

00:06 to: *Angela Hook*  
sorry!

00:24 to: *Helen OTUK*  
oops

00:26 to: *kirstyes (UK)*  
Ha - unicorns I love them - It's so fluffy!!!!

00:44 to: *Angela Hook*  
if volume is low try using the slider int eh audio box

00:46 to: *Sam Ashby*  
great list of assessments and abbreviations on the MH site - but couldn't see the unicorns

00:48 to: *Melissa Robertson*  
AOL

00:49 to: *Sylvia Rodger*  
email?

00:49 to: *Lucy Burroughs*  
myspace?

00:49 to: *munchknmunch*  
myspace?

00:50 to: *Ina - Melbourne*  
love wordle!

00:51 to: *Anita @VirtualOT*  
AOL

00:53 to: *Clarissa (UK) - @clissa89*  
aim?

00:53 to: *Matthew Molineux*  
telephone!

00:54 to: *Michèle Verdonck*  
faxing

00:56 to: *Carol Ross (UK) @Trio33*  
My space

01:00 to: *Anita @VirtualOT*  
VAX

01:02 to: *Matthew Molineux*  
letters

01:02 to: *kirstyes (UK)*  
faxing ;O)

01:04 to: *Ellen Nicholson (OTEllenN)*  
Letter

01:06 to: *Helen OTUK*  
anyway to share media in a social environment

01:08 to: *Clarissa (UK) - @clissa89*  
ooooh

01:15 to: *munchknmunch*  
I love getting post

01:15 to: *Anita @VirtualOT*  
nice!

01:19 to: *Michèle Verdonck*  
ah yeah

01:21 to: *Ellen Nicholson (OTEllenN)*  
I win! :)

01:27 to: *Sam Ashby*  
oracle at Delphi?

01:29 to: *Sarah OTstudent*  
Haha Napster! thats a blast from the past!!!

01:33 to: *Michèle Verdonck*  
well done

01:33 to: *Melissa Robertson*  
smoke signals?

01:50 to: *Michèle Verdonck*  
dinasuar grunbting???

02:05 to: *Anita @VirtualOT*  
Hi Rob

02:19 to: *Bill Wong @BillWongOT*  
wow... really?

02:31 to: *Ritchard Ledgerd*

Very interesting..

02:36 to: *kirstyes (UK)*

I'm not surprised based on my own use - oops

02:38 to: *Robert Pereira*

Made it home. Sorry Gillian that I missed your presentation

02:39 to: *Anita @VirtualOT*

I want this graphic please Source?

02:41 to: *Helen OTUK*

:)

02:50 to: *Michelle Perryman*

I WANT THIS PRESENTATION TO LOOK AT!

02:52 to: *Michèle Verdonck*

me too

03:01 to: *Ina - Melbourne*

ditto!

03:02 to: *Lucy Burroughs*

me three :-)

03:02 to: *Melissa Robertson*

interesting the separation between communication (e.g. email) and social media

03:14 to: *Michèle Verdonck*

go brock, nice work

03:27 to: *kirstyes (UK)*

I wonder if any of the presenters would be happy to add their slides to slideshare or similar.

03:37 to: *kirstyes (UK)*

Dissing the lecturers - really ;o)

03:39 to: *Angela Hook*

We can ask them

03:47 to: *Michèle Verdonck*

I am sure they will wont they...

03:51 to: *Sarah OTstudent*

are these slides available after the presentation??

03:55 to: *Ina - Melbourne*

that would be an awesome resource

04:06 to: *Angela Hook*

We will ask the presenters if they will release them -

04:12 to: *Michelle Perryman*

ye that would be GREAT

05:18 to: *Bill Wong @BillWongOT*

yup... very true!

05:24 to: *Clarissa (UK) - @clissa89*

what? BEFORE the internet??? ;)

05:25 to: *Gillian Crossley UK*

haha

05:28 to: *kirstyes (UK)*

Sorry - have to go meeting - thanks Brock will catch up when the recording goes up.  
See you at 1pm.

05:34 to: *Clarissa (UK) - @clissa89*

see you later kirsty

05:39 to: *Michelle Perryman*

by kirsty!

05:40 to: *Bill Wong @BillWongOT*

see you later Kirsty

05:43 to: *Michèle Verdonck*

dont be rude the dewey decimal system is very useful

05:45 to: *Michelle Perryman*

bye\*

05:53 to: *munchknmunch*

random fact: in the early days of computers, it was a primarily female profession

06:14 to: *Bill Wong @BillWongOT*

yes... the dewey system do have its use... still have quite a bit of books at USC  
Norris library

06:16 to: *Michelle Perryman*

VOLUME

06:43 to: *Anita @VirtualOT*

yes, my research participants called this "serendipity"

06:48 to: *Clarissa (UK) - @clissa89*  
:)

06:52 to: *Angela Hook*  
Michell try the slider in the audio box

07:03 to: *Clarissa (UK) - @clissa89*  
yup

07:12 to: *Anita @VirtualOT*  
;) Clarissa (UK)

07:25 to: *Pam Toothill*  
Interesting session but sorry, I have to leave.

