at) and allowing others to teach us. Always being open to learning #otalk



**Holleigh Bryan** 🇬🇧 @HolleighLouise

RT @OT\_Child: OT practice should inherently be culturally competent because of "meaningful" occupation within the context of the person a



**Bill Wong, OTD, OTR/L** @BillWongOT

RT @OT\_Child: OT practice should inherently be culturally competent because of "meaningful" occupation within the context of the person a



**Bill Wong, OTD, OTR/L** @BillWongOT

RT @TanyaRihtman: @beckycooper\_\_\_ @otalk I agree! Culture does not necessarily equate with location, but what then does travel contrib



**Nicky Smith** @nickyruithsmith

RT @BillWongOT: @TanyaRihtman @OTalk\_ In a multicultural place like Los Angeles, I definitely have access to different cultures. In fact, r



**Aoife Slattery** @aoife\_slattery

@TokunboTweetz @TanyaRihtman @OTalk\_ Do you think that it's necessary to travel to find this other cultures or can the use of the model in our own country? #Otalk



**Lucy gordon** @Lucygordon83

@OTalk\_ Exploring research around different cultures and adding to this research. Just a simple conversation! And travel/field trips are a gre of immersing ourselves in another culture, but with social media & modern technology there are so many others ways this can be done! #OTa



**Becky Cooper** @beckycooper\_\_\_

@TanyaRihtman @otalk I guess travel allows self to experience culture but, again, that doesn't always mean that it's fully understood #OTall



**Bill Wong, OTD, OTR/L** @BillWongOT

@TanyaRihtman @beckycooper\_\_\_ @otalk I think sometimes traveling can allow us to see these cultures at its native setting. #otalk



**Holleigh Bryan** 🇬🇧 @HolleighLouise

@OT\_Child I think often culture can get neglected and forgotten in practice #OTalk



**Nicky Smith** @nickyruithsmith

@BillWongOT @TanyaRihtman @OTalk\_ #Otalk so maybe we can all learn a lot from the cultural experiences on our doorstep?

**charlotte** @charlot75473869

@OTalk\_ Coming to a different country you can experience life and way people live. This gains understanding and you can visual see what



live with. Where as you can't always understand what people go through by just talking to service users #OTalk



**Tanya Rihlman** @TanyaRihlman

@nickyruthsmith @otalk That's true - but how do we develop that drive and curiosity to seek these opportunities amongst OT practitioners? need to formalise them? #OTalk



**Bill Wong, OTD, OTR/L** @BillWongOT

@nickyruthsmith @TanyaRihlman @OTalk\_ Yes we definitely can in a place that is multicultural. #otalk



**Holleigh Bryan** 🍷🇬🇧 @HolleighLouise

@TanyaRihlman @beckycooper\_\_\_ @otalk I think it helps. Travel can allow you to see and even experience the culture first hand, which ca great way of learning for a lot of people. #OTalk



**Bill Wong, OTD, OTR/L** @BillWongOT

RT @TanyaRihlman: @nickyruthsmith @otalk That's true - but how do we develop that drive and curiosity to seek these opportunities amon



**OTalk** @OTalk\_

Very good point being raised here about what culture means! What do we think about immersion in Deaf culture or LGBT culture, for exampl #OTalk



**Yazmin** @Yazminmillward

RT @nickyruthsmith: @TanyaRihlman @OTalk\_ You could immerse yourself in other culture through buddying and shadowing? Regular onl faceti...



**Laura grove** @grove1978\_laura

Having seen the community of sunshine educare today I was very shocked at the extreme poverty people experience. We can see things or it's nothing in context unless you see it for real #OTalk <https://t.co/439qaFBuzT>



**Sammy Randall** @SammyRandallOT

@TanyaRihlman @OTalk\_ Some of this could & should form part of your initial Ax - asking the right questions not assuming - eg. How do yo at home? #OTalk



**Bill Wong, OTD, OTR/L** @BillWongOT

@TanyaRihlman @nickyruthsmith @otalk I think sometimes all it takes is one person in the setting trying to celebrate the diversity amongst #otalk



**Bill Wong, OTD, OTR/L** @BillWongOT

RT @charlot75473869: @OTalk\_ Coming to a different country you can experience life and way people live. This gains understanding and y



**Jemma Blow** @BlowJemma

@TanyaRihlman @OTalk\_ I believe we do need to travel to totally immerse ourselves. So far from my experience on this trip I have learnt so more than I thought I would, and do not believe I could of learnt these things without travelling here. #OTalk



**Lelanie** @LelanieBrewer

Sometimes the first step is to have an open mind and step outside your comfort zone #OTalk



**OT Child (Kat Carruthers)** @OT\_Child

At NICU therapy ax training today, an example was given how the most significant cultural tradition was for the uncle to give the baby peanu If there are no contraindications then accommodate! The best way is to allow approachable open communication with families #OTalk



**Tanya Rihlman** @TanyaRihlman

@BillWongOT @nickyruthsmith @OTalk\_ Isn't everywhere multicultural today if you look closely enough? #OTalk

**sherlyn graham** @sherlynmelody



@TanyaRihtman @beckycooper\_\_\_ @otalk My parents are from Jamaica, came to uk in the 60s. I think the culture of their time whilst in Jar would be different to visiting Jamaica now. People have different expectations now to what they had <https://t.co/XDLwXRr8HD> would give a l now on that culture #OTalk



**Bill Wong, OTD, OTR/L** @BillWongOT  
@charlot75473869 @OTalk\_ As an immigrant to US, took me a while to understand American culture. #otalk



**Lucy gordon** @Lucygordon83  
@OTalk\_ It would be great to see more documentaries on a variety of different cultures. Also more talks with schools and workplaces too #C



**Lucy gordon** @Lucygordon83  
RT @LelanieBrewer: Sometimes the first step is to have an open mind and step outside your comfort zone #OTalk <https://t.co/aIXCXGDzbC>



**charlotte** @charlot75473869  
@Lucygordon83 @OTalk\_ Can we always get a full understanding by social media? And does the social media always tell the truth? #OTalk



**Tanya Rihtman** @TanyaRihtman  
@aoife\_slattery @OTalk\_ I agree @aoife\_slattery - but what (if any) has the 'added benefit' been of being here in South Africa? Do you think impact your OT practice in the future and - if so - how? #OTalk

Technology



**Bill Wong, OTD, OTR/L** @BillWongOT  
@TanyaRihtman @nickyruthsmith @OTalk\_ Good question! Look at our OT community today. We actually have access through our Internet

Research

Pricing



**OTalk** @OTalk\_  
This ties in with what @sherlynmelody said earlier about the value of visiting people's homes for cultural awareness assessments #OTalk

Fits well with how OTs Healthcare Hashtags

Company



**Alternative Voices** @Atv1Levy21  
@grove1978\_laura #OTalk I think seeing it for real definitely enhances empathy but we see poverty in our own country all the time such as homeless people in our streets and I wonder how many of us stop to do something about it?



**Louise McMann** @louise\_mcmann  
RT @BillWongOT: @TanyaRihtman @nickyruthsmith @otalk I think sometimes all it takes is one person in the setting trying to celebrate the



**Sammy Randall** @SammyRandallOT  
RT @SammyRandallOT: @TanyaRihtman @OTalk\_ Some of this could & should form part of your initial Ax - asking the right questions not assumin...



