



# The New Zealand Association of Occupational Therapists *Whakaora Ngangahau Aotearoa Inc* Annual Report

1 April 2012 – 31 March 2013

**Mission:** Championing the profession of occupational therapy/whakaora ngangahau

**Vision:** NZAOT is the touchstone\* for occupational therapy/whakaora ngangahau in Aotearoa New Zealand: empowering individuals, whānau, organisations and communities to achieve health and wellbeing through occupation

**Values:** Occupational justice, biculturalism, integrity, professionalism, collaboration and transparency.



**Rita Robinson**  
*President*



**Siobhan Molloy**  
*Executive Director*



## The New Zealand Association of Occupational Therapists/Whakaora Ngangahau Aotearoa is pleased to report on the successes of the 2012 – 2013 year.

Our year reflects the commitment and dedication of the members, elected council, staff and partners/supporters. A special thank you to all our stakeholders – together we have achieved much to be proud of.

*He rau ringa e oti ai.  
Many hands make light work.*

Significant opportunities ahead for the association informed a radically revitalised strategic direction for 2012–2017; the three key objectives of visibility, advancing skills, and organisational wellbeing, form the framework for writing this annual report. The strategic plan embeds a new vision, mission and updated values which are fundamental for how the association intends to move forward, and we strive for the application of these values to shape our everyday activities and interactions.

Agreeing our core values has crystallised our journey towards embracing biculturalism - acknowledging the spirit and intent of Te Titiri o Waitangi (the Treaty of Waitangi). The endorsement of this intent was demonstrated by members at the 63rd NZAOT AGM (held at Māramatanga Hou: fresh perspectives, 2012 conference), where members voted in favour of a Māori name, Whakaora Ngangahau Aotearoa, alongside the association's existing English name. To guide our bicultural journey, we have entered a formal relationship with mātua Rackie and whaea Iris Pahau who provide tikanga support and guidance.

As we continue into the 2013–2014 year, we can see a strong shift from surviving and being sustainable to growing and thriving. There will be an emphasis on investing in the association to develop our infrastructures with the right technological supports, staff resources, and frameworks to meet our strategic goals. We welcome the opportunities for growth ahead: celebrating both our 65th birthday and 30 years since the inaugural Frances Rutherford lecture; creating a new look website to ensure both a consumer and member focus; and certainly look forward to preparing for the hosting of the Asia-Pacific Occupational Therapy Congress in 2015.

**Rita Robinson,**  
**MOccTher. ROT. MNZAOTJ\**  
**President NZAOT**

**Siobhan Molloy,**  
**PG Dip Rehab., BSc.**  
**Executive Director NZAOT**

### \*Touchstone:

- *the place to find out about, or be advised about occupational therapy/whakaora ngangahau*
- *the place occupational therapists/ngā kaiwhakaora ngangahau are nurtured from*
- *the place that promotes excellence in occupational therapy/whakaora ngangahau*
- *the place occupational therapists/ngā kaiwhakaora ngangahau connect back to the core paradigm of occupational therapy/whakaora ngangahau so that they can empower others*

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## NZAOT Strategic Goal 1: VISIBILITY

### Everybody understands what occupational therapy/ whakaora ngangahau is and its value in Aotearoa New Zealand

#### What's in a name?

- NZAOT has formally recognised key definitions for occupational therapy, occupation, occupational science, the occupational therapy scope of practice, and the te reo Māori translations: occupational therapy/whakaora ngangahau and occupational therapist/kaiwhakaora ngangahau. In doing so we acknowledge the unique and varied practice contexts in which occupational therapists/ngā kaiwhakaora participate in and contribute to society.
- Occupational Therapy Week, 22-27, October saw another opportunity to highlight occupational therapy - members had access to a range of resources both from NZAOT and the World Federation of Occupational Therapists, and gathered up and down Aotearoa New Zealand to get the message out there to the general public.
- Our ongoing partnership with the Automobile Association (AA) CarFit provides another outlet for communicating to the public what occupational therapists do. CarFit is a community service education programme for older drivers.

#### Influencing through an occupational therapy lens

- An occupational perspective submission was developed on proposed welfare reforms. We said:  
*'Working is a complex task and success is dependant upon the person being able to achieve a balanced interaction between the competing demands of their occupations. ... Understanding, analysing and developing the relationship between a person, their occupations and their physical social and cultural environment is the core skill of occupational therapy, which makes occupational therapists uniquely positioned to provide individualised and evidence-based return-to-work services.'*

We also supplied the Ministry of Social development with significant evidence-based articles about successfully returning people to the workforce.