07:35 to: *Melissa Robertson*  
access within the workplace - no internet, no digital social media access

07:36 to: *Michèe Verdonck*  
its dangerous

07:43 to: *Angela Hook*  
thanks for coming Pam - the recording will be available

07:44 to: *Helen OTUK*  
can not get on in work time

07:46 to: *Anita @VirtualOT*  
Can't trust the source

07:47 to: *Bill Wong @BillWongOT*  
definitely Melissa- I remember that

07:48 to: *Ros Barham*  
There's too much to keep up with - overwhelming!

07:52 to: *Christy-Lyn (South Africa)*  
Sharing personal information

07:55 to: *Nikki Esplin Australia*  
Too difficult to learn

07:56 to: *Bill Wong @BillWongOT*  
and sometimes schools block social media sites

07:57 to: *Emma Welsby 1*  
It's a waste of real time

08:01 to: *Clarissa (Australia)*

not real life, a substitute

08:04 to: *Emma Welsby 1*  
...so some say

08:06 to: *Clarissa (UK) - @clissa89*  
yeah hear them a lot

08:13 to: *Anita @VirtualOT*  
Get a "real life"

08:17 to: *Angela Hook*  
:-)

08:21 to: *Julien Neel*  
People share unimportant content and ignore interesting / useful things. Social media is a digital wasteland of jokes.

08:35 to: *Clarissa (UK) - @clissa89*  
"why would you want to waste your time talking to people you dont even know in 'real life' "

08:39 to: *Anita @VirtualOT*  
nope

08:40 to: *munchknmunch*  
nope

08:40 to: *Michèe Verdonck*  
not achance

08:40 to: *Clarissa (UK) - @clissa89*  
not me

08:41 to: *Bill Wong @BillWongOT*  
nope

08:43 to: *Shaan @shaanOT*  
not me

08:43 to: *Lucy Burroughs*  
know about 1/4

08:43 to: *Melissa Barrett (Australia)*  
not i

08:44 to: *Gillian Crossley UK*  
not me!

08:44 to: *Julien Neel*

pretty close to yes

08:44 to: *Ruth*

nop

08:44 to: *Christy-Lyn (South Africa)*

Nope

08:44 to: *Michelle Perryman*

nope

08:44 to: *Emma Welsby 1*

no

08:45 to: *Carol Ross (UK) @Trio33*

No!!

08:45 to: *Nikki Esplin Australia*

not even half

08:46 to: *Helen OTUK*

no

08:46 to: *A Starken / Germany*

not everything

08:46 to: *Ina - Melbourne*

no

08:47 to: *Sylvia Rodger*

no

08:48 to: *Sam Ashby*

no

08:48 to: *Deborah Haworth (OT Student, Lancs, UK)*

no

08:50 to: *Bill Wong @BillWongOT*

probably about half

08:54 to: *Helen OTUK*

not all

09:43 to: *Clarissa (UK) - @clissa89*

so much choice

09:46 to: *Ina - Melbourne*

ff double facebook?!? ;)

09:49 to: *Anita @VirtualOT*

And then they change the tools that you DO know

09:51 to: *munchknmunch*

I would love it if more people used the OT reddit

10:08 to: *Gillian Crossley UK*

love it!

10:09 to: *Lucy Burroughs*

what is OT reddit?

10:12 to: *Julien Neel*

Many of these are aggregated through other applications, you don't really need to know how to use them individually.

10:12 to: *Clarissa (UK) - @clissa89*

awwwwww

10:15 to: *Michelle Perryman*

haha

10:20 to: *Angela Hook*

cute

10:20 to: *Clarissa (Australia)*

YEAH Boris!!!!!!!!!!!!!!!!!!!!!!

10:26 to: *Anita @VirtualOT*

LOL

10:26 to: *Michelle Perryman*

BORIS!

10:35 to: *Emma Welsby 1*

Ohhh Boris.. ho sweet

10:38 to: *Michelle Perryman*

I HEART BORIS

10:43 to: *Emma Welsby 1*

how\*

10:44 to: *Ellen Nicholson (OTEllenN)*

Is there an OT subreddit? Or do you mean r/rehabtherapy?

