

SYMPLUR

#OTalk Transcript

Healthcare social media transcript of the [#OTalk](#) hashtag.

Tue, December 15th 2020, 2:40PM – Thu, December 17th 2020, 2:40PM
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Celia Bentley [@celiabentleyOT](#)

a month ago



[@sherlynmelody](#) [@Occ4LifeLtd](#) Definitely! I think our diversity (in whatever form) gives us additional life experience/skills/strengths to the team. I think if we don't have manager that inspire & motivate us to utilise those skills we become hidden... & that's such a shame. We have so much to give! [#Otalk](#)



Kirsty Stanley Occupation4Life [@Occ4LifeLtd](#)

a month ago



I have wanted to do stuff in schools for a while. Too many eggs Kirsty [#otalk](#)



Sherlyn [@sherlynmelody](#)

a month ago



[@Occ4LifeLtd](#) [#otalk](#) Ive been very vocal as an OT in my org. Im now a team workplace health champion, Ive also been promoting physical activity within the org Ive made a couple of videos highlighting the profession. Im currently in the process of creating a video for the local library service.



-  **#OTalk @OTalk** a month ago
 Thanks @Kvaku3 and others from @BAMEOTUK for all your actions to increase representation and diversity in the profession. Much appreciated 🌞🌞 #OTalk
-  **Celia Bentley @celiabentleyOT** a month ago
 @Occ4LifeLtd Me too! But how do we go about doing this? What's the best route etc? There's no body to guide us on this... #oTalk
-  **Kirsty Stanley Occupation4Life ❤️ @Occ4LifeLtd** a month ago
 A simple but effective change. Add it to your meeting agendas - and high up that list too so it doesn't get missed #otalk
-  **Toks Odutayo @TokunboTweetz** a month ago
 @Occ4LifeLtd Promote evidence practice with diverse groups to enable practitioners to feel confident in working with all client groups. Too many of our theories, tools and resources are inaccessible and inapplicable to diverse groups #otalk
-  **Georgia Vine @GeorgiaVineOT** a month ago
 @Occ4LifeLtd To hold space for these conversations and critical reflections, to provide training to those who haven't got the tools to have these conversations. #OTalk
-  **Kirsty Stanley Occupation4Life ❤️ @Occ4LifeLtd** a month ago
 @GeorgiaVineOT @OTTYPractice Yes I'm very excited to see what this is all about #otalk
-  **#OTalk @OTalk** a month ago
 What do you know. Final question already. (Although you can keep thinking and tweeting on the topic after 9 if you want to 😊) #OTalk
-  **Georgia Vine @GeorgiaVineOT** a month ago
 @Occ4LifeLtd Definitely!!! #OTalk
-  **Kirsty Stanley Occupation4Life ❤️ @Occ4LifeLtd** a month ago
 Definitely- this needs to be regularly reviewed. #otalk
-  **Ryan Lavalley PhD, OTR/L @ryan_lavalley** a month ago
 @Beth_Rocketship @Occ4LifeLtd I think it's important to say that sometimes this is much more the job of allies/accomplices than those in excluded or marginalized group. Sometimes there is no energy left to tip toe around a person from the "majority" group's feelings... #otalk 1/2



Ryan Lavalley PhD, OTR/L [@ryan_lavalley](#)

a month ago

[@Beth_Rocketship](#) [@Occ4LifeLtd](#) Especially if they had many opportunity to do that work for themselves already. [#otalk](#) 2/2



Beth Chesworth [@Beth_Rocketship](#)

a month ago

[@Occ4LifeLtd](#) We need to lead by example - correct people sensitively if they use the incorrect terminology, challenge stereotypes, learn about different cultures and demographics and share what we have learnt with our colleagues [#OTalk](#)



Kirsty Stanley Occupation4Life [@Occ4LifeLtd](#)

a month ago

Visibility and Invisibility of diverse characteristics both come with their own challenges that's for sure [#otalk](#)



