Deciding to work for yourself in any profession is often an exciting but daunting prospect. Most OTs seem to say they started independent work confident in the professional services they could offer, but had little business acumen to support themselves on their journey. Knowing the right people to ask for advice when you need it isn’t always easy! This guide offers some tips and tricks straight from independent OTs’ experiences of working for themselves. They’ll hopefully provide some food for thought and they might even help save you a little bit of time and money along the way!

COTSSIP (The College of OTs Independent Practice) also provide a very comprehensive start up pack on how to be an independent OT and for anyone looking to venture out into private work our advice is that another sensible first step would be to join COTSIPP and consider attending one of their "take the leap days."
Our thanks to the following OTs for their invaluable help with this guide...

- Matthew Box
- Walter Brazil
- Jen Gash
- Kate Sheehan
- Robert Birmingham
- Ellie Burcher
- Rachel Wilson
- Joanne Blackwell
- Jane Kooner
- Zoe Cocksdale
- Matthew Bourne
- Caroline Pomeroy
- Sarah Cant
- Vivienne Chamberlain
- Claire Miller
- Hannah Snowsill
- Susanna Robinson

“Just what we were hoping the report would be…a very professional service…”

“Set some realistic targets & goals to help guide and measure your success and identify areas for improvement…”

Disclaimer

This guide is designed to act as an aide for OTs considering setting out into independent practice. It is by no means an exhaustive rule book and Inclusion.Me Ltd does not accept any responsibility for the use of the information contained within this guide, or for any omissions.
I’ve met a lot of entrepreneurs over the past few years and they come in all shapes and sizes, but there is one thing they ALL seem to have in common. It’s this:

THEY DID IT AND AFTER THEY’D DONE IT, THEY WISH THEY’D DONE IT EARLIER.

I’m glad I took the leap, but I wish I’d had the courage to jump a bit earlier in my career. I certainly wish I’d planned it a bit better at the start, so that the point I’m at now might have been a smoother journey.

When I started working for myself I loved it! It re-ignited my passion for OT, it gave me the chance to develop my professional skills and at the time of the arrival of our first child it gave me the work life balance I’d craved. 8 years down the line I’ve added another child, I’ve become a company and I’ve learnt more as an OT & in business than I thought possible. We’ve even been fortunate enough to win the odd award along the way, but unfortunately that work life balance isn’t maybe quite as even as I previously enjoyed and most of the time my kids now think I’m some distant relation who turns up stressed and grumpy just before bed time. But it certainly doesn’t need to be that way.....
If you’re tempted to step out into being a private OT, think about what you’re going to offer & plan how you’re going to do it. Think goals, aims & objectives but with some grown up stuff like insurance, money & legal costs thrown in. Discuss it with whomever you can and make sure you plan your journey properly (you wouldn’t start travelling to Scotland without a map so why start a business without a business plan)? Then do it, try it out and see if it’s for you….There are lots of ways you can get into independent practice & it might just be the best thing you’ve ever done. Then again you might think it’s not for you and you prefer the safety of a regular job, with a steady monthly wage and holidays. Either way I bet you’ll be glad you did it on some level and I’m pretty sure you’ll wish you’d done it earlier!

Contact Matthew on 01892 704065 or info@inclusion.me.uk to see how Inclusion.Me can help you grow as an independent OT!
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What Makes A Good Independent OT?

Working as an OT in private practice is a very worthwhile challenge, leaving you scope to choose the type and level of work that you want. Casework can be varied and diverse and you get to work to client’s goals away from the sometimes restrictive frameworks of statutory services as well as working on behalf of statutory services often. Key to independent practice is a strong footing in practice with sound assessment and goal-setting skills, because you will be expected to work in isolation of management support and make accurate independent decisions on complex case-work. Working within the parameters of a framework of expertise, you will need to be strongly experienced to work well within this field. It is vital to ensure you have a supervisory support to ensure your practice is strong and to assist in keeping up with changes in practice knowledge, with CPD needing to be even more focussed on keeping practice issues up to standard.
Some lessons learnt:

- Don’t waste money on expensive advertising. Costs can spiral, getting the right message and look can take up a lot of time & effort and; from our experience, the benefits are limited. Instead why not try using your local media by offering to write a free piece on an issue of local interest that you’re an expert in (for example accessibility or local care services)? Free publicity is generally gold dust but you may have to knock on a few doors to get any. Don’t be afraid to keep knocking though and try to make yourself stand out from the crowd (something we OTs aren’t normally that comfortable with!).

