CONNECTION IS THE INTERVENTION

How OTs Drive Team-based Care

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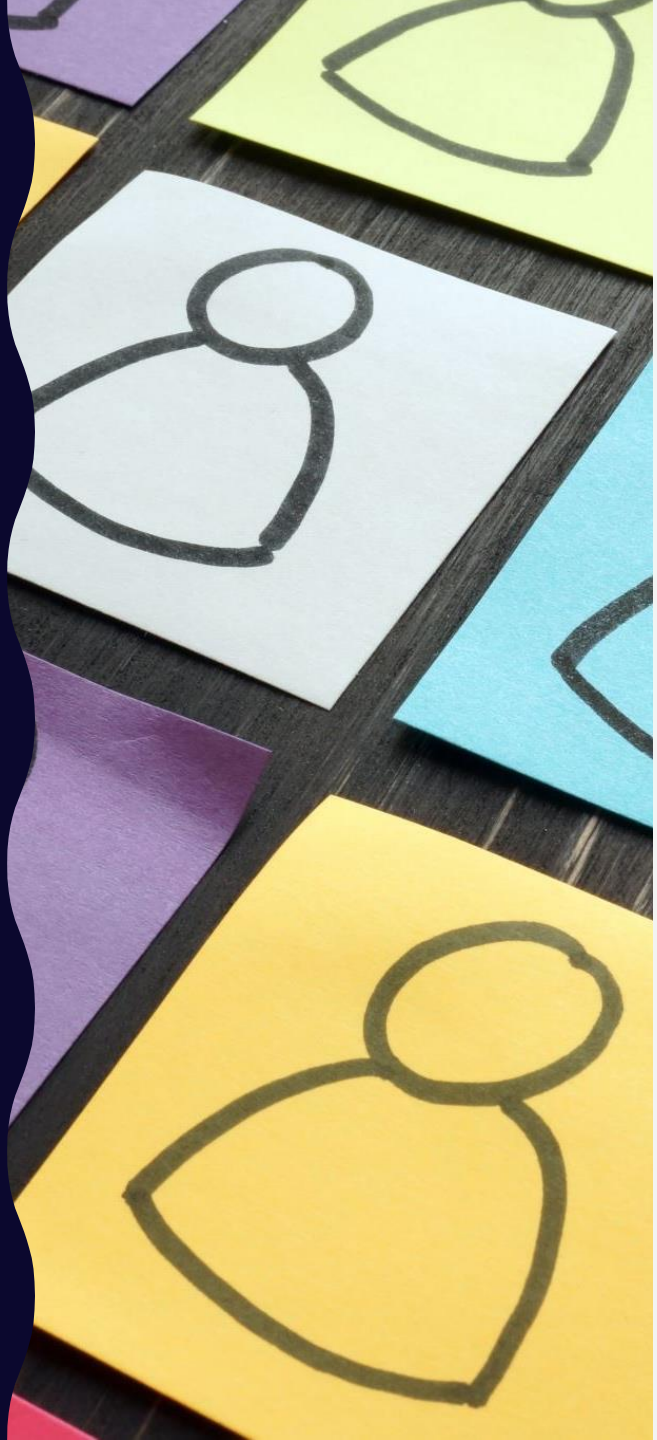


LEARNING OBJECTIVES

1. Describe the unique role of occupational therapy in interdisciplinary care.

2. Identify common barriers and opportunities for collaboration between service lines.

3. Apply practical strategies to foster effective team-based care.

4. Reflect on personal practices and identify areas to strengthen collaborative approaches.

INTRODUCTION

Collaboration in healthcare is more than a best practice — it is the intervention.

As OTs, we know that no single discipline can fully address the complex needs of the clients and families we serve.

True progress happens when professionals connect, communicate, and co-create solutions that are grounded in meaningful daily life.