**Bill Wong, OTD, OTR/L** @BillWongOT  
RT @sherlynmelody: @TanyaRihtman @beckycooper\_\_\_ @otalk My parents are from Jamaica, came to uk in the 60s. I think the culture of



**sonya d** @Mozza53D  
@louise\_mcmann @OTalk\_ Communication is an invaluable skill as an OT. Whether it be verbal or non verbal #OTalk



**Lucy gordon** @Lucygordon83  
@TanyaRihtman @BillWongOT @nickyruthsmith @OTalk\_ I agree but there is always an opportunity to educate and to learn about different and the varying experiences of individuals within those cultures. One persons experience may be very different to another #OTalk



**Alison** @OTMcCracken  
@OTalk\_ Yes glad that we are not just assuming that everyone in one location share exactly the same culture. So many cultures can exist, s may overlap, some unique to particular groups. #OTalk

**Khalilah Johnson, PhD, OTR/L** @OccScienceBae  
@TanyaRihtman @OTalk\_ This is an interesting question and one that I think we wrestle with quite a bit in OT. Traveling does not always inc



immersion in local culture. People are often on the peripheral of "real" people and communities while on vacation unless you're visiting local #OTalk



**Becky Cooper** @beckycooper\_\_\_

@TanyaRihtman @BillWongOT @nickyruthsmith @OTalk\_ Would definitely agreed with this! Along with overlaps between culture... we are as we have ideas/customs/beliefs regarding OT but we all also have other cultures that we would feel we belong within #OTalk



**Nicky Smith** @nickyruthsmith

@TanyaRihtman @beckycooper\_\_\_ @otalk I think being there in person and befriending beautiful people from truly impoverished background see where and how they live you feel REAL compassion. It's raw and compelling and makes you remember why you do what you do #OTalk



**Bill Wong, OTD, OTR/L** @BillWongOT

RT @beckycooper\_\_\_: @TanyaRihtman @BillWongOT @nickyruthsmith @OTalk\_ Would definitely agreed with this! Along with overlaps be cultur...



**ed sum** @musedNeuroOT

@OTalk\_ Nice examples @OTalk\_ #OTalk !! Blowing my mind thinking about culture considering being an out gay, Chinese man, born in a community in the East Midlands of England, learnt British Sign Language 20 years ago, and soon to live and work in rural Scotland.



**Tanya Rihtman** @TanyaRihtman

@TokunboTweetz @OTalk\_ For sure! The experiences we've had in South Africa so far, though, have forced us to challenge the pre-existing assumptions we might make about the person, their environments and their occupations - what is the cultural starting point for our OT process #OTalk



**Rebecca Griffith** @Rebecca51546111

@TanyaRihtman @OTalk\_ Travelling can help immerse in culture but you can have a conversation with someone with different culture. #ota



**Tanya Rihtman** @TanyaRihtman

Here's Q2 for tonight's #OTalk: 2 As OTs, we are closely familiar with the impact of varied verbal and non-verbal communication styles. How the opportunity to travel to different cultures expand our understanding of the impacts of these nuances in communication? @OTalk\_



**Khalilah Johnson, PhD, OTR/L** @OccScienceBae

@TanyaRihtman @OTalk\_ 2. I think it is possible to become culturally competent without travels. Building cultural competence requires that be at the forefront in the way engage with everyone we meet. It's a long process and we must be invested in it. #OTalk



**Sammy Randall** @SammyRandallOT

RT @OTalk\_: This ties in with what @sherlynmelody said earlier about the value of visiting people's homes for cultural awareness! Fits well.



**Louise McMann** @louise\_mcmann

@Mozza53D @OTalk\_ Absolutely, it's amazing how much you can learn about an individual and what's meaningful to them by just simply listening and observing. Unfortunately something that gets overlooked by so many others due to its simplicity #otalk



**sherlyn graham** @sherlynmelody

@Atv1Levy21 @grove1978\_laura I get what you mean @grove1978\_laura but I feel that we have a lot more opportunities in this country than 3rd world country. #OTalk



**OTalk** @OTalk\_

It's interesting to think about "OT culture" as a culture we belong to - as a profession we have a shared language, shared history, particular values doing things #OTalk



**Nicky Smith** @nickyruthsmith

When you travel, coming face-to-face with diverse individuals through life experiences you learn to adjust your own communication style to adapt to your environment, the more exposure you have to difference the more adaptable you become #OTalk



**Lelanie** @LelanieBrewer

@OTalk\_ @sherlynmelody Absolutely, one of my first jobs was as a social service OT in the East End of London and it was a great learning experience #OTalk



**Laura grove** @grove1978\_laura

I also thought the same until I came to SA and saw the differences here. I'm not sure that anybody could have explained this to me and I wo fully understood. #OTalk



**Alison** @OTMcCracken

@TanyaRihtman @aoife\_slattery @OTalk\_ I think that the main benefit for me of completing a practice placement in another country was cu difference within OT practice - that therapy itself is organised differently and that can be really refreshing and makes you question your own of OT #OTalk



**Bill Wong, OTD, OTR/L** @BillWongOT

RT @LelanieBrewer: @OTalk\_ @sherlynmelody Absolutely, one of my first jobs was as a social service OT in the East End of London and it



**Holleigh Bryan** 🍷 @HolleighLouise

RT @OTalk\_: It's interesting to think about "OT culture" as a culture we belong to - as a profession we have a shared language, shared hist.



**Lucy gordon** @Lucygordon83

@charlot75473869 @OTalk\_ It could definitely have its flaws! You may not always get the full/true story. #OTalk



**Jemma Blow** @BlowJemma

@SammyRandallOT @TanyaRihtman @OTalk\_ I agree but do you think we totally understand just by asking these questions and not seeing our own eyes? #otalk



**sonya d** @Mozza53D

@OTalk\_ #OTalk incorporating and making yourself aware of cultural values within society can give you a valuable insight into various cultur an make connections with local people within society, making friendships and getting opinions from others.



**Toks Odutayo** @TokunboTweetz

@TanyaRihtman @OTalk\_ Not to assume I would say. There is no way we can understand a person if we approach them with concepts. I al we need to look at each person individually and then the understanding of their culture will follow #OTalk



**OTalk** @OTalk\_

Great insights coming from question 1; here's question 2! #OTalk



**Nicky Smith** @nickyruthsmith

@TanyaRihtman @OTalk\_ When you travel, coming face-to-face with diverse individuals through life experiences you learn to adjust your o style to adapt to your environment, the more exposure you have to difference the more adaptable you become #OTalk



**Bill Wong, OTD, OTR/L** @BillWongOT

RT @TanyaRihtman: Here's Q2 for tonight's #OTalk: 2 As OTs, we are closely familiar with the impact of varied verbal and non-verbal comm



**Holleigh Bryan** 🍷 @HolleighLouise

@grove1978\_laura I personally think travelling is the most effective as you can gather a lot of info on culture in a short period of time but I do that there are other ways to gain an understanding of different cultures e.g. discussions which may help #otalk



**Khalilah Johnson, PhD, OTR/L** @OccScienceBae

@TokunboTweetz @TanyaRihtman @OTalk\_ We also have to be mindful that frameworks utilized in OT come from a particular cultural poin view. Our frameworks do not easily translate to non-western contexts. #OTalk



**Lelanie** @LelanieBrewer

Travel can broaden your horizons but in many cities around the world you sometimes just need to be aware of different neighbourhoods and in your own city. Sometimes people travel and only see what they at home so it might not be that useful in that case #OTalk

**Bill Wong, OTD, OTR/L** @BillWongOT

@TanyaRihtman @OTalk\_ I think sometimes there is also an interplay within culture too. Like as an individual with autism, sometimes how r Chinese culture sees it is different from western. #otalk