- Having a website is a good thing, but if it looks terrible or Google doesn’t know it exists then is it really going to benefit you? Wordpress offer some great free blog/website options with SEO (Search Engine Optimisation) built in. As a general rule if you’re going to pay someone to design a website for you…you get what you pay for!

- It’s unfortunately not unheard of to have difficulty getting paid. Make sure you have a good set of legal T&Cs and know the processes you should be following (e.g. chase debts in writing the moment they’re due). Don’t be afraid of using the small claims court: www.gov.uk/make-court-claim-for-money/overview or www.moneyclaim.gov.uk/ are really worth checking and offer some invaluable advice.

“Focus on what you’re an expert in…”

Walter Brazil: Independent OT
OT Coach

“Bringing Courage and Creativity back to Occupational Therapy”

Since 2005, we have been coaching OTs of all shapes and sizes so we really understand Occupational Therapists and the worlds they inhabit. OTs are a rare breed indeed – we have a unique skill set, high standards and have the ability to transform lives, but setting up our own business can present us with many new challenges.

Coaching is a very powerful process, which works to unblock difficulties, promote purposeful action and build a sustainable thriving business. The “Return On Investment” from coaching has been clearly shown, over and over again.

The challenges that coaching helps include:

- Developing a clear vision and value proposition for the business
- Generating clients and income
- Developing marketing plans
- Preventing burnout and tackling difficulties
- Developing innovative projects and products

We offer a range of services including face to face coaching, telephone/skype coaching, business development days and a variety of eLearning opportunities, including our popular eBook “Selling OT – from random idea to value proposition”.

As OTs we are so good at problem solving for others, but we find taking time to support ourselves is not so easy! So why not have a free consultation session and find out how coaching can help you?

Email jen@otcoach.com or visit www.otcoach.com
Is independent practice for me?
Career mentoring could help you to decide...

Working in independent practice is on the increase for occupational therapists and the range of possible roles is wide. Inclusion.Me provides helpful advice on starting and maintaining your own business, considering financial, support and practical decisions, alongside personal experiences from therapists who are already working independently.

But what if you are still uncertain about whether independent practice is for you?

Career mentoring could be the answer; enabling you to discover what roles are available, what they entail, how and where they are advertised and specifically how your skills and values match those required within an independent job role.

Harrison Training, a well-established OT training company, provides high quality, post-graduate training courses and professional development services. Their Career Mentoring Service is designed to enable therapists to explore options and take educated decisions towards making a transition into a different role or way of practicing.

If this sounds interesting, considering the following areas will get you started:

**Review your skills, experience and areas of interest:**

- Update your CV - does it represent your experience in the best light? Is it current? Is it in the appropriate style for the type of role you are interested in?

- Identify your values in a job role or organisation – Try using career self-assessment tools such as Career Anchors (Schein and Van Maanen 2013) to evaluate your preferred, type of work, pay and benefits, type of recognition, growth opportunities.

- Do a career history/timeline (www.cot.co.uk, Schein and Van Maanen 2013) – to discover patterns, decisions made, how successful they were, etc.

- Update your CPD portfolio evidence – work through your experience using CPD Online portfolio tool at: www.cpdol.co.uk

- What opportunities are out there?

- Make a detailed analysis of an advert, job description or person specification. Even though you may not apply for this job, your analysis helps you to build a picture of its demands, what is said/not said, how it matches your skills, what are the gaps?

- Start to identify ‘search terms’ (job titles) to help you find similar jobs/organisations.
How can I find out more?

- Draft a covering letter – this can be used to make prospective enquiries (by email/phone/letter) about specific jobs or future opportunities – include a summary of your background, what you are looking for, any specific questions.

