



QUARTERLY

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20

YEARS
ANNIVERSARY
CELEBRATION

CELEBRATING OUR 20TH YEAR!

Welcome to the first edition of our quarterly newsletter in 2024! As we step into a new year filled with possibilities and opportunities, we are thrilled to bring you the latest updates, insights, and stories from our vibrant world of occupational therapy. Throughout the year we will be showcasing our achievements and delving into our history as we celebrate 20 years as an association. What a 20 years it has been and we look forward to 20 more years of growth, collaboration and success! In this issue:

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THE BEGINNING

The Trinidad and Tobago Occupational Therapy Association was founded in 2004 by four occupational therapists Lesley Garcia, Neela Ojar, Rosemary Green and Myrna Bruce. Meetings were initially held at the Wrightson Road headquarters of the Disabled Peoples International. The association was officially launched on December 16th, 2004. at The Immortelle School for Children Special Needs.

The first executive board members were:

- Lesley Garcia - Chair
- Rosemary Green - Secretary
- Neela Ojar - Treasurer
- Margaret Hussain - Associate Representative

(Garica, 2013)

THE HISTORY OF OUR LOGO



2004



TTOTA
TRINIDAD AND TOBAGO
OCCUPATIONAL
THERAPY
ASSOCIATION

2014

The original design of our logo was created to feature a lotus flower and the caduceus. The caduceus consists of two snakes entwined around a central staff. It is an international symbol for health or medicine. The resilient lotus flower thrives in challenging environments and symbolizes courage, purity, and awakening. Despite adversity, it rises above polluted waters each dawn, untouched by its remarkable beauty. A potent symbol for survivors, the lotus mirrors the journey toward healing and realizing one's full potential. The TTOTA logo, featuring the lotus atop the caduceus, signifies the intertwined connection between healthcare and the triumph over challenges.

PAVING THE WAY: OT STUDENTS' SUCCESSES

Welcome to "Paving the Way: OT Students' Successes," a dedicated space in our newsletter where we celebrate the achievements, growth, and innovation of our future occupational therapy leaders. This section is all about spotlighting the incredible journeys of occupational therapy students as they navigate their academic pursuits, clinical experiences, and contribute to the ever-evolving landscape of our profession.



The second-year OT students at the University of the Southern Caribbean have embarked on their first Level 2 fieldwork placements. Among this cohort is the program's inaugural regional student from St. Lucia, who is completing their placement in Trinidad and Tobago despite not residing here. These students are immersing themselves in the world of OT, taking on their CI's caseload and assuming responsibility for treatment planning, interventions, initial evaluations, reevaluations, and even discharge processes, all under the supervision of registered OTs.

Their fieldwork experiences encompass a variety of settings, including pediatric outpatient facilities, orthopedic clinics, mental health institutions, adult care centers, and school-based occupational therapy programs. This hands-on exposure is a crucial part of their training, allowing them to apply their theoretical knowledge in real-world scenarios and further develop their clinical skills."

EMPOWER THROUGH EDUCATION

Welcome to "Empower through Education," a dynamic segment where we celebrate the proactive engagement of occupational therapists in seizing opportunities to expand their expertise and share knowledge within our community. We will shine a light on the ways occupational therapists are actively participating in learning initiatives, professional development, and knowledge dissemination

CARNIVAL SAFETY TIPS!

As Trinidad and Tobago geared up for Carnival celebrations, our friends at Theraplay shared some essential information to ensure that the Carnival experience for their special needs children was safe, enjoyable, and inclusive for all. By proactively addressing the unique needs of special needs children, parents can ensure that everyone in the family can fully participate and enjoy the magic of Carnival. With careful planning, patience, and a sprinkle of Carnival spirit, every child can revel in the joy and excitement of Carnival!



CARNIVAL FOR SPECIAL NEEDS CHILDREN

By Theraplaytt

THINGS TO CONSIDER WHEN GOING OUT ON DE ROAD

Plan Ahead

Identify safe break spots and sensory solutions. Opt for a brief outing, involve your child in planning, and create a basic ID tag the child's name, parent's name, contact details and special needs.

Sensory-Friendly Clothes

Choose comfortable carnival attire with vibrant colors. Opt for soft and lightweight fabrics, avoiding scratchy or heavy materials commonly used with feathers, beads, and gems.

Safety

Keep your child safe with constant supervision, basic identification, and, if needed, use a body harness or AirTag for added security. You can tie a balloon to both parent and child to make them easier to spot in a crowd.

Stop Signal

Establish a discreet signal (card, gesture, or word) with your child for overwhelming moments. This ensures a quick, supportive response without drawing attention.

Quieter Spot

Find a quieter spot for your child to enjoy the festivities away from the loud noise and crowds at carnival.

Carnival Sensory Bag

- Snacks
- Noise canceling headphones
- Water
- Comfort items
- Identification
- Sunscreen
- First aid kit
- Wet wipes

HOSA HEALTH CAREER FAIR



Step into the world of empowerment and renewed independence as TTOTA shared the spotlight at this year's 2nd annual healthcare fair hosted by the International School of Port-of-Spain's first Caribbean chapter of HOSA - Future Health Professionals. This global organization's mission is to promote career opportunities in the health industry and prepare students to lead, innovate and enhance the delivery of quality health care to all people.

TTOTA was proud to participate in this year's health fair and educate the population on the growing profession. From adaptive tools to tailored exercises, the OT booth invited attendees to explore the dynamic field that focuses on helping people live their lives to the fullest while promoting a holistic well-being.

STUDENT AIDE TRAINING

Student Aide Training

Topics Include

- Brief introduction to regulation programs (Zones of Regulation and Alert)
- Explanation of the benefits of the aide and their role with various diagnoses
- Do's and Don't of aides in the classroom
- Techniques for collaboration with family and team

REGISTER
by March 16th

Cost \$ 1200 (inclusive of 1 hr follow-up virtual check in)
☎ 782-5112 or 468-4357

Hosted by Tara Riley
(Occupational Therapist) &
Dominique Hospedales (Remedial Education Instructor)

#43 Bengal Street St.
James (The Palm House)

March 23rd, 2024
9am-12pm

On March 23rd, 2024, Tara Riley, Occupational Therapist and Dominique Hospedales, Remedial Education Instructor, joined forces to host a transformative student aide training session. This is the second training held by the pair, they held their first session in September 2023. This collaborative initiative aimed to equip aspiring aides with the necessary skills and knowledge to support students with diverse learning needs effectively. By the end of the training session, participants left feeling inspired, empowered, and equipped with a toolkit of practical strategies to support students with diverse

learning needs effectively. Tara and Dominique's collaborative approach exemplified the power of interdisciplinary collaboration in driving positive outcomes for students and fostering inclusive educational practices. As they continue their respective missions to empower learners and promote equity in education, their joint efforts serve as a beacon of hope for a brighter, more inclusive future in education. We look forward to see what they have in store for the future!