**Tanya Rihtman** @TanyaRihtman

@OTalk\_ Really interesting! We talked last night about how we define ourselves, & each definition includes a whole different cultural world - we're certainly all part of the OT culture & should cherish what unites us, but also find ways to understand cultures we don't share #OTalk

**Bill Wong, OTD, OTR/L** @BillWongOT

RT @grove1978\_laura: I also thought the same until I came to SA and saw the differences here. I'm not sure that anybody could have expla

**Becky Cooper** @beckycooper\_\_

@TanyaRihtman @OTalk\_ Travel could support us with broadening our experiences and, therefore, understanding situations better and ada our approach based on culture #OTalk

**OT Child (Kat Carruthers)** @OT\_Child

@grove1978\_laura I do agree. Travel and overseas work opened my eyes significantly. Being part of the daily lives and routine of that count culture impact you on a different level #OTalk

**Andrew Short** @AndrewDShort

@TanyaRihtman @OTalk\_ I think that travel is beneficial to understand another culture but this is not viable for everyone and so OT's should be aware of other cultures through personal study to practice as competent practitioners #OTalk

**sherlyn graham** @sherlynmelody

@OTalk\_ In some cultures making full eye contact can be disrespectful, asking certain questions about personal care may seem a bit too int Things we could learn from visiting or people in the county with that culture who are willing to educate us #OTalk

**Sammy Randall** @SammyRandallOT

@TanyaRihtman @OTalk\_ Understanding others way of life is our business as OTs. We are in a unique position to Ax this in context with the environment #OTalk

**Nicky Smith** @nickyruithsmith

@beckycooper\_\_ @TanyaRihtman @OTalk\_ It definately makes you more at ease dealing with unexpected situations! #Otalk

**Bill Wong, OTD, OTR/L** @BillWongOT

@OT\_Child @grove1978\_laura Yup- even traveling to visit you guys in the UK was an experience in itself for me. #otalk

**Bill Wong, OTD, OTR/L** @BillWongOT

RT @TanyaRihtman: @OTalk\_ Really interesting! We talked last night about how we define ourselves, & each definition includes a whole dif

**Becky Cooper** @beckycooper\_\_

@OTalk\_ Yes! That's what brings us all together but important to appreciate that everyone will have their own individual cultures too. Interes #OTalk

**Lelanie** @LelanieBrewer

The first thing I learned as a then basic grade OT after coming here straight after graduating in South Africa is that the weather is always a g topic for small talk if you're stuck for something to say 🌞☀️ #OTalk

**Jemma Blow** @BlowJemma

@TanyaRihtman @OTalk\_ I do believe most people learn by being there and experiencing things first hand and face to face. Without travelli being face to face we are just going by what others have said they have experienced. #OTalk

**Tanya Rihtman** @TanyaRihtman

@BillWongOT @OTalk\_ For sure! Culture is such a broad and all-encompassing term #OTalk



**Sammy Randall** @SammyRandallOT

@BlowJemma @TanyaRihtman @OTalk\_ I think assessment should be done through both observation in different environments & asking th questions #OTalk



**Sammy Randall** @SammyRandallOT

RT @SammyRandallOT: @TanyaRihtman @OTalk\_ Understanding others way of life is our business as OTs. We are in a unique position to i...



**Alternative Voices** @Atv1Levy21

@TanyaRihtman @OTalk\_ #OTalk I do think verbal and non verbal communication would differ across cultures but I am unsure how. The po language fascinates me and I am sure that words have different translations in different countries but I am unsure how this impact OT practic



**Bill Wong, OTD, OTR/L** @BillWongOT

@HolleighLouise @TanyaRihtman @OTalk\_ Yes- for my clinical doctorate studies, I realize that many autism autobiographies were translate Chinese. Relatively less of such that were directly written in Chinese. #otalk



**Rebecca Griffith** @Rebecca51546111

@HolleighLouise @OTalk\_ If they have this impairment, as OT's we could talk to their family members? #otalk



**Bill Wong, OTD, OTR/L** @BillWongOT

RT @Atv1Levy21: @TanyaRihtman @OTalk\_ #OTalk I do think verbal and non verbal communication would differ across cultures but I am u ho...



**Bill Wong, OTD, OTR/L** @BillWongOT

RT @BlowJemma: @TanyaRihtman @OTalk\_ I do believe most people learn by being there and experiencing things first hand and face to f. Wit...



**Esme Wood** @esmewood1

@TanyaRihtman @OTalk\_ It's all too common for people to assume that others understand the message they are telling them. When emerg other cultures and especially around unfamiliar languages you are forced to watch and listen so much more. This teaches us so much #OTa



**Bill Wong, OTD, OTR/L** @BillWongOT

@BlowJemma @TanyaRihtman @OTalk\_ Yes- like when I visited some of you 3 years ago, it was very different from hearing/reading tweets actually interactions and experiences. #otalk



**Bill Wong, OTD, OTR/L** @BillWongOT

RT @LelanieBrewer: The first thing I learned as a then basic grade OT after coming here straight after graduating in South Africa is that t...



**OTalk** @OTalk\_

Eye contact is definitely one worth thinking about, especially in fields like working with people with autism where we might be inclined to see eye contact as a problem #OTalk



**Tanya Rihman** @TanyaRihtman

@grove1978\_laura @OTalk\_ Too true! During our visit today, we were told by our host that 'we're South African, we hug' - how might this bo language be perceived by people who come from such a culture? #OTalk



**sonya d** @Mozza53D

#OTalk travelling gives you an insight into cultures, but from my personal perspective, it would be to have a lived experience. Staying with a different cultures whether abroad or at home would be a fantastic opportunity to gain a deeper understanding of cultural values.



**Khalilah Johnson, PhD, OTR/L** @OccScienceBae

@TanyaRihtman @BillWongOT @OTalk\_ The underlying assumption is exposure to various communication systems creates more underste



This becomes apparent when working in diverse communities. I'm not sure my personal travels have impacted this more than my work with individuals with severe profound ID #OTalk



**Lelanie** @LelanieBrewer

@TanyaRihtman @BillWongOT @OTalk\_ Absolutely, its all the way from verbal and non verbal communication to knowing what's appropriate bring up in conversation to knowing when it's taboo to keep your shoes on #OTalk



**Bill Wong, OTD, OTR/L** @BillWongOT

RT @OccScienceBae: @TanyaRihtman @BillWongOT @OTalk\_ The underlying assumption is exposure to various communication systems more u...



**Rebecca Griffith** @Rebecca51546111

@ZamzamOmar13 @HolleighLouise @OTalk\_ what do you mean by Reminiscing activities? #otalk



**Bill Wong, OTD, OTR/L** @BillWongOT

RT @LelanieBrewer: @TanyaRihtman @BillWongOT @OTalk\_ Absolutely, its all the way from verbal and non verbal communication to knowing what's...