- Talk to key people – in an organisation, how do they advertise, could you visit, do you know someone doing a similar role?

How do I make my decision?

- Allocate some time (regularly, during leave, decrease your hours), don’t expect to do it all at once.

- Gradually focus your research on things that really interest you and match your skills.

- Set goals, timescales and record your progress.

Consider what you expect from independent practice – does this match with your self-assessment, is it pointing you towards particular roles?

References:


To find out more about Career Mentoring and the wide-range of CPD training courses and services provided by Harrison Training visit www.harrisontraining.co.uk or email: info@harrisontraining.co.uk
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For further details visit: www.inclusion.me.uk/professionals_portal

Contact Inclusion.Me today for more details on our range of professional support services including an OT tailored T&Cs pack along with various associate & affiliate benefits packages

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@inclusionme
Rachel Wilson: Q&A with an Independent OT

Why did you decide to start your OT business/start working as an independent OT?
I am passionate about OT and its underlying philosophy. I really enjoyed the majority of my work within statutory services; however I became increasingly frustrated and felt stagnant in my roles. I didn’t want to develop into management, and clinical specialities in my areas of expertise were almost non existent. I tried a few emerging roles and rediscovered my love of ‘real OT’ rather than just the discharge planning roles I had fallen into. On my second maternity leave I applied to a well renowned company to start medico-legal work and found, unexpectedly, that I was actually very good at it! This spurred me on and over the following 2 years I started dabbling more and more in independent OT and finally took the leap into full time self-employment! It was the best thing I have ever done! I sometimes miss the team work from statutory services; however I have maintained my old relationships to ensure I stay informed of local policy and changes. I have also developed links with new peers and ensure I maintain these professional networks on a regular basis for support as well as professional camaraderie.

How did you take your first steps to starting a business/in independent OT?
I researched different options in addition to my medico-legal work, including locuming, private clinical work and joining OT consultancies. I opted for working as an associate with a few consultancies after researching the ones that followed a similar ethos to mine. I also became a little more ‘passively active’ on social networking sites such as Twitter and LinkedIn, where I gained a few additional pieces of work.

From that point, I started marketing with local commissioners, including GP practices I had developed relationships with over the years, offering ‘something different’ and ‘complementary’ to existing services in the area. This is still a slow process with fits and starts of work; however one that I wish to pursue.

Word of mouth remains my biggest referral source in private practice of my own.

What is the best thing about owning your own business/being an independent OT?
Autonomy, flexibility, creativity, limitless opportunity, ability to choose what and when to study (although funding suddenly catches up with you!), wider professional networks, increased knowledge on ‘what is out there’ etc etc. There are so many positives...the list is endless really!
What are some tips that you could give to OT practitioners considering starting a business or working for themselves?

- Manage your time!
- Be prepared! Have a plan...but not too tight...And expect it to change.
- Talk to others who have done it.
- Attend COTSS-IP’s Look before you Leap session.
- Start slowly and build up...Unless you have serious capital behind you to jump straight in.
- Sign up to OT consultancies if you are going it alone.
- Sign up to a select couple of locum agencies so if things get too tight you can access temporary contract work to bring in the cash.
- Develop a sound CV (and personal statement) and adapt a couple of different slants on it - it’s okay to have different versions for different clients.
- Develop a basic web presence, even if it is just a single page with who you are, what you do, and how to contact you. Also build a professional social network, even if it is just to follow others at first to see what the hot topics are and what’s in demand.
- Remember not all independent practitioners have the same ethos or level of standards as you, and this can be frustrating. Maintain your professionalism and communication to the highest standard.
- It is great to have flexibility within your work; however it can be difficult to separate home and work life when working from home. They can encroach into each others’ space without you realising and leave you feeling drained and frustrated. The benefits outweighed the limitations for me but I am always mindful and have improved the situation by taking on some specific office space.