10:47 to: *Clarissa (Australia)*

:)

- 10:54 to: *munchknmunch*  
<http://www.reddit.com/r/occupationaltherapy>
- 11:08 to: *Clarissa (UK) - @clissa89*  
 thanks munchkn
- 11:26 to: *Lucy Burroughs*  
 Thanks
- 11:34 to: *munchknmunch*  
 twitter can be very overwhelming
- 11:35 to: *Carol Ross (UK) @Trio33*  
 Oooh great - I'm a creator (and not young!!).
- 11:46 to: *Julien Neel*  
 What are the percentages?
- 11:47 to: *Ellen Nicholson (OTEllenN)*  
 Oooo..thanx munchknmunch. Will check it out.
- 11:51 to: *Bill Wong @BillWongOT*  
 twitter is overwhelming... I remembered it wasn't easy when I hosted my first OTalk
- 12:04 to: *Michelle Perryman*  
 YEA BILL U NEED TO GIVE ME A LESSON
- 12:17 to: *Bill Wong @BillWongOT*  
 I am in between a creator and conversationalist
- 12:26 to: *Michelle Perryman*  
 k im tired of being in bed now..i should of thought of my positioning wisely
- 12:31 to: *munchknmunch*  
 the problem with twitter is that it's so easy to miss something if you're not watching  
 twitter constantly
- 12:43 to: *Melissa Barrett (Australia)*  
 i think i am a bit of all of them except creator and inactive :)
- 12:43 to: *Bill Wong @BillWongOT*  
 I agree with that muchknmunch
- 12:46 to: *Clarissa (UK) - @clissa89*  
 I'm a conversationalist
- 12:55 to: *Michelle Perryman*

we need an OT TALK WEBSITE!

12:56 to: *Julien Neel*

what are the percentages?

12:59 to: *Clarissa (UK) - @clissa89*

Working on the creator bit ;)

13:17 to: *Michèle Verdonck*

adict??

13:20 to: *Carol Ross (UK) @Trio33*

Clarissa (UK) get going and become a creator then ;)

13:21 to: *munchknmunch*

Clarissa, write something for my blog so you can be one :)

13:24 to: *Gillian Crossley UK*

social media guru!

13:26 to: *Bill Wong @BillWongOT*

lol

13:27 to: *Sarah OTstudent*

hashtag is good so you dont miss anything/conversation

13:33 to: *Angela Hook*

Julie - you can ask that in the questions bit after the presentation if that's ok

13:34 to: *Michelle Perryman*

ot talk websire which will repost onto twitter!

13:34 to: *Clarissa (UK) - @clissa89*

I'm just about ready to publish my own munchn ;)

13:36 to: *Melissa Barrett (Australia)*

i find the pace of twitter overwhelming too

13:45 to: *munchknmunch*

blog buddies!

13:51 to: *Carol Ross (UK) @Trio33*

Clarissa - WordPress is a great place to start a blog for free :)

13:53 to: *Bill Wong @BillWongOT*

I find having too many social media accounts overwhelming

14:01 to: *Bill Wong @BillWongOT*

i think i have stopped using my linkedin pretty much

- 14:03 to: *Michelle Perryman*  
Word press
- 14:05 to: *Michelle Perryman*  
blogging
- 14:06 to: *Michelle Perryman*  
mm
- 14:17 to: *Anita @VirtualOT*  
at4ot
- 14:19 to: *Michèle Verdonck*  
yeah at4ot
- 14:27 to: *Bill Wong @BillWongOT*  
peds4OT
- 14:33 to: *Bill Wong @BillWongOT*  
or i meant pei4ot
- 14:35 to: *Bill Wong @BillWongOT*  
pedi4ot
- 14:37 to: *Michèle Verdonck*  
More members please!!! AT4OT
- 14:45 to: *Carol Ross (UK) @Trio33*  
Hey look Clarissa you're on the slide!
- 14:47 to: *Bill Wong @BillWongOT*  
can't spell right... must be 2:30 a.m. in LA
- 14:53 to: *Michèle Verdonck*  
I will post more I promise
- 14:53 to: *Clarissa (UK) - @clissa89*  
oooh yes!!
- 15:10 to: *Anita @VirtualOT*  
it is the most active group
- 15:12 to: *Angela Hook*  
I think a lot have joined since the session started!
- 15:17 to: *Clarissa (Australia)*  
Yeah MH OTs :)

15:19 to: *Michèle Verdonck*  
mental what???

15:22 to: *Robert Pereira*  
Pay you 20 bucks later Brock

15:25 to: *Bill Wong @BillWongOT*  
I know I am trying... I have sent an email to the student body at USC about these groups (putting my powers as OTD rep in USC SOTA to good use)

15:26 to: *Gillian Crossley UK*  
brilliant group! I was telling students about it yesterday!

15:28 to: *Clarissa (UK) - @clissa89*  
LOL

15:32 to: *A Starken / Germany*  
lol

15:56 to: *Clarissa (UK) - @clissa89*  
sooo many interesting links

16:00 to: *Bill Wong @BillWongOT*  
yes... you gotta use power when it's just, right?