**Lelanie** @LelanieBrewer

@Carrie156 I know! #OTalk



**Toks Odutayo** @TokunboTweetz

@OccScienceBae @TanyaRihtman @OTalk\_ I thought that just after I wrote it! But then I also was reminddd that we can adapt these to our I.e when the PEOP and CMOP address culture and spirituality we can apply that to our client #OTalk



**OTalk** @OTalk\_

(Autistic culture in itself being quite a fascinating area! <https://t.co/HJVmNfXgYJ> ) #OTalk



**Bill Wong, OTD, OTR/L** @BillWongOT

@LelanieBrewer @TanyaRihtman @OTalk\_ Yes- as an individual with autism, I definitely have to pick up nonverbal cues fast in the clinical environment. #otalk



**Nicky Smith** @nickyruithsmith

@BlowJemma @TanyaRihtman @OTalk\_ Completely! You must experience things for yourself to truly understand. Everything else is second and doesn't have the same learning / lifechanging impact #OTalk



**Becky Cooper** @beckycooper\_\_\_

@esmewood1 @TanyaRihtman @OTalk\_ Love this point - the power of the senses! #OTalk



**Bill Wong, OTD, OTR/L** @BillWongOT

@LelanieBrewer @TanyaRihtman @OTalk\_ And even to this day, sometimes nonverbal communication is the hardest for me to recognize a up! I might have made lots of people angry and frustrated unknowingly! #otalk



**Steph Russell** @StephRussellOT

RT @sherlynmelody: @OTalk\_ In some cultures making full eye contact can be disrespectful, asking certain questions about personal care



**Tanya Rihtman** @TanyaRihtman

@SammyRandallOT @OTalk\_ Indeed, but do we always get it right? I think the @covuniOT students have seen how easy it is to make assumptions that might not be 100% accurate (& which come from pre-existing world views). The new OT&Complexity doc from @RCOT puts this into a fascinating new light #OTalk



**Bill Wong, OTD, OTR/L** @BillWongOT

RT @Mozza53D: #OTalk travelling gives you an insight into cultures, but from my personal perspective, it would be to have a lived experie



**Bill Wong, OTD, OTR/L** @BillWongOT

RT @OTalk\_: Eye contact is definitely one worth thinking about, especially in fields like working with people with autism where we might be.



**charlotte** @charlot75473869

@sherylnmelody @OTalk\_ Exactly I have been in South Africa and been shocked at what people have been saying as at home they could be for saying words they used. However in the South Africa culture these words are accepted and used #OTalk



**Bill Wong, OTD, OTR/L** @BillWongOT

@OTalk\_ Yes- that is why when I come over to visit you... I can be a good test for you guys... lol! 😊 #otalk



**Lucy gordon** @Lucygordon83

@TanyaRihtman @OTalk\_ Body language is something you may struggle to see through a video call,online or through social media. Yet it counts us so much! By travelling to diff cultures&being in a persons presence you can see all forms of communication. Allowing the opportunity to build rapport! #OTalk



**Tanya Rihman** @TanyaRihtman

Q3 for tonight's #OTalk : How has your first-hand experience of travel informed your clinical occupational therapy practice in general, and specifically in relation to your cultural competence? @OTalk\_ (multiple tweeting is really testing my multi-tasking skills!)



**ed sum** 🇧🇷 @musedNeuroOT

@Atv1Levy21 @TanyaRihtman @OTalk\_ Also some languages have concepts unfamiliar to other cultures/languages and some don't have what you have in English; I think Japanese has past tense and non-past tense only #OTalk



**sonya d** @Mozza53D

#OTalk I always find it amazing how children are always able to find the correct communication strategies when meeting children from different cultures such as in a park etc.



**Bill Wong, OTD, OTR/L** @BillWongOT

@OTalk\_ And another thing is participation. Look at our conferences. A good bit might not be accessible for our autistic peers because of the issues- such as sensory, social, etc. I am an exception because I know I got to soldier on with my high social demands. #otalk



**Nicky Smith** @nickyruithsmith

@TanyaRihtman @OTalk\_ Cultural competence is the ability to step outside your frame of reference and experience issues from another's perspective - much like empathy. But environmental and lifestyle awareness cannot be taught, it must be seen! #OTalk



**OTalk** @OTalk\_

Anyone have any good stories to share for question 3? 😊 #OTalk



**Bill Wong, OTD, OTR/L** @BillWongOT

RT @Mozza53D: #OTalk I always find it amazing how children are always able to find the correct communication strategies when meeting c



**Aoife Slattery** @aoife\_slattery

@TanyaRihtman @OTalk\_ I was also conscious of my accent when coming here, as an Irish person we tend to talk very quickly and we can't understand. To compensate this I've learnt to rephrase my questions and try to talk a bit slower #OTalk



**Bill Wong, OTD, OTR/L** @BillWongOT

RT @musedNeuroOT: @Atv1Levy21 @TanyaRihtman @OTalk\_ Also some languages have concepts unfamiliar to other cultures/language: some don't...



**Julia's Friends** @julas\_friends

RT @OTalk\_: Eye contact is definitely one worth thinking about, especially in fields like working with people with autism where we might be.

**Tanya Rihman** @TanyaRihtman

@musedNeuroOT @Atv1Levy21 @OTalk\_ And we learned at the recent WFOT that many African languages don't have a direct translation for the word 'therapy' - which is fascinating in terms of how we translate ideas and concepts with service users who think in different languages from



we think in #OTalk



**Bill Wong, OTD, OTR/L** @BillWongOT

@musedNeuroOT @Atv1Levy21 @TanyaRihtman @OTalk\_ Even though I speak English for 20+ years now, I still mess up he/she because pronunciation is the same for he/she/it in Cantonese and Mandarin. #otalk



**OT Child (Kat Carruthers)** @OT\_Child

The @thewfot have some good resources and opportunities exploring practice and experiences across cultures #OTalk



**Becky Cooper** @beckycooper\_\_

@TanyaRihtman @OTalk\_ Travelling promotes cultural competence but it's a person's individual drive that deems how much of an immersive cultural experience is gained #OTalk



**Carrie\_OT** @Carrie156

Perception of one's own culture can vary greatly from person to person. Give the individual the chance to explain what their culture means to them #OTalk



**Andrew Short** @AndrewDShort

@TanyaRihtman @OTalk\_ Travelling to different cultures enables direct experience to be gained of nuances in communication styles. In South Africa I have witnessed that people typically hug each other as a greeting whereas in the UK this generally would not be seen due to a more reserved culture #OTalk



**Khalilah Johnson, PhD, OTR/L** @OccScienceBae

@nickyruithsmith @BlowJemma @TanyaRihtman @OTalk\_ Being able to learn first-hand from members of a cultural group is important, but we have to acknowledge that traveling is a privilege. Some may only be able to learn through the experiences of their clients or other practitioners #OTalk



**Bill Wong, OTD, OTR/L** @BillWongOT

@TanyaRihtman @OTalk\_ Having traveled for OT conferences globally for last few years, it's interesting to learn how OT has to adapt itself to different cultures. #otalk



**charlotte** @charlot75473869

@TanyaRihtman @OTalk\_ Travelling makes you reflect on your own life and pull out your strengths and weaknesses. So you can understand yourself better and therefore give service users a better service #Otalk



**Lucy gordon** @Lucygordon83

@Mozza53D @BillWongOT I love this! I see my children doing this. It's wonderful #OTalk



**Bill Wong, OTD, OTR/L** @BillWongOT

RT @charlot75473869: @TanyaRihtman @OTalk\_ Travelling makes you reflect on your own life and pull out your strengths and weaknesses you...



