



## **DOT (WA) Inc. MEETING AGENDA**

**TO BE HELD at 9.00am on August 4<sup>th</sup> 2017**

**Please Note: Change of Venue**

***DEPARTMENT OF COMMUNITIES (formerly DISABILITY SERVICES COMMISSION)***

***In the BARRY MACKINNON ROOM***

***140-160 Colin Street, West Perth***

- 1. WELCOME & APOLOGIES**
- 2. CONFIRMATION OF PREVIOUS MINUTES**
- 3. MATTERS ARISING FROM PREVIOUS MINUTES**
- 4. OT ASSOCIATIONS**
- 5. NEW BUSINESS**
- 6. THE GOOD, THE BAD AND THE UGLY**
- 7. REGIONAL NEWS**
- 8. PRESENTATION:**  
Tim Cross, Procurement Manager & Hannah Toster, Allied Health Consultant with Dept of Communities presenting on 'WA NDIS Eligibility including eligibility criteria and how to become a provider'

**Following meeting:** September 1<sup>st</sup> 2017 (will include AGM)

**Chairperson:** Fiona Kemp

**Presentation by:** To be confirmed

**Topic:** To be confirmed

**Distribution:**

See e-mail list

### **TELEHEALTH VIDEOCONFERENCE LINK-UP**

If members wish to dial in for DOT (WA) meetings they need to contact the Telehealth Coordinator, [telehealth.cahs@health.wa.gov.au](mailto:telehealth.cahs@health.wa.gov.au). Please CC DOT(WA) [dotwa@outlook.com](mailto:dotwa@outlook.com) so we know who will be dialling in.





**DOT (WA) Inc. MEETING MINUTES**  
**MINUTES of MEETING HELD on FRIDAY 7<sup>th</sup> July 2017 AT 9am**  
**IN THE STATE CHILD DEVELOPMENT CENTRE CONFERENCE ROOM**

### **1.1 PRESENT**

Helena Blackley, Victoria Sylvester, Prue Bowman, Zoe Simmons, Emily Burns, Felicity Emery, Jade Morgan, Rachael Fallows (Chair), EJ Leong, Annika Helenius, Megan Hatfield, Aimee Dougan, Kelsie Davis, Claire Goss, Tarryn Minson

### **1.2 APOLOGIES**

Fiona Kemp, Sarah Evans, Briohny Dempsey, Bec Czaplinska, Felicity Emery, Jaquie Hunt, Hannah Toster, Sam Johnson, Isabelle Pontre, Alycia Pitts, Jodie Armstrong,

## **2. CONFIRMATION OF MINUTES**

The minutes were confirmed as a true record by Zoe Simmons and not seconded

## **3. MATTERS ARISING FROM PREVIOUS MINUTES**

### **3.1 Mentorship program**

- Sign up for the current program has now closed and the matching of mentors and mentees is in progress
- Details are kept up to date on the website

### **3.2 Journal club**

- Journal club was held on the 12<sup>th</sup> June on a paper about Dyslexia. Conclusions include:
  - o Well designed research study built up on previous studies
  - o Strong rationale for an intervention program which did not show effectiveness
  - o Important to know what doesn't work as well as what does!

### **3.3 August DOT monthly meeting - Change of Venue**

- Will be held at Disability Service Commission, Barry MacKinnon Room, 146-160 Colin St West Perth - usual time
- Close to the City West train station. Street parking is available but limited and expensive.

## **4. OT ASSOCIATIONS**

### **4.1 WAOTA**

- Still in the process of formalising relationship with DOT(WA) Inc.

### **4.2 OTA**

- Still in the process of formalising relationship with DOT(WA) Inc.

## 5. NEW BUSINESS

### 5.1 PROFESSIONAL DEVELOPMENT

- **Early Childhood Intervention Association (ECIA)**
  - o ECIA are hosting a forum for professionals on the 21<sup>st</sup> September 2-4pm
  - o The forum will explore a range of educational options for children with disabilities. More information is available on their website
  - o They also run forums for parents
- **DCD and Handwriting PD**
  - o Dr Jill Zwicker presenting this PD this Monday 10<sup>th</sup> July, is fully booked
  - o Will include an overview on an evidence based handwriting program
- **Sense training**
  - o Sensory retraining of the upper limb
  - o Working with children with CP in WA
  - o 23<sup>rd</sup>-24<sup>th</sup> July and you can still sign up for this training
- **DIR Floortime PD**
  - o Run by WAOTA 'The Action is in the Interaction'
  - o Great for working with kids with social or emotional difficulties
- **Occupational Therapy Australia**
  - o WA branch are hosting their conference in Perth 19<sup>th</sup> -21<sup>st</sup> July
- **DOT investigating UK 'Attention Autism' PD**
  - o Planning to co host an 'Attention Autism' PD with Autism Association
  - o Still in early stages of discussion

#### ACTION:

- Create time in the August monthly meeting to allow members to share experiences from recent PD's.

### 5.2 DOT WEBSITE

- Ongoing, still in the process of developing and improving the website to be more user friendly

### 5.3 HANDOUTS

- The Non Government Centre of Support (NGCS) provided a grant to DOT(WA) Inc. to develop more handouts for parents. The handouts template is being developed by the graphic designer, with ongoing work on developing the content. The handouts will focus on independence skills, school activities and play.