16:31 to: *Sarah OTstudent*  
Just followed!! @mh4ot thanks

16:36 to: *Ellen Nicholson (OTEllenN)*  
The assessment index is amazing.

16:53 to: *Clarissa (UK) - @clissa89*  
so comprehensive!

16:57 to: *Helen OTUK*  
Some really great resources!

17:07 to: *Anita @VirtualOT*  
<https://www.facebook.com/#!/groups/MH4OT/?fref=ts>

17:23 to: *Michèle Verdonck*  
thats the way to do it!!! Suit yourself suit others!

17:27 to: *Carol Ross (UK) @Trio33*  
Just started following MH4OT blog ;)

17:45 to: *Melissa Barrett (Australia)*  
i know the feeling brock

17:46 to: *Melissa Barrett (Australia)*  
:)

17:54 to: *Ellen Nicholson (OTEllenN)*  
"OT OCD" Love it!

18:15 to: *Clarissa (UK) - @clissa89*  
uh oh... OT OCD... is that like untreated #OTgeekiness...? >.< it sounds scary

18:22 to: *Michelle Perryman*  
I CONCUR

18:27 to: *Bill Wong @BillWongOT*  
haha... good one Ellen- OT OCD

18:30 to: *Helen OTUK*  
#OTgeek is fine!

18:41 to: *Gillian Crossley UK*  
#OTgeek is the best!

18:46 to: *Michèle Verdonck*  
horay for OT geeks - techno-geeks!!

18:48 to: *Bill Wong @BillWongOT*  
I think I have driven some individuals with ASD nuts in being an OTgeek sometimes

19:09 to: *Clarissa (UK) - @clissa89*  
I love social media because I can be an OT geek with like-minded people :D

19:13 to: *Michèle Verdonck*  
I am too nuts myself to be in mental health

19:14 to: *Ellen Nicholson (OTEllenN)*  
Nothing wrong with being an #OTGeek!

19:36 to: *Bill Wong @BillWongOT*  
yes... and I can channel my obsessions constructively... hehe!

19:45 to: *Michelle Perryman*  
I sometimes have to disengage and re-engage :) but i love being an #OTGEEK with like minded people.

19:48 to: *ClaireOT (UK)*  
I'm back in the room- looking forward to catching up with the earlier bot of the preso after the chat!

20:01 to: *Clarissa (Australia)*  
Great balance btn content depth and a learning space for serendipity :)

20:04 to: *Clarissa (UK) - @clissa89*  
a LOT of work

20:33 to: *ClaireOT (UK)*  
We do appreciate all the hard work you have done Brock- but how do you keep going in a time of occupational imbalance?

20:40 to: *Bill Wong @BillWongOT*  
and a lot of dedication! Staying up for 10 hours of workshops without much breaks is not easy

20:45 to: *Michelle Perryman*  
Yes i need the balance to take in the critique of my clinical reasoning impliment into my practice and then relect and so on :)

21:04 to: *Angela Hook*  
Claire we'll ask Brock at the end - make sure I remember :-)

21:16 to: *Anita @VirtualOT*  
That's me!

21:21 to: *Clarissa (UK) - @clissa89*  
yeah!!!!

21:22 to: *Anita @VirtualOT*  
well, not really

21:23 to: *Helen OTUK*  
Self self self! Thats Brock!

21:25 to: *Karen*  
I agree!

21:25 to: *ClaireOT (UK)*  
Yes- this is why we extended the #OTalk group to include some fab and energetic new OTs this year- to help us to make it sustainable for all of us

21:32 to: *Bill Wong @BillWongOT*  
so true... mobile devices can be pretty useful!

21:41 to: *Bill Wong @BillWongOT*  
make it very accessible to mental health OT's

21:41 to: *Michèe Verdonck*  
android android android.....

21:42 to: *Anita @VirtualOT*  
I just keep up with everything in snippets of time

21:43 to: *Ina - Melbourne*  
mobile OTs

21:44 to: *ClaireOT (UK)*  
Yes. Mobile, and social, and granular info are teh future

21:46 to: *Bill Wong @BillWongOT*  
iphone iphone

21:59 to: *Lucy Burroughs*  
I love my iphone :-)

22:01 to: *Anita @VirtualOT*  
granular info

22:03 to: *Michèle Verdonck*  
bill rong rong rong!