- A submission was made on The Health Practitioners Competence Assurance Act Review 2012 – the review outcome is pending.
- NZAOT or its nominees continue to have active participation in several forums including: ACC Consumers Outlook Group, Joint ACC/MOH Spinal Cord Impairment Strategy, Occupational Health and Safer Industry Group, Te Pou (review of programmes), MOH Equipment and Modifications Services Prioritisation Project Steering Group, the Allied Health Professional Associations' Forum (AHPAF) and the ACC Futures Coalition. NZAOT was represented at the ACC Futures Coalition conference where both the history and the future of the crown agent was discussed.

#### International participation

- NZAOT is proud of its long association and active participation with the World Federation of Occupational Therapists. The year started with communicating key outcomes from the biennial WFOT 30th council meeting in Taiwan (March 2012). NZAOT contributed to the WFOT e-News, Clare Hocking continued in her role as project leader for the revision of the 2002 WFOT Minimum Standards for the Education of Occupational Therapists, and NZAOT collaborated with both occupational therapy programme in giving some preliminary feedback on proposals.
- Nancy Wright is in the third year of her term as a director of the Occupational Therapy Council of Australia and New Zealand. This governance group has key functions around occupational therapy programme accreditation and qualifications approval (<http://otcouncil.com.au/>).
- NZAOT benefits from a strong collaborative relationship with our key strategic stakeholder partners: the Occupational Therapy Board of New Zealand and the occupational therapy programmes at Otago Polytechnic and AUT University.

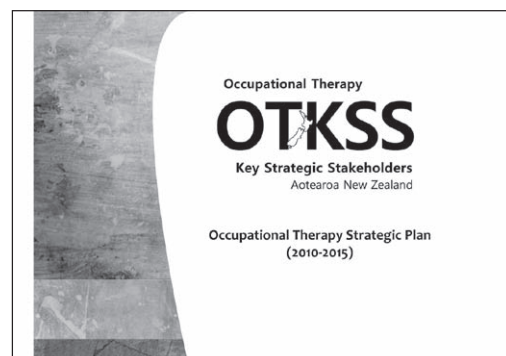
*\*Whakaora means 'to restore to health' and 'ngangahau' is an adjective meaning 'active, spirited, zealous'. In choosing this translation, the idea of 'reawakening, or restoring to health one's activeness, spiritedness and zeal [is being conveyed]'.*

**Hohepa MacDougall** -  
kaiwhakamāori/translator

Te Taura Whiri i te Reo Māori  
/ Māori Language Commission  
(2010)

Allied Health  
Professional  
Associations'  
Aotearoa  
New Zealand

ACC Futures Coalition



## NZAOT Strategic Goal 2: ADVANCING SKILLS

### A strong dynamic and sustaining association advancing occupational therapy/whakaora ngangahau.

*I found [Frank's] 'out of the box' thinking refreshing and affirming.*

*Frank's keynote was inspiring] - the power of occupation in communities - lifted my horizon to what is possible.*

**Conference participants 2012**

*[I liked Lena-Karin's] practical way of looking at occupations ... I will be able to add to my toolbox.*

*[I found] Lena's detailed description of occupation to indeed be a fresh perspective on a well researched area.*

**Conference participants 2012**

#### Lifelong learning opportunities

- There were over 230 registrations for the Māramatanga Hou: fresh perspectives conference and pre-conference workshops – it was a very magical and inspirational event as evidenced by your feedback about what you enjoyed:

'the inspiration of being with like-minded people and how that has reaffirmed my professional identity and revitalised me to focus more on occupation for my clients.'

'just being with and hearing from our thinkers and innovators - the buzz of everyone being together!'

'the conference's dignifying embeddedness in Māori culture/traditions, and the deeply felt presence of Māori elders from start to finish.'

'the issues forum and the AGM. Being in a room with lots of other occupational therapists. Having time to focus and be challenged through a range of presenters [and] discussing and workshoping professional issues.'

Radio New Zealand broadcast two radio programmes arising out of interviews with conference speakers.



#### **Keynote speaker: Frank Kronenberg, an excerpt:**

*"... a practical wisdom approach to making occupational therapy matter may require us to become (more) mindful of all that humans do and do not do(!), with and to themselves and each other on an everyday basis, as it manifests on a continuum of affirmations and negations of our humanity, and as such may have implications for our health."*

- Supporting occupational therapists to practise occupational therapy was enhanced by the opportunity for practitioners to participate in a practical 3 day workshop with Lena-Karin Erlandsson about new perspectives on daily occupations, an understanding of the 'everyday', and its impact on health and workability.