Rachel Wilson is an independent OT & Medico-Legal Rehabilitation cost consultant: www.rachelwilsonoccupationaltherapy.co.uk
Ellie Burcher: Q&A with an Independent OT

Why did you decide to start your OT business/start working as an independent OT?

I was working as an OT manager for Health and Social care; I loved my job and the team around me but found that I really missed the hands on clinical aspects of doing my job. My role was very managerial and I wanted to get back out to meet clients and be able to look at a range of solutions to their needs, not just the pre-prescribed options!

How did you take your first steps to starting a business/in independent OT?

I started doing some small pieces of work for an OT agency as I didn’t know if I would enjoy private work. That way allowed me to try it to see if it was for me first before I launched fully into that seemingly scary world! I really enjoyed the variety of work private practice could offer so took that leap of faith. Since then I have worked in so many areas such as Specialist seating, housing adaptations, product design, training and development and specialist equipment provision.

What are some tips that you could give to OT practitioners considering starting a business or working for themselves?

• Plan in admin time!!!! It’s still a skill I haven’t fully mastered to be honest! I think when you first start you are keen to take on anything that comes your way and fill your diary to the brim – make sure you plan some admin time as sadly there’s still spreadsheets to be done!

• Get some support – there’s plenty of us out there so don’t fret about a question that’s worrying you – ask another private OT (we’ve probably done it already!)

• Sign up to some OT agencies to get some initial work and support

• Go slowly – don’t feel you have to be a ‘brand’ to start with – OT is all about word of mouth so build up slowly and get a good reputation

• Get your name out there – use twitter and linked in to start being a presence

Ellie Burcher - Independent OT
www.ejbtherapy.co.uk
Caroline Pomeroy: Q&A with an Independent OT

Why did you decide to start your OT business/start working as an independent OT?
For a long time I’d been curious as to whether working independently as an OT could work for me. I have always sought challenges and, because OTs are renowned for their adaptability, if things didn’t work out I was confident that I could do something else with my skills. My curiosity led me to attend a COTSS-IP look before you leap conference which gave me the push to dip my toe in the water and try it out.

What were some lessons that you learned in the initial stages of your business/working for yourself?
What I have learnt is the importance of contracts. If you follow all of the advice and make a water tight contract and agree prices (including who will be responsible for payment) prior to carrying out any work it will save a lot of time and hard work in the long run. Also, try to be meticulous with book keeping and time management, if these systems fail you will quickly lose control and flounder.

What is the best thing about owning your own business/being an independent OT?
It’s a bit of a cliché but, having the time and resources to be able to use my skills and imagination to make a real difference to peoples lives rather than just scratching the surface. For the first time I feel like I am doing real OT where I can carry out treatment plans and see them through to the end; getting people back to work, providing the right equipment to help someone walk their dog, increasing confidence/reducing anxiety....... The list is endless. Its a wonderful feeling. I love my job!

What are some tips that you could give to OT practitioners considering starting a business or working for themselves?
- Believe in yourself and your skills, you CAN do it.
- Keep on top of your CPD...there are lots of resources out there to make sure you keep up to date and ensure your skills are fresh, they do not always have to be costly.
- Don’t lose touch with other OTs - networking is essential.
- Make a business plan, stay focused and manage your diary and time well.
- Make absolutely sure you keep a good work/ life balance. Don’t live to work, work to live and enjoy both!

Caroline Pomeroy - Independent OT
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SELLING OT : FROM RANDOM IDEA
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How do I sell “OT” and what it does?
I want to start my own OT business, but what can I do?
This thing is based on OT, but won’t be called OT - What do I do?
How do I know that what I have to offer is wanted, needed and
is of value? How do I prove and communicate its value?

These are great questions and ones that entrepreneurs and
business owners ponder at the start of a business and as new
products and ideas surface. They are essential in helping us
communicate and market our business in the world.

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full of inspiration, for courageous and
creative OTs!
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Hannah Snowsill: Q&A with an Independent OT and Rehabilitation Cost Consultant

Expert witness opportunities are becoming a more feasible option to supplement independent practice, case management or NHS/social care employment. The trend to locum work and the promotion of flexible working allows many clinicians to explore other areas of professional advancement. The notion of expert witness services is not something new. However the process of becoming an expert witness still carries some mystery.