22:05 to: *Deborah Haworth (OT Student, Lancs, UK)*  
<3 iphone

22:07 to: *Anita @VirtualOT*  
nice term Claire

22:14 to: *ClaireOT (UK)*  
I have android OS (phone) and iOS (iPad) as well as my laptop

22:22 to: *Anita @VirtualOT*  
Let's not have an iPhone-Samsung debate

22:23 to: *munchknmunch*  
I'm selling my Android and replacing it with an old iPhone 3GS that works a lot better...sooo...yeah... I'm a MacFiend

22:26 to: *Bill Wong @BillWongOT*  
lol

22:35 to: *Clarissa (Australia)*  
Top secret ;)

22:39 to: *Michèle Verdonck*  
as ot we need to know them all!!!! our clients will use alll

22:46 to: *Bill Wong @BillWongOT*  
yup

22:47 to: *Bill Wong @BillWongOT*  
absolutely

22:49 to: *Anita @VirtualOT*

Good point

22:52 to: *Sam Ashby*

so - revealing how little I know about twitter - how do you sign up for these twitter accounts?, do the messages go to your phone or some other site ?

22:54 to: *Ellen Nicholson (OTEllenN)*

Great tips.

23:01 to: *Melissa Barrett (Australia)*

my first OT paycheque is going to be spent on technology. i still don't have an Iphone :)

23:10 to: *ClaireOT (UK)*

I deliberately carry a range of devices for just that reason- to be able to advise across a range of devices and OS

23:12 to: *Michelle Perryman*

IPHONE ROCKS

23:14 to: *Karen*

Very good tips.

23:15 to: *Bill Wong @BillWongOT*

I used iPhone sometimes for peds

23:24 to: *Anita @VirtualOT*

Good priorities Michelle P

23:27 to: *Clarissa (UK) - @clissa89*

hahaha

23:29 to: *Bill Wong @BillWongOT*

although there are some good apps for mental health, too

23:36 to: *Michèle Verdonck*

i use both and plan to use windows 8 too!!

23:36 to: *Gillian Crossley UK*

overthinking big barrier to engagement!

23:42 to: *Helen OTUK*

Love 7

23:51 to: *Gillian Crossley UK*

love 7 too!

- 23:54 to: *Bill Wong @BillWongOT*  
next on my list for technology is probably either a regular iPad or an iPad mini
- 23:59 to: *Michèle Verdonck*  
just like this discussion brock.....
- 24:02 to: *Michelle Perryman*  
7= great
- 24:03 to: *Gillian Crossley UK*  
love my ipad!
- 24:18 to: *Michèle Verdonck*  
as a woman i love over thinking it!!!
- 24:27 to: *Michelle Perryman*  
haha Michele V!
- 24:31 to: *Michèle Verdonck*  
yabber on!!!
- 24:41 to: *Melissa Robertson*  
Virtual interest group, more than the number of people you can fit in a room
- 24:56 to: *munchknmunch*  
suddenly inspired to write a blog entry about all my gadgets and what they're best for...
- 25:00 to: *Clarissa (Australia)*  
social media is people. and occasional guinea pig ;)
- 25:05 to: *ClaireOT (UK)*  
who wanted to know how to start on Twitter?  
<http://claireot.wordpress.com/2012/03/19/how-to-twitter/>
- 25:06 to: *Clarissa (UK) - @clissa89*  
LOL @ Clarissa
- 25:08 to: *Michelle Perryman*  
i want borris
- 25:09 to: *Helen OTUK*  
and cats!
- 25:23 to: *Clarissa (UK) - @clissa89*  
and bunnies and baby monkeys riding backwards on a pig
- 25:28 to: *Sam Ashby*  
I need Boris to show me how to use Twitter can he travel?

- 25:32 to: *Matthew Molineux*  
my new cat said she is thinking of a facebook page
- 25:41 to: *Bill Wong @BillWongOT*  
haha... Matt
- 25:44 to: *Angela Hook*  
one of my dogs has fb :-)
- 25:47 to: *Emma Welsby 1*  
Would Boris come to mine for dinner?
- 25:50 to: *Clarissa (UK) - @clissa89*  
I would love to meet S, Matthew ;)
- 25:54 to: *Gillian Crossley UK*  
ooh a smiggs fb page would be awesome Matthew!
- 26:08 to: *Louise*  
can somebody please explain what word press is?
- 26:14 to: *Michèle Verdonck*  
techno geek!!!!
- 26:17 to: *Clarissa (UK) - @clissa89*  
LOL!
- 26:17 to: *munchknmunch*  
it's a blogging site
- 26:19 to: *Gillian Crossley UK*  
it a free blog site
- 26:20 to: *munchknmunch*  
[www.wordpress.com](http://www.wordpress.com)
- 26:22 to: *Bill Wong @BillWongOT*  
yup... techno geek!
- 26:33 to: *Louise*  
oh ok... thanks
- 26:33 to: *Clarissa (Australia)*  
You can buy dog collar that "tweets" (real ones!) when your dog barks. . .
- 26:38 to: *Helen OTUK*  
tomato?

26:40 to: *Clarissa (UK) - @clissa89*  
woah... iv never seen that

26:43 to: *Clarissa (UK) - @clissa89*  
pomodoro helen

26:47 to: *Angela Hook*  
haha want one Clarissa

26:49 to: *Anita @VirtualOT*  
Yes, time offline is essential!!