**Nicky Smith** @nickyruithsmith

@TanyaRihtman @OTalk\_ As OT's we are concerned with how environment shapes the individual, exploring new environments helps you understand Occupational Risk Factors. Spending time in temporary communities and their environmental challenges in SA has been so eye-opening #Otalk



**Lelanie** @LelanieBrewer

@TanyaRihtman @OTalk\_ I'm finding being from SA & working in the UK a great experience & learned a lot from caring for the elderly in terms of cultural differences while waiting for my OT registration to come through here. And then my husband is American so I get that cultural perspective too #OTalk

**Rebecca Griffith** @Rebecca51546111

@HolleighLouise @OTalk\_ yes this is the reason why we should immerse ourselves in cultures. But do we need to travel to do this? #otalk



**Tanya Rihlman** @TanyaRihlman  
@AndrewDShort @OTalk\_ Too true! And it can often make people who are not used to this style feel very uncomfortable #OTalk



**Bill Wong, OTD, OTR/L** @BillWongOT  
@charlot75473869 @TanyaRihlman @OTalk\_ I was in India last month and O definitely thought about it when I was there. #otalk



**Bill Wong, OTD, OTR/L** @BillWongOT  
RT @LelanieBrewer: @TanyaRihlman @OTalk\_ I'm finding being from SA & working in the UK a great experience & learned a lot from carin



**OTalk** @OTalk\_  
@BillWongOT There's definitely an overlap between cultural competence and accessibility; a space won't be accessible to someone if there of understanding of the culture they're coming from #OTalk



**Bill Wong, OTD, OTR/L** @BillWongOT  
RT @Carrie156: Perception of one's own culture can vary greatly from person to person. Give the individual the chance to explain what their



**Alternative Voices** @Atv1Levy21  
@Yazminmillward @TanyaRihlman @OTalk\_ #OTalk if not ever!



**ed sum** @musedNeuroOT  
@aoife\_slattery @TanyaRihlman @OTalk\_ And your first name leads to some awkward situations??? #OTalk



**Nicky Smith** @nickyruithsmith  
@charlot75473869 @TanyaRihlman @OTalk\_ Yes! It helps us become self-aware practitioners #OTalk



**Toks Odutayo** @TokunboTweetz  
@OTalk\_ Spending time with my clients has been more valuable than travel. I've travelled to quite a few places, but never to the countries that displaced clients have come from. Getting to know them 1:1 has been invaluable to practice #OTalk



**Lelanie** @LelanieBrewer  
This all has been very useful for the different client groups that I have worked with and then being trilingual (English, Afrikaans and Italian) is useful too along with level 1 British signlanguage #OTalk



**Tanya Rihlman** @TanyaRihlman  
@aoife\_slattery @OTalk\_ It's been really apparent @aoife\_slattery how much you've been considering this in your interactions with people I and also extremely apparent how much it has been valued by everyone who has met you :) #OTalk



**Khalilah Johnson, PhD, OTR/L** @OccScienceBae  
@TanyaRihlman @OTalk\_ Travel has really expanded how I acknowledge and draw on clients' spirituality/faith systems in practice. #OTalk



**Louise McMann** @louise\_mcmann  
@Mozza53D Absolutely... May be due to the lack of barriers they have developed in communication which we all do consciously or unconsciously. It's amazing. #otalk



**Aoife Slattery** @aoife\_slattery  
@musedNeuroOT @TanyaRihlman @OTalk\_ Nothing I haven't heard before, I love when people come up with new versions for it brings a bit of light into the conversation at least #OTalk



**OT Child (Kat Carruthers)** @OT\_Child  
@TanyaRihlman @OTalk\_ In particular the significance of what food can mean to a family and community. Food forms such a big part of religious festivals and society and translating that back to my own UK clients and the importance of daily family meals #OTalk





**Lucy Gordon** @Lucygordon83

@TanyaRihtman @OTalk\_ Having attended the @enOThe1 conference last year, I was lucky enough to listen to presentations & meet with from all over Europe. Each country talked about varying areas of practice. It was great to look at different approaches & specialisms from dif countries! #OTalk



**Nicky Smith** @nickyruithsmith

@beckycooper\_\_\_ @TanyaRihtman @OTalk\_ Yep, as always it's up to the individual to pull the valuable learning experiences from the trip! reflective. Two people could interperate the same experience very differently #OTalk



**Bill Wong, OTD, OTR/L** @BillWongOT

@OTalk\_ Or sometimes we have some cool festive activities that are loud and rowdy. Like at AOTA conference now, I prefer to sit towards th middle or back whenever I hear the Slagle lecture. Front is too loud (though I know that will compromise my ability to tweet). #otalk



**Lelanie** @LelanieBrewer

@musedNeuroOT @aoife\_slattery @TanyaRihtman @OTalk\_ Mine has loads of times! Whenever our community paedts team got a call anc clients couldn't pronounce my name people correctly guessed it was for me #OTalk



**Bill Wong, OTD, OTR/L** @BillWongOT

RT @Lucygordon83: @TanyaRihtman @OTalk\_ Having attended the @enOThe1 conference last year, I was lucky enough to listen to prese &...



**Tanya Rihtman** @TanyaRihtman

@nickyruithsmith @charlot75473869 @OTalk\_ I love this idea! The power of reflective practice! #OTalk



**Becky Cooper** @beckycooper\_\_\_

@TokunboTweetz @OTalk\_ I agree with this.. Just because a client is from a particular country, speaks a different language, has differing be etc. it does not mean that is the culture that solely defines them as an individual #OTalk



**Bill Wong, OTD, OTR/L** @BillWongOT

@Lucygordon83 @TanyaRihtman @OTalk\_ @enOThe1 That is why I have adopted my schedule to travel to as many international conferer can. Glad to have work that is understanding. #otalk



**Bill Wong, OTD, OTR/L** @BillWongOT

RT @OT\_Child: @TanyaRihtman @OTalk\_ In particular the significance of what food can mean to a family and community. Food forms such p...



**Jemma Blow** @BlowJemma

@TanyaRihtman @OTalk\_ I am not yet qualified but I know that this experience on South Africa will totally inform me as a practicing OT. It h opened my eyes to things that are important to consider when working with individuals to asses the importance of their individual occupation #OTalk



**Tanya Rihtman** @TanyaRihtman

@nickyruithsmith @OTalk\_ I'm so glad that it's been eye-opening @nickyruithsmith! #OTalk



**Bill Wong, OTD, OTR/L** @BillWongOT

RT @aoife\_slattery: @musedNeuroOT @TanyaRihtman @OTalk\_ Nothing I haven't heard before, I love when people come up with new ver for it...



**ed sum** @musedNeuroOT

@BillWongOT @Atv1Levy21 @TanyaRihtman @OTalk\_ With Hakka being my first language, how I construct sentences was great for British Language, but not so great for written or spoken English. Note: topic-comment construction #OTalk



**Bill Wong, OTD, OTR/L** @BillWongOT

RT @TokunboTweetz: @OTalk\_ Spending time with my clients has been more valuable than travel. I've travelled to quite a few places, but r



**Lelanie @LelanieBrewer**  
@Carrie156 Absolutely @Carrie156 #OTalk



**OTalk @OTalk\_**  
RT @nicky ruthsmith: @beckycooper\_\_\_ @TanyaRihtman @OTalk\_ Yep, as always it's up to the individual to pull the valuable learning expe



**Alison @OTMcCracken**  
@TokunboTweetz @OTalk\_ I'd completely agree that the 1:1 time is what is really required. We will never be able to travel physically to all th countries that our clients have come from (let alone truly understand). But we can listen, not assume and then adapt our practice on individu #OTalk



**Bill Wong, OTD, OTR/L @BillWongOT**  
RT @BlowJemma: @TanyaRihtman @OTalk\_ I am not yet qualified but I know that this experience on South Africa will totally inform me as



**Bill Wong, OTD, OTR/L @BillWongOT**  
RT @beckycooper\_\_\_: @TokunboTweetz @OTalk\_ I agree with this.. Just because a client is from a particular country, speaks a different la



**Khalilah Johnson, PhD, OTR/L @OccScienceBae**  
@TokunboTweetz @OTalk\_ Absolutely! Your first connection is to your client! We can always draw on our experiences from travel; however, clients and their experiences, needs, etc. drive the therapeutic process. #OTalk



**Becky Cooper @beckycooper\_\_\_**  
@OT\_Child @TanyaRihtman @OTalk\_ Yes! I once saw a patient that would be incredibly offended if I did not accept some sort of food durin visit! #OTalk



**Tanya Rihman @TanyaRihtman**  
@LelanieBrewer @OTalk\_ @LelanieBrewer, have you found yourself in any situations were your SA-based experiences might not have pre you for UK-based experiences? Anything that was surprising/eye-opening that you hadn't expected as an SA-trained OT? #OTalk



**Nicky Smith @nicky ruthsmith**  
RT @nicky ruthsmith: @TanyaRihtman @OTalk\_ You could immerse yourself in other culture through buddying and shadowing? Regular onl faceti...