#### **Keynote: Lena-Karin Erlandsson, an excerpt:**

*"The same occupations may generate very different experiences which could be healthy or unhealthy; ... Re-organisation of daily occupations can enhance health."*

- The uptake of affordable online continuing professional development was steady throughout the year, with the course 'Difficulties with Handwriting' being enjoyed by teachers as well as member and non-member occupational therapists. Due to the reciprocity of professional development benefits between NZAOT and Occupational Therapy Australia (OTA), members have also accessed the OTA course 'Helping Children with Autism'.
- The position statements: 'Supervision for Occupational Therapists', and 'The Role of Occupational Therapists in Mental Health' were reviewed and substantially updated to reflect current thinking and practice.
- Planning for the hosting of the 6th Asia-Pacific Occupational Therapy Congress (APOTC) in 2015 included the establishment of the scientific programme committee and development of a website, [www.apotc2015.com](http://www.apotc2015.com).

*[Jane's] message for a bicultural foundation of NZ and occupational therapy was potent [and] important ... I liked the personal dimension of it.*

*I found Jane's presentation about linking with the 'roots' of the land so significant to life in NZ.*

**Conference participants 2012**

## Implementing Te Umanga Whakaora: Māori workforce development

- NZAOT council members support an active Auckland based occupational therapist/kaiwhakaora ngangahau Māori roopu. A stay at a marae (noho) was held at the beautiful Pakiri Beach, papa kāinga of Jake Tahitahi and his whānau. In March a hui was held with AUT students and Māori practitioners followed in April with Otago (WINTEC) students: the key kōrero involved peer and student support with processes for staying connected.



**Keynote and Frances Rutherford Lecturer – Jane Hopkirk.**

## Recognising excellence

- The 14th Frances Rutherford Lecture: E rua ao ngā ao, kotahi te taura tangata: Two worlds and one profession, was given on the 19th of September by Jane Hopkirk who was recognised for her significant contribution to the profession through service, research and publications.

*"What will our descendants in the profession tell of our stories? Will they depict us paddling to the deep as Māui did to pull a new land into being with all the associated occupations it gives opportunity to? Or will they show us travelling to the heavens as Tāne did, seeking knowledge to use in day to day life that has meaning and value for those receiving it? Will you be in that story? What will we as a profession do to empower Māori to live well participating in their families and communities in meaningful ways to them?"*

Excerpt from Jane Hopkirk FRLA 2012

- NZAOT introduced a new annual award - the NZAOT Occupational Therapy Achievement award. This award recognises exemplary practice and is sponsored by members interested in fostering the development of occupational therapy practice in New Zealand. The inaugural winner was Anna Baker, who led the conception, development and implementation of Head Start, an active body, active mind brain programme.

**Anna Baker – inaugural NZAOT Occupational Therapy Achievement Award recipient.**



- The NZAOT Graduate Award was bestowed on Hannah Sinclair (Otago Polytechnic), and Jessica Phillips (AUT University), for the highest level of achievement in completing the occupational therapy programme.



**NZAOT Graduate Award recipients, Hannah Sinclair (Otago) (left) and Jessica Philips (AUT).**



*Just a quick note to say that I greatly value your occasional emails providing details of recent info/abstracts of interest – much appreciated!*

**NZAOT member**

*WOW – thank you so much everybody. This discussion has been so interesting and helpful – I never expected to set off a chain reaction like this, but I truly appreciate the time, effort and opinions people have put in. I have some good ideas to move forward with now.*

**SIG participant**

- NZAOT takes this opportunity to congratulate member Clare Hocking on becoming New Zealand's first professor of occupational science and therapy.

*Professor Clare Hocking and NZAOT president Rita Robinson, at Clare's professorial lecture, discussing the role that occupational therapy plays in population health.*



*Honorary life member Sunny Riordan*

### Honorary life membership conferred

- Member Sunny Alix Riordan was presented an honorary life membership. Sunny has a long history since 1953 of outstanding contributions made to the profession and to the association.

Most recently Sunny is known as being one of four authors of the book: *Legacy of Occupation – Stories of Occupational Therapy in New Zealand 1940 – 1972*.

### Grants and trusts

- Pauline Boland was awarded a \$2,600 New Zealand Occupational Therapists Research & Education Trust grant to support her research entitled: To investigate to what extent the policies and procedures for provision of assistive technology to people with stroke are fit for purpose.
- Grants were made to several students to assist them with their studies from the Karis Boyd Trust.