An expert witness is a high calibre individual who has specialist knowledge in a particular subject. OT experts are requested in clinical negligence or personal injury cases and will be asked for an expert opinion to assist the court with ascertaining and quantifying any financial compensation (known as quantum).

We asked, a member of the Jacqueline Webb Expert Team, Hannah Snowsill, her reasons for choosing the field and how she has been supported since beginning work in the sector.

**What led you to apply for expert witness work?**

I thought it would be a chance to apply myself to something different, a way of stretching myself without further official study; earning additional money; and hopefully carving a different professional future in turn creating a healthy work-life balance for me and my family. It is also a fantastic way to assimilate your knowledge and be able to use it regularly.

**What are the perks of expert witness work?**

It really is an amazing privilege and opportunity to provide recommendations which, if acted on, will enable and influence someone to achieve independence and satisfaction in their self-care, productivity and leisure despite the accident or incident they sustained.

The flexibility of the work is great, I often work in the evenings, at weekends and I have allocated days in the week. You can really set the pace of your work.

**How did the training with Jacqueline Webb help?**

I had an introductory day at the Head Office and met my mentor. I was given lots of information and met the people who would be available to help me. In the office there are 25 members of staff backing you up, which is very comforting. My mentor was extremely approachable and was happy for me to ask all sorts of questions. You have a number of in-house study days, but the learning never really stops and Jacqueline Webb & Co really support our Continuous Professional Development. We have an annual conference in March, where we have sessions with expert speakers and exhibitors. We also have regional meetings in the autumn.
What are the benefits of working in a large team of experts?

I would love to know how many clinical years of experience the Expert Team has – I am sure it would speak volumes! We have a range of backgrounds and all my colleagues are so approachable. There are usually other colleagues attending conferences and training days so you can always arrange to meet up.

Moving to this type of work has been such a positive step for me, I really enjoy the challenge of the work, every report taxes me but the sense of pride when a report is finished or if a case settles is fantastic. At Jacqueline Webb & Co you are aided by the excellent support team; all allocations, work flow, report checking and finance are handled in-house and we are now paid within 40 days!

Independent Practice opens up many options and expert witness work is just one opportunity. But many say expert work is amongst the most challenging and rewarding aspects of their work. Jacqueline Webb & Co encourage OTs to enquire to find out whether it is for them, as just an enquiry could open an exciting and stimulating professional avenue. Visit the Jacqueline Webb & Co video library for more information and details of how to enquire.

Simon Dickinson, Manager of Consultant Selection, Jacqueline Webb & Co.
Hannah Snowsill, Independent OT and Rehabilitation Cost Consultant

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Harrison Training is a well-established leader in providing occupational therapists with a wide range of high quality continuing professional development (CPD) services.

Run and delivered by occupational therapists, we understand the context, relevance and knowledge required to support competent practice.

Services include:
- Skills-based, cost effective in-service training courses, covering most areas of practice
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- An e-CPD portfolio for secure and easy record keeping – providing templates, summaries, appraisal documents, and multiple resources.

For more information: info@harrisontraining.co.uk / harrisontraining.co.uk / cpdol.co.uk

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CPDoL Harrison training continuing professional development
Marketing

We asked 40 Independent OTs how they market themselves and these were the top 5 answers (with the 3 most important & beneficial highlighted in green):

1. Word Of Mouth (100%)
2. Networking (100%)
3. Website (80%)
4. LinkedIn (80%)
5. Email marketing (30%)

Surprisingly only a quarter of respondent OTs used social media (Twitter & Facebook) with far less using Mailchimp (under 10%) and with a similarly negligible number considering joint marketing.

Inclusion Tip: Embracing any form of free marketing and advertising is a must for someone working for themselves and OT is no exception. Twitter, Facebook, LinkedIn and Mailchimp are all free and if used properly they can make a huge difference to the way you portray your brand and services. More than half the population of the UK use 1 form of social media, if you’re not using them to build stronger relationships with your customers, or to recruit new clients, you’re missing out. It’s FREE marketing.....invest a bit of time in understanding how they could help you and get using them! Not sure where to begin? Why not start off by having a look at our free social media guide!