**Holleigh Bryan @HolleighLouise**  
RT @OTMcCracken: @TokunboTweetz @OTalk\_ I'd completely agree that the 1:1 time is what is really required. We will never be able to tr



**Toks Odutayo @TokunboTweetz**  
@OTalk\_ @BillWongOT Absolutely agree with this! #OTalk



**Laura grove @grove1978\_laura**  
I think that as human beings we all make unconscious judgements about people on first communications. However this trip has taught me a different norms and how my judgements may be impaired. #OTalk\_



**sonya d @Mozza53D**  
@TanyaRihtman @OTalk\_ Cultural differences mean OTs don't have suitable equipment for various therapies. It is taken for granted that eq to treat patients. Compensatory methods would have to be implemented in certain poverty stricken areas of the world #OTalk



**Tanya Rihman @TanyaRihtman**  
@BillWongOT @OTalk\_ @WFOT congress was hugely inspiring in that regard! #OTalk



**charlotte @charlot75473869**  
RT @nicky ruthsmith: @TanyaRihtman @OTalk\_ As OT's we are concerned with how environment shapes the individual, exploring new environments h...

**Nicky Smith @nicky ruthsmith**



RT @TanyaRihman: @grove1978\_laura @OTalk\_ Too true! During our visit today, we were told by our host that 'we're South African, we hu



**Lelanie @LelanieBrewer**  
@BillWongOT @OTalk\_ Good tip @BillWongOT incase my AOTA19 abstract is accepted #OTalk



**Bill Wong, OTD, OTR/L @BillWongOT**  
@TanyaRihman @OTalk\_ @wfot That is why I am breaking the norm of American OT clinicians to go to as many international conferences  
Cultural exchange + knowledge exchange makes it a great experience. #otalk



**Nicky Smith @nickyruthsmith**  
RT @nickyruthsmith: @TanyaRihman @OTalk\_ As OT's we are concerned with how environment shapes the individual, exploring new  
environments h...



**ed sum @musedNeuroOT**  
@Carrie156 But I can talk about my culture because I share some reference point with you and I highlight differences. I don't talk to you abo  
the Chinese use toilets because I assume you do the same, but may talk about it if I believe you do something different #OTalk



**charlotte @charlot75473869**  
@Lucygordon83 @OTalk\_ @TanyaRihman @enOThe1 How has this affected your practice now? #Otalk



**Louise McMann @louise\_mcmann**  
@TokunboTweetz @OTalk\_ Absolutely agree with this! #otalk



**Bill Wong, OTD, OTR/L @BillWongOT**  
RT @Mozza53D: @TanyaRihman @OTalk\_ Cultural differences mean OTs don't have suitable equipment for various therapies. It is taken f  
gran...



**Nicky Smith @nickyruthsmith**  
RT @AndrewDShort: @TanyaRihman @OTalk\_ Travelling to different cultures enables direct experience to be gained of nuances in  
communication...



**Tanya Rihman @TanyaRihman**  
@beckycooper\_\_\_ @OT\_Child @OTalk\_ We've found that here on the @CovUniOT trip - places with so very little will make sure to offer ho  
in some form or another, fundamental to the SA culture #OTalk



**Bill Wong, OTD, OTR/L @BillWongOT**  
@Mozza53D @TanyaRihman @OTalk\_ Or sometimes within our own practice too! As an individual with autism, I often try to ask for info on  
that I am unfamiliar. I do that because I want to know things to avoid and strategies on how to build rapport with patients quickly. #otalk



**Toks Odutayo @TokunboTweetz**  
@OTMcCracken @OTalk\_ Absolutely! #OTalk



**Lelanie @LelanieBrewer**  
@TanyaRihman @OTalk\_ Yes, definitely. I guess in South Africa you're always problem solving due to lack of resources so sometimes I'm s  
when people don't apply this here as one expect someone to provide you with things #OTalk



**Alternative Voices @Atv1Levy21**  
@TanyaRihman @OTalk\_ #OTalk I also think this trip has made me value the idea that we are all individuals and our stories all contribute to  
learning and understanding about the world and other cultures. For example on this trip I have not only learnt about south african culture....



**Toks Odutayo @TokunboTweetz**  
@beckycooper\_\_\_ @OT\_Child @TanyaRihman @OTalk\_ My favourite kinda visits! 😊 #OTalk

**Aoife Slattery @aoife\_slattery**



@Mozza53D @TanyaRihtman @OTalk\_ Do we need all of the fancy equipment we have in England to give Beneficial therapy to our clients? something I have learnt on this trip is the amount people can do with so little #OTalk



**Tanya Rihtman** @TanyaRihtman

The @OTalk\_ conversations are fascinating! Q4 for tonight's #OTalk: How might OT students and practitioners overcome their anxieties about travelling to other cultures with the express purpose of viewing different cultural lived experience from an occupational therapy lens?



**Nicky Smith** @nickyruithsmith

@TanyaRihtman @beckycooper\_\_\_ @OT\_Child @OTalk\_ @CovUniOT And after the intense debates and questions and conversations the group has had with the amazing hosts I have been incredibly grateful for the muffins and drinks to refuel #OTalk #Brainfood



**Bill Wong, OTD, OTR/L** @BillWongOT

And speaking of culture, definitely have observed that into play even in a game of golf. Like in South Africa, golfers often have a mid round n LA, sometimes we play to the back 9 with minimal breaks (e.g restroom or quick snack). #otalk



**Bill Wong, OTD, OTR/L** @BillWongOT

RT @musedNeuroOT: @Carrie156 But I can talk about my culture because I share some reference point with you and I highlight differences



**OT Child (Kat Carruthers)** @OT\_Child

@beckycooper\_\_\_ @TanyaRihtman @OTalk\_ Yes! When I was in the orphanage in Tanzania, the children bit in half everything they had to eat. It was more important to them that you shared their meal than that they had enough themselves. I tell my little girl (age 4) that story for her to learn #OTalk



**OTalk** @OTalk\_

Our final #OTalk question for tonight!