Kirsty Stanley Occupation4Life [@Occ4LifeLtd](#)

a month ago

That has definitely been something that has been pretty impossible for next year's cohort to do - maybe that will open up the ways people can show engagement with the profession pre application [#otalk](#)



#OTalk [@OTalk](#)

a month ago

[@celiabentleyOT](#) [@Occ4LifeLtd](#) [@theRCOT](#) resources for [#OTweek2020](#) had resources/guidance for doing presentations in school. Have you seen these? [#OTalk](#)



Toks Odutayo [@TokunboTweez](#)

a month ago

[@Beth_Rocketship](#) [@Occ4LifeLtd](#) Well put! [#otalk](#)



Farrah Money [@farrah_money](#)

a month ago

[@Occ4LifeLtd](#) [#otalk](#) challenge the status quo! Don't be afraid to ask why? Don't just accept what you are told...



Sherlyn [@sherlynmelody](#)

a month ago

[@Occ4LifeLtd](#) [#otalk](#) I think getting into schools would be a great place to start. I was due to involved in Hertfordshire Health and Social Care Careers Expo, 'Future Heroes', presenting a display of a wide range of different career options.



#OTalk [@OTalk](#)

a month ago

Only 5 more minutes to go. Any final thoughts regarding tonight's topic [#OTalk](#)



Kirsty Stanley Occupation4Life [@Occ4LifeLtd](#)

a month ago

I need to read up more about the concept of calling in. I like it [#otalk](#)





Ryan Lavalley PhD, OTR/L [@ryan_lavalley](#)

a month ago

SYMPPLUR [@Occ4LifeLtd](#) could identify specific policies in our academic and professional institutions that disproportionately exclude certain groups and fix them. - Action: pay people from these groups (good money) to analyze these policies and provide recommendations, and then follow them!
#OTalk



Hannah Spencer [@hspenceruk](#)

a month ago

[@Occ4LifeLtd](#) but also a recognition beyond pronouns, that a person's unique experience (as in any aspect of life) is unique, subjective and may be more complex and diverse than the societal binary or the outwardly perceived #OTalk



Kirsty Stanley Occupation4Life [@Occ4LifeLtd](#)

a month ago

[@musedNeuroOT](#) Indeed. Definitely felt like a bit of gaslighting went on. I'd be interested to see what comes of it. But excellent point. Tapping into those feelings should be able to give us empathy for marginalised groups #otalk



Melissa chieza [@melissa_chieza](#)

a month ago

[@celiabentleyOT](#) [@Occ4LifeLtd](#) Occupational Therapists need to be know more at career fairs #otalk



Kirsty Stanley Occupation4Life [@Occ4LifeLtd](#)

a month ago

Brilliant #otalk We need to be given time to do these things, the development work alongside seeing service users otherwise things won't change



#OTalk [@OTalk_](#)

a month ago

Another set of good ideas for actions here #OTalk



BethChesworth [@Beth_Rocketship](#)

a month ago

[@Occ4LifeLtd](#) Amplifying the voices of OTs and service users from different demographics! And actually listen and learn from them. Ask questions sensitively and if we make a mistake - apologise, correct yourself and move on. We all make mistakes and we can all always do better #OTalk



Ryan Lavalley PhD, OTR/L [@ryan_lavalley](#)

a month ago

[@sherlynmelody](#) Thank you!! #OTalk



#OTalk [@OTalk_](#)

a month ago

Thanks to [@Occ4LifeLtd](#) for hosting another great discussion. Tonight was the last #OTalk of #2020, what a year! Lots of changes happened, lots of adaptation, some fab topics and discussions and an amazing #OTalk community. Stay safe all. See you in 2021 <https://t.co/bYifn3Qoly>





Kirsty Stanley Occupation4Life ❤️ [@Occ4LifeLtd](#)

a month ago

Thank you to everyone who has attended or commented on any of these [#otalk](#) series. I'd like to write something up for [@OTnews](#) and if anyone wants to support me with that or if you have a quote you'd be happy to share on your learning ping me a DM.



