

AbleOTUK -Newsletter

Easier Access to AbleOTUK Support Sessions

You're automatically a member of AbleOTUK if you're on our mailing list. Our support network is for occupational therapists and students with lived experience of disability, neurodivergence, or long-term health conditions.

Sessions run online at 7pm on the second Wednesday of each month. You'll receive an email with the joining information on the day of each meeting.

To protect confidentiality, we don't send diary invites or share members' contact details, so please add the dates to your own diary.

Upcoming Support Network Dates (7pm):
8th April 2026
13th May 2026
10th June 2026.
8th July 2026
12th August 2026
9th September 2026
14th October 2026
11th November 2026
9th December 2026



A Founding Member at WFOT Congress 2026

One of AbleOTUK's founding members, Georgia Vine, has recently shared a powerful reflection on attending the WFOT Congress 2026 in Bangkok.

In her blog, Georgia writes about what it meant to show up in that global space as a disabled occupational therapist, bringing lived experience, activism, and professional identity together. She captures the importance of connection, visibility, and learning alongside colleagues from across the world, while also holding onto the realities of navigating access and inclusion within international events.

You can read her blog here:

WFOT Congress 2026 Reflections

<https://notsoterriblepalsy.com/2026/03/12/wfot-congress-2026-reflections/>

What is WFOT?

The World Federation of Occupational Therapists is the global body for occupational therapy. It brings together member organisations from across the world, sets international standards for education, and works to promote occupational therapy on a global stage.

Every four years, WFOT hosts its international Congress, creating a space for occupational therapists to come together, share knowledge, and learn from one another across cultures and contexts.

Get involved: shaping neurodivergent guidance for occupational therapy

There is an important discussion happening on the RCOT Communities platform about neurodivergence in the workplace, and we need AbleOTUK voices in that space.

The conversation is exploring whether existing guidance developed by the Royal College of Speech and Language Therapists works for occupational therapists, or whether we need something more relevant to our profession.

There is also an opportunity to join a small working group to help shape future guidance.

This links directly to AbleOTUK's advocacy. We know that guidance is stronger when it is shaped by people with lived experience of disability, long-term health conditions, and neurodivergence. Without those voices, there is a real risk that it will not reflect the realities of practice.

If you are on RCOT Communities, please take a few minutes to read and contribute: <https://communities.rcot.co.uk/topics/53396/forum/t/58958>

Your voice can help shape what comes next.

Reflection from AbleOTUK first Student Mike

During my six-week placement with Able OT UK, I spent time exploring the experiences of disabled occupational therapy students while on placement, particularly looking at reasonable adjustments and the support available to them. To get a well-rounded view, I spoke with students, tutors and the Head of Education at the Royal College of Occupational Therapists.

I also got involved in Able OT UK's social media groups, asking questions about placement experiences and the kind of support students had (or hadn't) received. These conversations were helpful in understanding what makes placements work well and where improvements are still needed. I put together an information post about reasonable adjustments in placement and gathered feedback from that, and I also created a questionnaire for my cohort and the year above to hear more about their experiences.

Using all the feedback and research I'd collected, I developed a presentation which I delivered to the Head of Education and a member of her team at RCOT. That conversation helped me see the bigger picture. Even though many of the issues I raised were already known within the profession, it was clear they still haven't been fully addressed, but work is being completed to address this. It reinforced that continuing to raise these points matters and helps keep the conversation moving forward.

This experience has also made me think about the kind of practitioner I want to become. I want to carry forward the values of fairness, accessibility, and person-centred practice into my future work. For me, that means being aware of barriers, challenging them where possible, and supporting others to participate fully, whether they are students, colleagues, or the people we work with.