“Success will come. If you do a good job people will want to employ you...”

“The internet has become such an integral part of everyday life that there is barely a business that doesn’t have at least some kind of web presence”

“Make sure you really understand how your customers communicate & use this information to help guide your marketing plans”

“Don’t under estimate the importance of networking. It may not immediately reap rewards but if you are fair, transparent and honest it will be invaluable in the future”

“Keep to deadlines and running a tight ship are REALLY important...manage your diary & it will help build your reputation!”

“Develop joint ventures and build relationships...”
How Do Independent OTs Maintain CPD? Requirements?

“Regular supervision from the companies I complete work for…enabling shadowing experiences from prospective students…reading OT News”

“Having a mentor has been invaluable”

“Social media can be a great way of connecting with other OTS…twitter #OTalk”

“Reflecting on my work…writing a blog!”

“Peers, COTSIPP groups & the COT mentoring service…”

“Article writing and maintaining a CPD portfolio”

“Attend regular courses…exhibitions…research information & interaction with other professionals”

Feedback on Inclusion.Me’s mentoring services:

“Well informed, full of ideas and constructive feedback which has helped with my CPD as an independent practitioner”

www.inclusion.me.uk/professionals_portal

You can access discounts on OT Coach & Inclusion.Me professional support services via our OT associate schemes? Contact us on 01892 704065 or email info@inclusion.me.uk for more details!

A few CPD resources/tools:

- http://www.cot.co.uk/cpd/cpd-ilod-and-hcpc
- http://www.cpdol.co.uk
- http://www.otcoach.com
Interactive Healthcare Training offer a wide range of affordable, user friendly online health and social care training courses.

From Safeguarding Adults and Children, through to Dementia Awareness and Equality Diversity & Inclusion; we have a course for your CPD.

Visit us at www.interactivehealthcaretraining.co.uk, or contact us on 01962 877999 and info@interactivehealthcaretraining.co.uk
The Basics

• Get a good set of Terms & Conditions – they are worth their weight in gold! www.inclusion.me.uk/professionals_portal

• Insurance – you have to have it & whilst there’s more than one company that can provide cover out there, everyone we know of seems to always end up back at the same point: BAOT include cover up to a certain level as part of membership, otherwise try Balens…www.balens.co.uk (COTSSIP have negotiated a discount for members!)

• Data protection --make sure you know what you have to do: www.ico.org.uk

• Money/Finances – most accountants will offer a free 1 hour consultation...when we started we went to see a few and got lots of free advise before deciding how to manage our accounts. You can do it yourself with the help of a few spreadsheets, a bit of time and lots of patience. Alternatively, you can have help from an accountant for an all inclusive set fee. There’s also some great, very cost effective financial packages out there...we use Freeagent and it’s been a lifesaver!

• Make sure you make a business plan at the begining of your journey, whilst you still have the time and energy to invest in writing one…they’re invaluable in helping you along your journey and with planning for the future!

For further details regarding Inclusion.Me’s full range of professional support services, offered by OTs for OTs: www.inclusion.me.uk/professionals_portal
The Basics Check List:

- Business bank account set up & registered for Tax purposes
- Data protection registered
- Prof indemnity insurance
- Appropriate Terms & Conditions: [www.inclusion.me.uk/professionals_portal](http://www.inclusion.me.uk/professionals_portal)
- Business Plan
- Office/Desk Space
- Home/office & car insurance for work use
- IT protection/Security/Data Backup
- Stationary
- Website
- Set up your LinkedIn Profile & join some OT related groups
- Social Media Presence (Twitter, Facebook, etc)
- Consider mentoring (OT Coach, Harrison Training or Inclusion.Me)
- Contact some OT companies to discuss the support they can offer & how busy they might be able to keep you?
- Join COTSSIP
Some peace & quiet for mindfulness & contemplation
(or some blank paper for your ideas & a bit of planning):
Some peace & quiet for mindfulness & contemplation
(or some blank paper for your ideas & a bit of planning):
Independent Tips & Tricks:

“Make plans for client cancellations”

“Establish a network of professionals who can support, help & be a sounding block; practice being proactive”

“Always, always give out business cards…”

“Keep calm and carry on…”

“Make up contracts prior to carrying out work to secure funding & ensure private clients agree formally to your charges.”