Kirsty Stanley Occupation4Life ❤️ [@Occ4LifeLtd](#)

a month ago

[@celiabentleyOT](#) [@OTalk_](#) [@theRCOT](#) I think this year was tricky all round. I think the earlier you can get into schools diaries the better. [#otalk](#)



Celia Bentley [@celiabentleyOT](#)

a month ago

Very well said! 🙌🎉



Kirsty Stanley Occupation4Life ❤️ [@Occ4LifeLtd](#)

a month ago

This. I signed a petition today about developing a culturally sensitive eatwell plate. This is the type of thing we need to consider for all of our services [#otalk](#)



Hannah Spencer ❤️ [@hspenceruk](#)

a month ago

[@Occ4LifeLtd](#) [@OTnews](#) Good job Kirsty! Thank you for making the series happen and everything you've put into doing so. [#OTalk](#) into action.



Kirsty Stanley Occupation4Life ❤️ [@Occ4LifeLtd](#)

a month ago

2021 actions [#otalk](#)



Kirsty Stanley Occupation4Life ❤️ [@Occ4LifeLtd](#)

a month ago

[#otalk](#)



Kirsty Stanley Occupation4Life ❤️ [@Occ4LifeLtd](#)

a month ago

RT [@ryan_lavalley](#): [@Beth_Rocketship](#) [@Occ4LifeLtd](#) I think it's important to say that sometimes this is much more the job of allies/accomplic...



Kirsty Stanley Occupation4Life ❤️ [@Occ4LifeLtd](#)

a month ago

RT [@Beth_Rocketship](#): [@Occ4LifeLtd](#) We need to lead by example - correct people sensitively if they use the incorrect terminology, challenge...



Catherine McNulty [@cathymc9781](#)

a month ago

RT [@Occ4LifeLtd](#): Good point for many people this has been apparent for a while but we definitely need to keep it in the spotlight. [#otalk](#) h...



Kirsty Stanley Occupation4Life ❤️ [@Occ4LifeLtd](#)

a month ago

We are going to have a fired up OT workforce in 2021. Love it [#otalk](#)



 **Sherlyn**   @sherlynmelody a month ago
 Oh no!! #otalk it's been great. I've been really busy recently, so not been engaging for a while. Glad I didn't miss the last one for the year. See you next year all 🙏🏻
 🙏🏻🥰

🗨️ ↻ ❤️

 **Kirsty Stanley Occupation4Life**  @Occ4LifeLtd a month ago
 RT @sherlynmelody: @Occ4LifeLtd #otalk I think getting into schools would be a great place to start. I was due to involved in Hertfordshire...

🗨️ ↻ ❤️

 **Kirsty Stanley Occupation4Life**  @Occ4LifeLtd a month ago
 Definitely. Have you filled in the @The_HCPC survey yet. Interested to know your thoughts on the questions. I thought in particular the option to self identify was welcome. #otalk

🗨️ ↻ ❤️

 **#OTalk** @OTalk_ a month ago
 @hspenceruk @celiabentleyOT @ot4lyfe @AHPLeader @BAMEOTUK @GeekyOT also gave a podcast recommendation earlier today relevant to tonight's #OTalk

🗨️ ↻ ❤️

 **Georgia Vine** @GeorgiaVineOT a month ago
 RT @Occ4LifeLtd: 2021 actions #otalk

🗨️ ↻ ❤️

 **Beth Chesworth** @Beth_Rocketship a month ago
 @ryan_lavalley @Occ4LifeLtd Yes! Exactly this. Thank you #OTalk

🗨️ ↻ ❤️

 **Hannah Spencer**  @hspenceruk a month ago
 @OTalk_ Thanks to you and @Occ4LifeLtd for this eve. Forgot how fast that hour goes... There I am pondering Q1 and Q5 is done 🤔😅 #OTalk look forward to revisiting in t'mornin'!

🗨️ ↻ ❤️

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