26:50 to: *Sam Ashby*  
thanks Claire - just had a quick look and will use your instructions!

26:59 to: *Clarissa (Australia)*  
My dog tweets

27:03 to: *Melissa Barrett (Australia)*  
great tip. i need to do that

27:03 to: *Michèe Verdonck*  
switch it off!!!

27:27 to: *Anita @VirtualOT*  
<http://www.pomodorotechnique.com/>

27:28 to: *Melissa Robertson*  
occupational balance!

27:30 to: *Michèe Verdonck*  
True OT!! Balance!

27:35 to: *Bill Wong @BillWongOT*  
I sure need to do that... need to put some time aside for meaningful occupations!

27:43 to: *ClaireOT (UK)*  
I use Google Calender to book myself time to do tasks- like my accounts or admin.  
Hmm... maybe I should block out socmed time, too?

27:49 to: *Helen OTUK*  
[www.occubuzz.com](http://www.occubuzz.com)

28:07 to: *Melissa Barrett (Australia)*  
isn't participating in social media activities a meaningful occupation?

28:12 to: *Anita @VirtualOT*  
Yes, that is a fun quiz!

28:13 to: *Michèle Verdonck*  
what?? was that Brock?

28:16 to: *Karen*  
Great tool. We love it.

28:20 to: *Anita @VirtualOT*  
Hootsuite

28:22 to: *Helen OTUK*  
hootsuit

28:22 to: *Clarissa (UK) - @clissa89*  
it is for me. but i need to balance it with the rest of my occupations!

28:28 to: *Helen OTUK*  
I use tweetdeck

28:32 to: *Shaan @shaanOT*  
Brock do you have any tips for collating blogs?

28:35 to: *Gillian Crossley UK*  
might give hootsuit a try!

28:35 to: *Michèle Verdonck*  
thanks....hootsuit!

28:36 to: *Anita @VirtualOT*  
Yes I do too Helen

28:53 to: *Helen OTUK*  
collating blogs, i use google reader

28:55 to: *Gillian Crossley UK*  
good advice!

28:55 to: *Clarissa (UK) - @clissa89*  
that's a difficult one

28:56 to: *Bill Wong @BillWongOT*  
#8 is a great tip!

28:57 to: *Sylvia Rodger*  
Good advice re comparisons or not Brock!

29:07 to: *Anita @VirtualOT*  
Yes... I tweet very little and freak out when I see how much others tweet

29:16 to: *Bill Wong @BillWongOT*

#9 is really important!

29:20 to: *Matthew Molineux*

my googlge reader currently has 1000+ unread items! :-)

29:21 to: *Gillian Crossley UK*

yep!

29:24 to: *Anita @VirtualOT*

What? we have to eat?

29:25 to: *Vicky Halliwell - Salford University UK*

ClaireOT you definately need to block out time for you too, we have to practice what we preach - I am rubbish at it but at least I try!!(re)

29:37 to: *Shaan @shaanOT*

thanks Helen I'll try that

29:39 to: *Helen OTUK*

Fun fun fun!

29:45 to: *Lucy Burroughs*

My bookmarks list is massive!

29:48 to: *Karen*

It is so much fun!

29:49 to: *Michèe Verdonck*

breath and laugh!!!!

29:50 to: *Bill Wong @BillWongOT*

i think ot24vx will be an exception on time engaging in SM

29:50 to: *Anita @VirtualOT*

this is mhy I took up swimming

29:53 to: *Karen*

Brock, great job!

29:57 to: *ClaireOT (UK)*

Anita- I think this is like I said during the previous preso- I like Twitter and Tweet lots- but not so much FB- so I need to be careful no tto compare my self to people who prefer that!!

30:00 to: *Anita @VirtualOT*

Can't use my pphone in the pool

30:04 to: *Clarissa (Australia)*

My dog had a break from tweets to return to barking: <http://twitter.com/SirFang>

30:10 to: *Matthew Molineux*

Brosk - have you used Seesmic to schedule tweets etc?

30:15 to: *Deborah Haworth (OT Student, Lancs, UK)*

Thanks - great presentation Brock, and been great reading all the chat - picked up loads of useful links. Think Ive been inspired to start my own blog!! eek :D

30:16 to: *Melissa Barrett (Australia)*

lol clarissa

30:27 to: *Melissa Barrett (Australia)*

thanks brock. was awesome

30:29 to: *Matthew Molineux*

Brock - have you used Seesmic to schedule tweets etc?

30:30 to: *Christy-Lyn (South Africa)*

He posted a question already in the chat!

30:35 to: *Anita @VirtualOT*

@ClaireOT yes, we need to know what gives us our best return

30:37 to: *Gillian Crossley UK*

Brock that was amazing!