### 5.4 RESEARCH

- **DOT(WA) Inc's Annual Research Grant**
  - o Offered to DOT members to get started on a research project or to enhance a research venture already underway. Details to be advertised shortly
- **DCD & Dysgraphia Working Groups**
  - o Developing guidelines for DCD and Dysgraphia
  - o Dysgraphia group have appointed someone to write up guidelines for OT's to use for dysgraphia - DOT has agreed to fund this work. The DCD group are hoping to follow a similar process.

## 6. THE GOOD THE BAD AND THE UGLY

### 6.1 RESOURCES

- **Child Development Services (Metro)**
  - o Recent Clinical Practice Update day held for the OT's.
  - o Included a session appraising sensory processing resources and interventions

- Limited research and evidence to support many interventions, often at case studies and anecdotal reporting
  - Recommendation for CDS OT's to use interventions with caution, use them for very specific purpose or for an outcome that can be measured clearly and accurately.
  - Disco Sit cushion, Alert program and chewing gum (based on research with adults) were the interventions with a bit more of an evidence base
- Professor Torbjorn Falkmer from Curtin Uni School of OT & SW also presented
  - Recommended searching the Cochrane Database to see if any meta-analyses have been conducted, and/ or complete a Google Scholar search. Discussed how to find credible research studies
  - Reminded OT's about their responsibility for evidence based practice
- **Australasian Cerebral Palsy Clinical Trials Network (Aus CPCTN) Grant for Research**
  - Cathy Elliott, Chair of Allied Health with CAHS, is an OT researcher who has been very involved with research in CP in Australia, is involved with this network via Curtin Uni
  - Initiating clinical trials to look into different interventions including CO-OP Approach, parent interventions, and coaching
  - Currently not a strong evidence base for OT interventions
  - Australia is one of the latest (of the developed countries) to diagnose CP in individuals
  - Megan Hatfield provided a link to the Australasian CP Clinical Trials Network: <https://cre-auscpctn.centre.uq.edu.au/research>
- **Kids Camps as a therapy intensive model**
  - Calm and Connected (private OT practice) are running camps for children focussing on development of self regulation and social skills. Parents can use funding to cover fees.
  - Current research is being completed on the Sydney 'camp' intervention model- results so far have been positive.
  - DOT to potentially explore as a future PD topic.
- **Person centred care as a reminder to always keep this as the aim**
  - Another tip is to make as much mess as you can!!
- **Directions Disability Support Services**
  - Not one on one therapy, building capacity in support workers as an alternative focus
  - Directions has noted a lack of research into therapy in ages 17-21 and wants to note that discussion with high schools is an important step.
- **Coping Skills for Kids (website)**
  - [www.copingskills4kids.net](http://www.copingskills4kids.net)
  - Good resources for calming anxiety in children
  - For example:
    - 5, 4, 3, 2, 1, grounding exercise that goes through the senses
      - Redirecting the thought patterns
      - Very structured
      - Find 5 things look at, 4 things to touch, 3 things to hear, 2 things to smell, 1 things to taste,
    - Star Breathing (can view this on the website)
- **Regulation strategy suggested:**
  - 'Blow out 5 candles'
  - Ask child to take a deep breath and blow on each finger, put down a finger each time child blows on it.

- **'Recycling Occupational Therapist'**
  - o Facebook page
  - o Ideas on recycled objects from the home for therapy tools/resources
- **Pictello app**
  - o 50% off at this time through the assistive website
  - o All other resources are available, ready to print and use
- **'Toilet toy'**
  - o Toilet Trouble toy available from target
  - o Put real water in it and it squirts out - good incentive/ motivator toy
- **Sensory Kids Outlet in Malaga**
  - o This is a family run store, therapists get 10% off
- **Zubits**
  - o Magnet to hold laces together and still looks like normal laces.
  - o Great for everyday use, unsure of suitability during sporting games.
- **'Moving On Up Group'**
  - o Run internally by Therapy Focus
  - o Run at school to prepare kids for high school. Includes activities for reading timetables, using diaries, and a mock canteen
  - o Has had great attendance and outcomes
- **Magic tank toy**
  - o Potentially a gimmick
  - o Draw a black line in a tank, over obstacles

**ACTION:** HELENA to use magic tank toy and to report effectiveness at next meeting
- **Cahoots**
  - o Run kids camps (depending on child's needs have differing supports)
  - o Run in Geraldton, Busselton, Bunbury
  - o Great resource for parents needing respite

## 7. REGIONAL NEWS

- Not discussed (ran out of time)

## 8. PRESENTATION

### 8.1 'Helping Adolescents With Autism Get a Job' presented by (almost Dr) Megan Hatfield

<b>Next Meeting:</b>	4 <sup>th</sup> August 2017 <b>Disability Service Commission, 146-160 Colin St, West Perth</b>
<b>Presentation by</b>	Hannah Toster presenting 'Eligibility and the latest update for the NDIS pathway'

#### Minutes completed by:

Zoe Simmons

#### Minutes Secretary

Zoe Simmons

#### Meeting Chaired by:

Rachael Fallows