

# SMALL ACTION BIG IMPACT

**Sustainability is a  
team sport!**

## PROMOTING SUSTAINABILITY IN OCCUPATIONAL THERAPY: A FOCUS ON RCOT KEY ACTIONS



### Public Health and Prevention

- Promote healthy lifestyles, sustainable occupations & self-management during patient interactions
- Add sustainability to meeting agendas
- Promote advocacy



### Sustainable learning

- Improve your sustainability understanding through training opportunities e.g. The Centre for Sustainable Healthcare modules, Sustainability webinars & conferences



### Sustainable Clinical Practice

- Assessments: Virtual assessments and tele-health
- Green Interventions e.g. gardening
- Creating leaner pathways



### Collaborate and network

- Find your allies! Join networks:
- Workplace Green Group, CSH OT SusNet, RCOT communities 'sustainability network'



### Eco-friendly equipment solutions

- Utilise equipment return schemes & implement into patient education
- Follow sustainable procurement measures
- Promote the 6 R's: Rethink, Refuse, Reduce, Reuse, Repair, Recycle



### Work resources

- Look out for sustainability initiative's & opportunities within your health board
- Become a sustainability champion!
- Share 'good news' stories



### Know your food

- Educate patients on reducing food waste (meal planning, leftovers use, storage skills)
- Promote local, meat-free & seasonal food choices during meal planning sessions



### Digital first

- Prioritise digital communication over printed materials where appropriate
- Use virtual meetings to support more sustainable practice
- Opt out of paper subscriptions e.g. OTnews



### Embrace nature

- Use green interventions to support sustainability while maximising therapeutic benefits
- Utilise green spaces e.g. walk and talk supervision



### Travel choices

- Consider active travel methods e.g. walking & cycling
- Plan your journeys 'smartly' and sustainably