30:37 to: *Helen OTUK*

Matthew Molineux

09:44

Brosk - have you used Seesmic to schedule tweets etc?

30:51 to: *ClaireOT (UK)*

I've used Seesmic, Matthew.

30:51 to: *Melissa Barrett (Australia)*

great presentation brock. for health professionals wonderful CPD opportunity. for the general public - how to regulate information sources and know difference between trusted source and becoming misin

30:51 to: *Melissa Barrett (Australia)*

formed. and how to ensure you present as a trusted source when delivering information?

30:59 to: *munchknmunch*

09:44 Brosk - have you used Seesmic to schedule tweets etc?

31:01 to: *Louise*

Thank you for the presentation, I'm now excited to start the online masterclass at salford uni

31:24 to: Anita @VirtualOT

Brock scheduled tweets for today actually! @Matthew

31:37 to: ClaireOT (UK)

Hmmm..... that sounds familiar- I have the same problem!

31:50 to: Anita @VirtualOT

He scheduled them using Hootsuit

31:55 to: Matthew Molineux

thanks anita

32:06 to: Melissa Barrett (Australia)

time blocks such a great idea. thanks for the reminder brock

32:17 to: Ellen Nicholson (OTEllenN)

Love the tips Brock...tweeted! :)

32:19 to: ClaireOT (UK)

Peronally, I don't hold with scheduling posts....

33:07 to: munchknmunch

what's your opinion of MOOCs? do you think they should be considered genuine forms of CPD?

33:07 to: Anita @VirtualOT

It helped with Tweets today while Brock knew what he would want to tweet about (ie: time and URL reminders)

33:10 to: Bill Wong @BillWongOT

I think this will be a great presentation in regards to professional development for OT students

33:31 to: Anita @VirtualOT

Ahhhh but he was around :)

33:36 to: Matthew Molineux

I'm thinking for group or organisation posts - to alert / remind people about things

33:49 to: Anita @VirtualOT

Exactly @Matthew

33:51 to: munchknmunch

Coursera has various online free courses, such as  
<https://www.coursera.org/course/mentalhealth>

34:49 to: Anita @VirtualOT

I was so pleased that the basic time/date/location tweets were pre-scheduled.

34:56 to: *Clarissa (UK) - @clissa89*

and hate missing out on interaction too :( but has to be done

34:56 to: *Clarissa (Australia)*

@Brock, great inspiration re diversification to engage people who engage online differently. . .thank you!

34:57 to: *Anita @VirtualOT*

One less thing for us to think about today

35:01 to: *ClaireOT (UK)*

Thanks

35:41 to: *ClaireOT (UK)*

Oh yes- of course clients should use social media!! and our job is to adapt environments-

35:55 to: *ClaireOT (UK)*

and, social media use is part of community engagement

36:02 to: *Matthew Molineux*

I'm sold Anita!

36:10 to: *Anita @VirtualOT*

I worked with clients with TBI, teaching them how to safely access SoMe

36:12 to: *Angela Hook*

Yes :-)

36:18 to: *Karen*

Good discussions! We observed social media being used with a client population who are isolated in their residences. The project is being done by an OT student.

36:25 to: *Clarissa (UK) - @clissa89*

Anita didnt you have that in your podcast ?

36:28 to: *Angela Hook*

sounds v interesting Karen

36:41 to: *ClaireOT (UK)*

Try these three posts to get started with use in MH acute setting

36:43 to: *Christy-Lyn (South Africa)*

Michele, are you South African? Good question!

36:45 to: *ClaireOT (UK)*

3.

<http://claireot.wordpress.com/2012/01/04/an-experiment-in-social-media-in-clinical-ot-practice-growing-together-3-growing-shoots/>

36:45 to: *Anita @VirtualOT*

If you know they are using it then I think it is necessary for us to check that they are using it safely and not being taken advantage of

36:58 to: *Angela Hook*

Yes agree

37:00 to: *ClaireOT (UK)*

2.

<http://claireot.wordpress.com/2011/12/14/an-experiment-in-the-use-of-social-media-in-clinical-ot-practice-growing-together-2-putting-down-roots/>

37:13 to: *ClaireOT (UK)*

1.

<http://claireot.wordpress.com/2011/12/12/an-experiment-in-the-use-of-social-media-in-clinical-ot-practice-growing-together-1-planting-the-seed/>

37:16 to: *Karen*

We use Skype to speak with these individuals and their feedback was that it was wonderful, especially to connect with their family and friends.

37:24 to: *Michèle Verdonck*

yip south africans all over the place!!!

37:28 to: *Louise*

i would like to ask a question

37:32 to: *Sam Ashby*

thanks Claire all questions now answered, thanks Brock

37:37 to: *Louise*

can i do chat box pls

37:47 to: *Karen*

Congratulations, Brock. Thank you for an engaging presentation.