**Toks Odutayo** @TokunboTweetz

@aoife\_slattery @Mozza53D @TanyaRihtman @OTalk\_ This is such a valuable lesson to learn, especially with our ever-shrinking resource #OTalk



**Tanya Rihtman** @TanyaRihtman

@Yazminmillward @OTalk\_ I agree! I think that we don't really ever leave our history behind (and by history, I'd include our own life course & our ancestors as well). We don't often stop and think about how the people who came before inform the opportunities we have today #OTalk



**Becky Cooper** @beckycooper\_\_\_

@aoife\_slattery @Mozza53D @TanyaRihtman @OTalk\_ Maybe a cultural expectation of how services are delivered - interesting point!! #OTalk



**Lelanie** @LelanieBrewer

@anita\_atwal Yes definitely! It's the solution to everything here in the UK even though I prefer coffee myself #OTalk <https://t.co/LHI6kk0Ouo>



**Khalilah Johnson, PhD, OTR/L** @OccScienceBae

@Yazminmillward @OTalk\_ @TanyaRihtman Can you say more about this? Do you mean history of a place or history with therapists? I immerse myself in thought about how some communities of color do not trust the healthcare system because of deception in care (eg Tuskegee Syphilis Trials) #OTalk



**charlotte** @charlot75473869

@TanyaRihtman @OTalk\_ By the internet and making connections around the world so you can visit and know you have everything in place where you go. #OTalk



**Nicky Smith** @nickyruithsmith

@Yazminmillward @TanyaRihtman @OTalk\_ And how to respect someone's history in a way that they find appropriate #OTalk



**Jemma Blow** @BlowJemma

@TanyaRihtman @OTalk\_ By visiting as a group. I have learnt from this experience that it is lovely to be with people with the same ideas and shared visions as you. You can share and learn so much from the experience and debates throughout the group. #OTalk



**Becky Cooper** @beckycooper\_\_\_\_

@OT\_Child @TanyaRihtman @OTalk\_ Wow! And what a credit to you - your input must have been extremely valued #OTalk



**Aoife Slattery** @aoife\_slattery

@TanyaRihtman @OTalk\_ I think we can do research before travelling so certain aspects of the culture don't come as a shock when we arrive. For instance SA has a very important history that still affects people to this day #Otalk



**charlotte** @charlot75473869

RT @BlowJemma: @TanyaRihtman @OTalk\_ By visiting as a group. I have learnt from this experience that it is lovely to be with people with



**Andrew Short** @AndrewDShort

@TanyaRihtman @OTalk\_ I think that travelling to different cultures broadens an OT's awareness of how to build rapport with people #OTalk



**Tanya Rihtman** @TanyaRihtman

@charlot75473869 @OTalk\_ We really are so lucky to live in an era that gives us this type of access! #OTalk



**Lelanie** @LelanieBrewer

@BillWongOT Then you'll be blown away by crickets 🦗 which has lunch and tea breaks #OTalk



**Alternative Voices** @Atv1Levy21

@TanyaRihtman @OTalk\_ #OTalk I experience intense anxiety when I travel. I think being in a Uni group helped immensely as we all had a common goal to learn about culture and challenge our own biases and opinions.



**Aoife Slattery** @aoife\_slattery

@Mozza53D @TanyaRihtman @OTalk\_ I think Ot can become a service of giving out equipment to help people instead of giving them therapy. Especially with the limited hours we can have with patients these days #Otalk



**Tanya Rihtman** @TanyaRihtman

@grove1978\_laura @OTalk\_ I hope that they have been opportunities for genuine, meaningful reflection for action #OTalk



**Bill Wong, OTD, OTR/L** @BillWongOT

@LelanieBrewer Haha- in LA... if your group has mid round meal, you are going to get passed by at least couple groups. And given the court is usually busy on weekends, just extending an already long day. #otalk



**Becky Cooper** @beckycooper\_\_\_\_

@TanyaRihtman @OTalk\_ I think with the nature of the role, experiencing differing cultures is bound to happen almost on a daily basis - it's how we embrace these cultures and get to know our patients as individuals to assess the value and impact of their culture on their daily lives



**sherlyn graham** @sherlynmelody

@OTalk\_ We should be ourselves, but mindful of other people's behaviours and attitudes. Be open minded and understanding. Just as we were dealing with someone from our own culture #OTalk



**Tanya Rihtman** @TanyaRihtman

@Yazminmillward @OTalk\_ I agree! #OTalk



**Bill Wong, OTD, OTR/L** @BillWongOT

RT @aoife\_slattery: @Mozza53D @TanyaRihtman @OTalk\_ I think Ot can become a service of giving out equipment to help people instead of giving...



**Nicky Smith** @nickyruithsmith

@TanyaRihtman @OTalk\_ Being able to compare from one culture to another gives context and generates ideas - in SA the public sector is resource challenged. But I have been so inspired by the power of individuals and their determination to make projects happen #OTalk



**ed sum** 🇺🇸 @musedNeuroOT

@TanyaRihtman @Yazminmillward @OTalk\_ Would you agree @BillWongOT that the Chinese culture still generally does revere our ancestor  
Chung yeung is next month and I will come down every year from Scotland to clean my mum's grave and pay respects to her and my ancestors  
'smoothing my life's journey' #OTalk



**charlotte** @charlot75473869

@ZamzamOmar13 @OTalk\_ I agree. Me going in a big group to South Africa has made me less nervous however I would be very nervous &  
anxious going by myself #OTalk



**#Child** ❤️ @makgabow\_

RT @louise\_mcmann: Talking talking talking (which us OTs are great at) and allowing others to teach us. Always being open to learning #otalk



**Tanya Rihtman** @TanyaRihtman

@Atv1Levy21 @OTalk\_ I'm so glad to hear that the @CovUniOT trip has been able to do so! It wouldn't have been the same without you Mimi  
#OTalk



**Nicky Smith** @nickyruthsmith

@LelanieBrewer @TanyaRihtman @OTalk\_ It's good to be challenged! I think it makes us more adaptable OT's #OTalk



**Bill Wong, OTD, OTR/L** @BillWongOT

@musedNeuroOT @TanyaRihtman @Yazminmillward @OTalk\_ Yes- my family doesn't do it because it is quite far for us to do it on site. I think  
it is an exception, not the norm. #otalk



**Lucy gordon** @Lucygordon83

@charlot75473869 @OTalk\_ @TanyaRihtman @enOThe1 It's definitely made me aware of different areas of practice we have not explored  
much over here - it's opened my mind. And made me more curious about OT practice in other cultures! I would like to travel abroad to work  
alongside other OTs #OTalk



**Bill Wong, OTD, OTR/L** @BillWongOT

RT @TanyaRihtman: @Atv1Levy21 @OTalk\_ I'm so glad to hear that the @CovUniOT trip has been able to do so! It wouldn't have been the  
same without you #OTalk



**Khalilah Johnson, PhD, OTR/L** @OccScienceBae

@TanyaRihtman @OTalk\_ This is an interesting question and I'm grappling with how I'd like to respond. New experiences definitely evoke  
excitement and anxiety, but I'd ask students and practitioners to examine where those anxieties come from and what they hope to gain from  
experience. #OTalk



**Becky Cooper** @beckycooper\_\_\_

@aoife\_slattery @Mozza53D @TanyaRihtman @OTalk\_ This is one of my frustrations within my current role.. On the plus side we work with  
Physiotherapists so therapy can be an option. Difficult to weigh up cost of equipment vs therapy hours/costs #OTalk



**Lelanie** @LelanieBrewer

@aoife\_slattery @TanyaRihtman @OTalk\_ True but then we also need to acknowledge history in the places we work in now and probably  
controversial but the impact of our current political climate and how it affects people. A lot of people in the world are very anxious as a result  
cant ignore it #OTalk



**Bill Wong, OTD, OTR/L** @BillWongOT

@TanyaRihtman @Atv1Levy21 @OTalk\_ @CovUniOT At @USCChanOSOT, Ghana is a common destination for students for on what is no  
externships. (Before the location was a popular 2-week placement site) #otalk



**Holleigh Bryan** 🇺🇸 @HolleighLouise

Tonight's #otalk has increased my awareness of some assumptions we may make in practice about someone's culture (esp. location = specific  
culture). Furthermore, it has highlighted that there are subcultures, which we may need to consider in practice.