WHY COLLABORATION MATTERS

- Improves quality, consistency, and outcomes
- Reduces redundancy and gaps in services
- Supports family-centered and holistic care

THE OT'S UNIQUE ROLE

- Occupation as the Core Lens
- Holistic Perspective
- Bridging Environments

THE OT'S UNIQUE ROLE

- Adaptation & Problem-Solving
- Facilitators of Participation
- Family-Centered Focus

THE OT'S UNIQUE ROLE

OTs are Collaboration Specialists

BARRIERS TO COLLABORATION

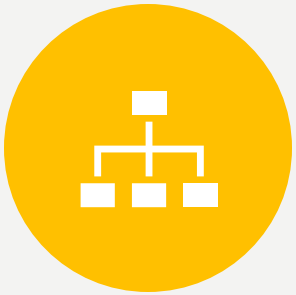
SCHEDULING AND TIME CONSTRAINTS

COMMUNICATION BREAKDOWNS

PROFESSIONAL SILOS

BARRIERS TO COLLABORATION

SYSTEMIC AND ORGANIZATIONAL BARRIERS



HIERARCHICAL STRUCTURES

LACK OF TRAINING IN INTERPROFESSIONAL COLLABORATION

BARRIERS TO COLLABORATION

FAMILY AND CULTURAL CONSIDERATIONS

RESOURCE LIMITATIONS

Barriers to collaboration are **real** and **multifaceted**

BUT recognizing them allows us to proactively design solutions — from improving communication systems, to building a team culture of respect, to making collaboration as intentional as direct therapy.

STRATEGIES TO FOSTER CONNECTION

1. **Regular Interdisciplinary Team Meetings**
   - **What it is:** Scheduled opportunities for open communication and planning.
   - **Why it works:** Builds trust, clarifies roles, and prevents duplication or gaps in care.
   - **Try this:** Create a consistent team huddle (e.g., weekly or biweekly) with a rotating facilitator and shared agenda.