### Publications

- Access to up-to-date evidence is central to supporting occupational therapists in practice, and members have valued their privileged access to a range of international journals online - as well as monthly reminders through circulating abstracts to special interest groups.
- The New Zealand Journal of Occupational Therapy published Vol 59, Issue 1 in April, and issue 2 and October, with a range of articles from New Zealand and overseas.
- The OT Insight magazine schedule was revised to 8 editions and 2 online e-OTIs. Content includes information, clinical articles, book reviews, sector news, and continuing education updates. New features include a regular column focusing on research and innovation, and themed editions: biculturalism (July 2012), and supervision (March 2013).



### Special interest groups

- Vital for networking and resource-sharing, NZAOT special interest groups (now numbering 22), are our online communities of practice. Many are thriving with enriching debate across a range of important occupational therapy issues.

### Support for new graduates

- New graduates face challenges as they enter the workforce and NZAOT has developed a web page with resources especially to help them navigate their first professional year.

## NZAOT Strategic Goal 3: ORGANISATIONAL WELLBEING

**The association is equipped to deliver the strategic goals in alignment with its vision, mission and values.**

### **Ma whero ma pango ka oti ai te mahi\***

#### **With red and black the work will be complete**

*\*This refers to co-operation where if everyone does their part, the work will be complete. The colours refer to the traditional kōwhaiwhai patterns on the inside of the meeting houses.*

Our strength as an association is our togetherness and in ensuring our foundations are strong. Members voted to consolidate our foundations by accepting a new constitution and a new name. We are now known as the New Zealand Association of Occupational Therapists/Whakaora Ngangahau Aotearoa.

After considerable consultation and debate through both the NZAOT Values Exchange and the NZAOT Issues special interest group, the council adopted a new 5-year strategic plan including a revised vision, mission and values. 'Biculturalism' was added to our core values together with a rule change, which encourages the association to have policies and practices that reflect our cultural diversity and in particular, have due regard to the provisions, and to the spirit and the intent of Te Titiri o Waitangi (the Treaty of Waitangi).

With regret we farewelled kaumātua Jim Nicholls. We are indebted to mātua Jim and whaea Iri for navigating NZAOT through the early stages of our bicultural voyage. We were then fortunate in being able to appoint mātua Rackie and whaea Iris Pahau as tikanga advisors to facilitate and guide the next stage of our journey.

Further momentum was gained with the election of a new council, resulting in three out of seven council members identifying as Māori. This is to be celebrated and acknowledged as an historic first.



*Iris & Wereta (Rackie) Pahau*

### **Membership and staffing**

Membership increased slightly which is an endorsement of the member decision to increase the membership subscription by 17%.

Staffing was stable throughout the year.

### **Financial thrivability**

NZAOT ensures activities and resources are used effectively and efficiently to address the strategic direction and support members. An external advisor, Alan Sharr (chartered accountant) was appointed to support the audit and finance committee. The healthy surplus achieved this year will assist the association to invest in some strategic projects including a much needed website redevelopment, promotion of occupational therapy, planning for hosting the 2015 Asia-Pacific Occupational Therapy congress, and an organisational review of the supports needed to deliver the strategic plan.

*[I liked} the integration of te ao Māori into much of what we did - karakia, waiata and the association's name [change].*

**Conference participant  
2012**

*The pōwhiri and other cultural aspects were a stand out at this conference.*

**Conference participant  
2012**

6th ASIA PACIFIC  
OCCUPATIONAL  
THERAPY CONGRESS  
14-18 September 2015  
ROTORUA  
NEW ZEALAND



DOING WELL  
TOGETHER:  
with your food  
basket and my food  
basket the people  
will thrive

KIA MAHI TAHI  
TĀTOU, KIA ORA  
TAHI AI:  
nā tō rourou, nā  
taku rourou ka ora  
āi teiwi.

*Congratulations to the team for getting [the supervision position statement] completed. It's a great position statement, and reflects exactly what I hoped it would, thank you everyone who contributed.*

**NZAOT member**

## Summarised financial statements

### Statement of Profit and Loss

	2013	2012
Total Income	\$356,499	\$293,945
Total Expenses	\$307,782	\$319,918
Net surplus/deficit for Year	\$ 44,852	\$(17,209)

### Balance Sheet

	2013	2012
Total Assets	\$313,176	\$315,625
Total Liabilities	\$ 44,000	\$ 91,300
Equity	\$269,176	\$224,324

This financial information is intended as a brief overview. Members can access the full audited financial statements for year ending March 31, 2013 at [www.nzaot.com](http://www.nzaot.com) under About Us or contact the office.