**Aoife Slattery** @aoife\_slattery

@beckycooper\_\_\_ @Mozza53D @TanyaRihtman @OTalk\_ Always frustrating that it has to come down to money as well. But I suppose that's  
often the case.



world we live in and we have to do our best with what we have #otalk



**Bill Wong, OTD, OTR/L** @BillWongOT

RT @sherlynmelody: @OTalk\_ We should be ourselves, but mindful of other people's behaviours and attitudes. Be open minded and understanding...



**Andrew Short** @AndrewDShort

@TanyaRihtman @OTalk\_ I think that travel enables you to have empathy for other cultures experienced and this can be reflected in your O practice in general and specifically culturally #OTalk



**Tanya Rihtman** @TanyaRihtman

@Joanneporter19 @OTalk\_ Yes! It's the subtlety that's key - the things we miss when we don't know what we're looking out for #OTalk



**Bill Wong, OTD, OTR/L** @BillWongOT

@sherlynmelody @OTalk\_ And also when you add disability into play, working with the other person's weakness can be a work in progress. OT has done a good job in integrating strengths based approach with my leadership ventures. #otalk



**OT Child (Kat Carruthers)** @OT\_Child

@beckycooper\_\_\_ @aoife\_slattery @Mozza53D @TanyaRihtman @OTalk\_ Equipment should be one tool in the box but with finance and v list pressures it sometimes becomes the only tool that can do the job within constraints which isn't what our profession is designed to be #O



**Bill Wong, OTD, OTR/L** @BillWongOT

RT @AndrewDShort: @TanyaRihtman @OTalk\_ I think that travel enables you to have empathy for other cultures experienced and this can refl...



**OTalk** @OTalk\_

Glad to hear you got something out of it, Holleigh! 😊 #OTalk



**charlotte** @charlot75473869

@Lucygordon83 @OTalk\_ @TanyaRihtman @enOThe1 I think it's a great opportunity to go travelling and see opportunity I will definitely go travelling again to see how occupational therapy is done in another country as I think it would in rich my knowledge and make me a better O



**Becky Cooper** @beckycooper\_\_\_

@OT\_Child @aoife\_slattery @Mozza53D @TanyaRihtman @OTalk\_ Unfortunate.... but true 😞 #OTalk Could we work towards changing th



**Bill Wong, OTD, OTR/L** @BillWongOT

RT @charlot75473869: @Lucygordon83 @OTalk\_ @TanyaRihtman @enOThe1 I think it's a great opportunity to go travelling and see oppo w...



**Nicky Smith** @nickyruithsmith

@TanyaRihtman @OTalk\_ I think we all experience anxiety when we venture into unknown situations but it's important to remember our hun and the things that we share. I spent the afternoon pretending to eat make believe food that kids had 'made' and saying 'yum' the same ever #oneworld #Otalk



**Bill Wong, OTD, OTR/L** @BillWongOT

@charlot75473869 @Lucygordon83 @OTalk\_ @TanyaRihtman @enOThe1 Take a page from my book! I am a pro at this. 😊 #otalk



**OTalk** @OTalk\_

This evening's #OTalk is coming to an end - thank you @TanyaRihtman for hosting and asking such thought-provoking questions, and thank everyone else for contributing!



**ed sum** @musedNeuroOT

RT @HolleighLouise: Tonight's #otalk has increased my awareness of some assumptions we may make in practice about someone's culture I...



**OT Child (Kat Carruthers)** @OT\_Child

@charlot75473869 @Lucygordon83 @OTalk\_ @TanyaRihtman @enOThe1 It's definitely reminded me why I loved travel so much. Haven't chance recently with two small children but it has definitely re-ignited the passion! #OTalk



**Tanya Rihtman** @TanyaRihtman

@OccScienceBae @OTalk\_ I find it fascinating that - despite the anxiety that new experiences bring - humans seek these opportunities out. inherent drive to expose ourselves to the unknown perhaps? Do we instinctively know that they will benefit us? #OTalk



**charlotte** @charlot75473869

@OccScienceBae @OTalk\_ @TanyaRihtman I think personally reflection is very important in this line of work to give service users a better s #OTalk



**Nicky Smith** @nickyruithsmith

RT @nickyruithsmith: @TanyaRihtman @OTalk\_ I think we all experience anxiety when we venture into unknown situations but it's important



**ed sum** 🇧🇷 @musedNeuroOT

RT @LelanieBrewer: @aoife\_slattery @TanyaRihtman @OTalk\_ True but then we also need to acknowledge history in the places we work i and...



**Bill Wong, OTD, OTR/L** @BillWongOT

RT @OT\_Child: @charlot75473869 @Lucygordon83 @OTalk\_ @TanyaRihtman @enOThe1 It's definitely reminded me why I loved travel s Haven't...



**Bill Wong, OTD, OTR/L** @BillWongOT

@OT\_Child @charlot75473869 @Lucygordon83 @OTalk\_ @TanyaRihtman @enOThe1 Whenever you go to somewhere cool for conferenc it a family vacation. I heard that is how some OT folks do it. #otalk



**Bill Wong, OTD, OTR/L** @BillWongOT

RT @nickyruithsmith: @TanyaRihtman @OTalk\_ I think we all experience anxiety when we venture into unknown situations but it's important



**Andrew Short** @AndrewDShort

@TanyaRihtman @OTalk\_ I think that OT students and practitioners need to be aware that to grow as practitioners you need to sometimes s of your comfort zone #OTalk



**sherlyn graham** @sherlynmelody

@charlot75473869 @OccScienceBae @OTalk\_ @TanyaRihtman Amen #otalk 👍



**ed sum** 🇧🇷 @musedNeuroOT

@nickyruithsmith @TanyaRihtman @OTalk\_ I wonder if drums and kicking a football are universal??? #OTalk



**Bill Wong, OTD, OTR/L** @BillWongOT

RT @AndrewDShort: @TanyaRihtman @OTalk\_ I think that OT students and practitioners need to be aware that to grow as practitioners yo need...



**Bill Wong, OTD, OTR/L** @BillWongOT

@AndrewDShort @TanyaRihtman @OTalk\_ Just not over-extend yourself! I have learned a lot this year through the consequences of doing #otalk



**Bill Wong, OTD, OTR/L** @BillWongOT

RT @TanyaRihtman: @OccScienceBae @OTalk\_ I find it fascinating that - despite the anxiety that new experiences bring - humans seek th op...

**Lucy gordon** @Lucygordon83

Thank you @TanyaRihtman for hosting a thought provoking and brilliant #OTalk I look forward to hearing about your field trip when you retur



a fantastic time @CovUniOT ✨



**OTalk** @OTalk\_

Oh and don't forget that participating in #OTalk and reflecting on what you've learned from it can be part of your CPD!



**Tanya Rihman** @TanyaRihman

@HolleighLouise I'm so glad to hear it @HolleighLouise - this is a topic very close to my heart which I could discuss forever! #OTalk



**Khalilah Johnson, PhD, OTR/L** @OccScienceBae

@OTalk\_ @TanyaRihman One of my favorite chats thus far! #OTalk

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