STRATEGIES TO FOSTER CONNECTION

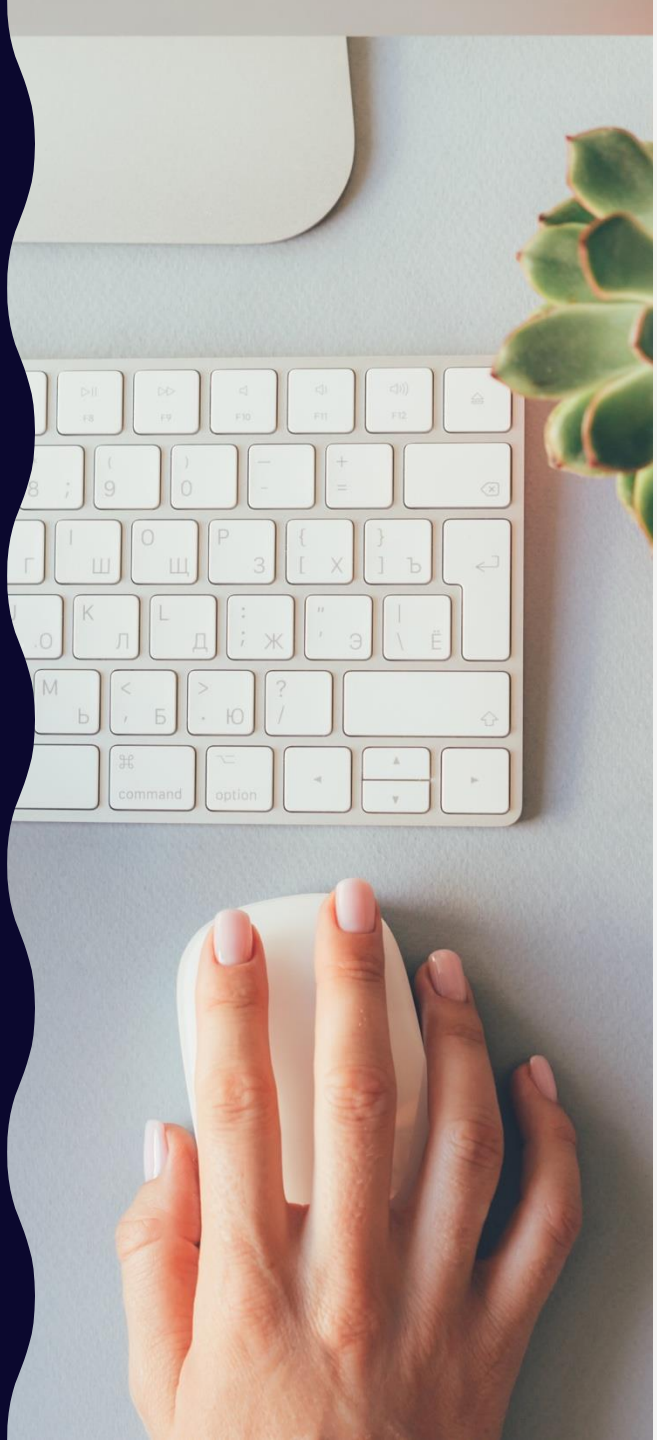
2. Cross-Training or Shadowing

- **What it is:** Professionals observe or train across disciplines.
- **Why it works:** Enhances understanding of each role and fosters empathy.
- **Try this:** Arrange for OTs to shadow SLPs or PTs for a session or vice versa, and debrief after.

STRATEGIES TO FOSTER CONNECTION

3. Shared Goal Setting

- **What it is:** Teams align around client and family-centered goals.
- **Why it works:** It ensures all professionals are working toward the same outcomes.
- **Try this:** Co-create treatment goals in team meetings with input from all providers (OTs, SLPs, PTs, educators, etc.) and the family.



STRATEGIES TO FOSTER CONNECTION

4. Shared Documentation Tools

- **What it is:** Collaborative use of a shared communication log or electronic record.
- **Why it works:** Improves continuity of care and transparency across disciplines.
- **Try this:** Use a shared care note template or family-facing summary that each provider contributes to.

STRATEGIES TO FOSTER CONNECTION

5. Co-Treatment or Integrated Sessions

- **What it is:** Providers deliver services together for specific goals.
- **Why it works:** Promotes a holistic approach and models teamwork in action.
- **Try this:** Plan a session that blends OT strategies with speech goals for improved regulation and communication.

STRATEGIES TO FOSTER CONNECTION

6. **Family-Centered Collaboration**
   - **What it is:** Involving the family in decision-making and care planning.
   - **Why it works:** Families are the common thread between all disciplines and offer vital insights.
   - **Try this:** Include caregivers in team meetings, and designate one team member as the "family liaison."

STRATEGIES TO FOSTER CONNECTION

8. Professional Development Workshops

- **What it is:** Trainings focused on communication, team-building, or collaborative or integrative care.
- **Why it works:** Builds shared language and skills across disciplines.
- **Try this:** Host an in-service on "Effective Interdisciplinary Communication" or "Collaborative Goal Writing."

STRATEGIES TO FOSTER CONNECTION

9. Additional Considerations

- Leads of specialties
- Identifying responsibilities resources for all specialties
- Shared language
  - EXAMPLE: Mands versus prompts

APPLICATION

1

Self Inventory and Reflection

2

Team Collaboration Structure

3

How Might this Help you in your practice?

CLOSING & TAKEAWAYS

Collaboration *is* the Intervention

OTs are essential team connectors and advocates

Barriers Are Real, But Not Insurmountable

CLOSING & TAKEAWAYS

Communication is the Foundation

Family and Patient Voices Are Central

Small Shifts Make Big Impact

Practical strategies to bring back to your teams

CALL TO ACTION

- **Reflect & Apply**
  - *Think about one concrete way you can strengthen collaboration in your current setting this week*
  - *Identify one professional strength you bring to your team—share it with a colleague tomorrow.*
- **Commit to Action**
  - *Commit to having one intentional collaboration conversation with a colleague from another discipline within the next month.*
  - *Take one tool or strategy from today and implement it in your next team meeting.*
- **Advocate for OT's Role**
  - *Highlight occupational therapy's unique perspective in at least one interdisciplinary discussion.*
  - *Be the bridge—bring an occupation-centered lens to your team's planning and interventions.*
- **Reminders**
  - *Collaboration isn't extra—it is the intervention. Let's treat it with the same value we give direct treatment.*
  - *Remember: strong collaboration leads to stronger outcomes. Be intentional, be consistent, and keep connection at the center of care.*

BE CURIOUS, NOT JUDGMENTAL.

Ted Lasso | @hayliesdailies

QUESTIONS?

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