37:52 to: *Michelle Perryman*

Im confused around Balance? how can we promote this to our service providers if we are not blancing its use ourself?

38:06 to: *Carol Ross (UK) @Trio33*

btw for anyone interested in publishing in a uk journal the nhs trust I work for publishes Cumbria Partnership Journal of research Practice and Learning

38:11 to: *Louise*

as a student I would like to know your opinion on how important it is for students to develop an online presence?

39:11 to: *Anita @VirtualOT*

Merrolee and I have written a chapter about this topic in an Aus NZ Fieldwork text. It is about to be published again in May 2013.

39:37 to: *ClaireOT (UK)*

We all have a digital footprint- the question is, are you going to take control of it, or are you going to let it present you in a way that is less than professional??

39:44 to: *Melissa Robertson*

Potential networking opportunities?

39:58 to: *munchknmunch*

there are a few of us students/recent graduates that are/were active student participants

40:02 to: *ClaireOT (UK)*

Digital literacy should include managing digital footprint and social media use

40:07 to: *Clarissa (UK) - @clissa89*

great job Brock!!!!

40:12 to: *Louise*

Thank you I am attending an on line masterclass at uni

40:16 to: *Robert Pereira*

Grats Brock!

40:16 to: *Gillian Crossley UK*

fantastic job Brock!!

40:17 to: *Helen OTUK*

Thanks Brock

40:20 to: *Anita @VirtualOT*

Look at how many students have benefited from being involved in the OT4OT machine :)

40:21 to: *Gillian Crossley UK*

mh4ot!!

40:21 to: *Brock Cook*

Thanks heaps guys. feel free to contact me on Twitter, FB, brock.cook@me.com etc

40:23 to: *Carol Ross (UK) @Trio33*

Michelle - good point. I find balance difficult .. sometimes I think Tweeting late at night can disrupt sleep :(

40:25 to: *Ritchard Ledgerd*

Thanks Brock. Very interesting.

40:26 to: *ClaireOT (UK)*

Fantastic discussion, Brock, can't wait to chat more about it!!

40:27 to: *Ellen Nicholson (OTEllenN)*

Awesome! Thanks Brock. :)

40:27 to: *Anita @VirtualOT*

Great presentation

40:28 to: *Clarissa (UK) - @clissa89*

we can discuss further on Twitter using #ot24vx12 hashtag for example :)

40:31 to: *Brock Cook*

more than happy to answer any questions

40:35 to: *Carol Ross (UK) @Trio33*

Great presentation/session Brock!!

40:36 to: *Nikki Esplin Australia*

Great tips and information Brock!

40:37 to: *Ina - Melbourne*

great to hear your talk!

40:39 to: *Carol Ross (UK) @Trio33*

Thanks!!

40:41 to: *Ros Barham*

Thanks - a good session for people at every stage of their social networking journey :)

40:47 to: *Ruth*

thanks

40:48 to: *Christy-Lyn (South Africa)*

Yay! Thanks Brock :)

40:51 to: *Anita @VirtualOT*

I am going to drive home and catch the next presentation from there... see you all soon.

40:52 to: *Lucy Burroughs*

Thanks very much :-)

40:58 to: *joaquin benedicto 1*

thanks

40:58 to: *Brock Cook*

thanks guys, hope i was useful to you

41:08 to: *A Starken / Germany*

Much thanks to Brock - it was a really good presentation!! Very much written information (which I loved as speaking information is not always as easy to understand for me as I'm not a native speaker)

41:08 to: *A Starken / Germany*

Thanks a lot!

41:10 to: *Ina - Melbourne*

(\*)

41:18 to: *Helen OTUK*

if CPD related

[https://www.facebook.com/groups/cpd4ot/345413075554774/?notif\\_t=group\\_activity](https://www.facebook.com/groups/cpd4ot/345413075554774/?notif_t=group_activity)  
would love your discussions

41:20 to: *Shaan @shaanOT*

Thanks Brock

41:27 to: *Brock Cook*

<https://www.facebook.com/groups/MH4OT/>

41:27 to: *Bill Wong @BillWongOT*

thanks Brock! Bravo

41:32 to: *Brock Cook*

[www.mh4ot.com](http://www.mh4ot.com)

41:37 to: *Brock Cook*

[www.twitter.com/mh4ot](http://www.twitter.com/mh4ot)

41:39 to: *Angela Hook*

<http://tinyurl.com/ot24vx2012-11>

41:46 to: *Clarissa (Australia)*

Round of applause for Brock!!! Great story, tips and groovy slides!

41:55 to: *Carol Ross (UK) @Trio33*

Anyone interested in our journal email me on my work address  
[carol.ross@cumbria.nhs.uk](mailto:carol.ross@cumbria.nhs.uk)

41:57 to: *Brock Cook*

thanks Clarissa :)