## In summary

The annual report for the 01 April 2012 – 31 March 2013 year demonstrates how NZAOT continues to meet members' expectations through its ongoing commitment to its mission: 'Championing the profession of occupational therapy/whakaora ngangahau.'

The coming year holds much to look forward to – we will be:

- hosting the NZAOT clinical workshops: Reflection on Practice – Wairarapa, Glistening Waters in September
- planning for both the 65th birthday of NZAOT and the 30th anniversary of the inaugural Frances Rutherford Lecture award in 2014
- developing a new web site and including sections to develop the public awareness and understanding of occupational therapy
- continuing our preparation to hosting the Asia-Pacific Occupational Therapy Congress in Rotorua 2015

## Members and staff as at 31 March 2013

### Council members

Responsible for setting and achieving the guiding vision, mission and strategic direction of the New Zealand Association of Occupational Therapists / Whakaora Ngangahau Aotearoa

President

**Rita Robinson** (2011 - current)

Treasurer

**Christine Pacey** (2011 - 2012)  
**Ruth Spain** (2011 - current)

Secretary

**Yvonne Browning** (2011 - 2012)

Māori Perspective

**Karen Gallagher** (2011 - current)

WFOT Delegate

**Merolee Penman** (2011 - current)

Council at Large

**Isla Emery-Whittington** (2012 – current)  
**Jo-Anne Gilsenan** (2012 – current)  
**Clare Thompson** (2012 – current)

### NZAOT office

**Siobhan Molloy**, Executive Director

Responsible for the leadership and management of the New Zealand Association of Occupational Therapists / Whakaora Ngangahau Aotearoa according to the strategic direction set by the council.

**Shirlee Cantwell**, Office Administrator

Responsible for administrative support, including being the first point of contact and maintaining our membership database.

**Tina Larsen**, Communications/Professional Development co-ordinator

Responsible for editing the OT Insight monthly, and co-ordinating professional development opportunities for members.

**Nadine Haines**, Financial Administrator

Responsible for managing NZAOT's accounting functions in accordance with legislative requirements and standard accounting practice, and providing up-to-date financial information.

**Grace O'Sullivan**, Editor NZJOT

Responsible for overseeing the editorial process, and maintaining the integrity of the scientific literature published.



## LEVO OF SWITZERLAND - C3



The NEW C3 combines world renowned standing functions with a unique auto adjustable traction power base.

### Characteristics of the Sitting and Standing unit:

- Optimal biomechanics in all sitting and standing positions
- Quickly and easily adaptable to any individual body size
- Enables mounting for individual back and seat systems
- Minimal seat height for easy transfer and table or desk accessibility
- Sitting and Standing unit with a new 'Low Shearing System'.

### Characteristics of the power base :

- 4WD - Compact, agile, easy to operate and extremely efficient drive system
- Small dimensions for use in narrow spaces
- Compact design for easy transport
- Reliably manages curbs, ramps and rough ground
- Center wheel drive in seated position means a smaller turn radius
- Front wheel drive in standing position, safer to maneuver
- Turns in sitting and in standing position around the users center of gravity
- Easy to service, superior accessibility, constant support.

## VENDLET OF DENMARK - PATIENT TURNER

The founder Christian Buus, had a disabled daughter who was cared for at home. As the daughter grew older, his wife could no longer endure the physical strain of turning her daughter in bed, thus, he invented the first VENDLET almost 30 years ago.

The latest model is the Vendlet V5, which provides full electric operation.

Other benefits include :

- Prevention of caregiver injuries
- Ease of daily care routines
- Increased patient comfort
- Positive contact between the caregiver and patient
- Improved caregiver productivity
- Easy attachment to most healthcare and hospital beds



## AEROLET OF HOLLAND - TOILET LIFT



The AEROLET Toiletlift, is suitable for those with weight bearing difficulty and is ideal for users who have Multiple Sclerosis, Motor Neurone disease, Muscular Dystrophy, strokes and other disabling conditions.

With easy to use electronic controls, it gently raises and lowers, while the user remains fully seated, supported, and in control at all times ensuring safe, comfortable personal hygiene management.

Ergonomically designed and offering independence, privacy and dignity for the mobility impaired,

The Toiletlift comes with arm supports, which move with the user giving constant support when sitting down and standing. It is adjustable for the height and weight of the disabled user, without any inconvenience to other toilet users.