“Reputation is everything…don’t cut corners or compromise your professional values”

“Think carefully about your price & don’t forget about planning, evaluation, write up, travel time, etc”

“Don’t just do the basics well, do a holistic assessment to show your value”

“I found a gradual start to taking private work while still locuming gave me security of income whilst I built up contacts. You then have to take the leap at some point & have faith there will be enough work…”

For Insurance - check out Balens - [www.balens.co.uk](http://www.balens.co.uk)  
... don’t forget about Data Protection - look at ICO - [www.ico.org.uk](http://www.ico.org.uk)

“Always, always give out business cards…”
More feedback from independent OTs:

“I have met some extraordinary OTs across the globe that inspire me and support me; this would not have happened if I had remained in a position in Social Care.”

“My moto is to enjoy life - it’s way too short!”

“My personal opinion is avoid facebook, tweet daily and really use Linkedin, the latter allows you to pick and choose who you wish to communicate with and can really help your business.”

“Ensure that you obtain advice/support from a mentor…”

“Network, network, network! Most of my referrals have come via recommendations!”

“Get your name known”

“The kind of clients and type of assessments you do can go off in any direction and new opportunities can pop up expectedly!”

“Once you have made the decision to take the leap, don’t give up… persevere”

“Collect any useful OT forms that you come across, as these might be very helpful when designing your own”

www.cot.co.uk/ot-week/involve-media
A bit about Inclusion.Me....

- Inclusion.Me was formed in 2009, the brainchild of a couple of independent OTs with a passion for our profession & a belief in accessibility.
- Our turnover & profits have risen year-on-year and in 2012 we were chosen as the sole OT & Reablement Service provider for the City Of London.
- In 2013 we were fortunate enough to win a local business accelerator award which enabled us to access an Aladdin’s Cave of business & marketing brains to learn from.
- 2014: We won 4 more business awards, helping us to develop & evolve our range of OT services and strengthen our brand, which has been built upon the cornerstones of quality assurance, expertise & trust balanced alongside a strong belief in demonstrable value for money to our clients.

“Keep your focus but be creative… we’re OTs - it’s what we’re good at!”

“Once you have made the decision to take the leap, don’t give up… persevere”
The Occupational Therapy Show is YOUR SHOW. Register now to:

- Access over 60 hours of free CPD
- Learn from world-class speakers and experts
- Network with colleagues and peers
- Get practical advice and share best practice
- Update knowledge across all therapy areas
- Research and source new products and services from over 200 suppliers
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- Have fun. Be inspired

Fiona Prior
Independent Occupational Therapist

“A great show to network and see the most innovative ideas all in one place.”

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Register at www.theotshow.com/inclusionme for your FREE place now.
Inclusion.Me has a team of award winning expert OTs with over 20 years experience in Occupational Therapy, housing and access.

At Inclusion.Me we pride ourselves on the happiness and satisfaction of our clients.

Recent clients include Selfridges, Nike, Kent Occupational Therapy Bureau (Paeds & adult services), The City Of London, Guinness Trust, Pinnacle PSG, United House, Mulalleys, Phoenix Community Housing, Staying First Merton, Thanet Council, H&F & RBKC Occupational Therapy departments, Staying First HIA, The European Inn, SC Healthcare, The Salvation Army, LBL Social Services and The Theatre Royal, as well as numerous private clients, case management companies, small & large businesses and adaptation service providers.

“Sensible, knowledgeable & understanding”

Contact Inclusion.Me today to talk about our independent OT services & to see how we can support you in developing your work within the OT private sector.

More information about our services is available on our website at www.inclusion.me.uk