

OCCUPATIONAL THERAPY

Occupational Therapy

WHAT IS OCCUPATIONAL THERAPY?

Occupational therapy is a profession that helps people who have physical, mental, or cognitive disabilities to live as independently as possible. Occupational therapists work with people of all ages and abilities to help them learn, practice, and improve the skills they need to do the things they want to do in their lives.

WHAT WOULD A TYPICAL DAY LOOK LIKE AS AN OCCUPATIONAL THERAPIST?

A typical day for an occupational therapist might include:

- Assessing a client's needs and abilities.
- Developing a treatment plan.
- Working with the client to learn and practice new skills.
- Collaborating with other professionals, such as doctors, nurses, and social workers.
- Providing education and support to the client and their family.

WHAT SKILLS DO YOU NEED?

Occupational therapists need a variety of skills, including:

- Communication skills.
- Problem-solving skills.
- Creativity.
- Empathy.
- Attention to detail.

HOW LONG DOES IT TAKE TO QUALIFY?

Occupational therapists typically need a master's degree in occupational therapy. The program usually takes 2-3 years to complete. Some programs also offer a certificate or diploma in occupational therapy, which can be completed in 1-2 years.

Tips from our experts

WHERE CAN I FIND WORK EXPERIENCE?

There are several ways to find work experience as an occupational therapist:

- Internships: Many occupational therapy programs offer internships as part of their curriculum.
- Volunteer work: Volunteering at a hospital, community center, or non-profit organization can provide valuable experience.
- Job shadowing: Shadowing an occupational therapist in their workplace can provide a firsthand look at the profession.
- Research assistant: Working as a research assistant on occupational therapy projects can provide valuable experience.

Occupational therapists work in a variety of settings, including hospitals, community centers, and non-profit organizations. They help people with physical, mental, or cognitive disabilities to live as independently as possible.

WHERE CAN I FIND OUT MORE ABOUT WORKING AS AN OCCUPATIONAL THERAPIST?

For more information about working as an occupational therapist, visit the website of the Royal College of Occupational Therapists (RCOT) at www.rcot.co.uk. You can also contact the Occupational Therapy Society of Australia (OTSA) at www.ot.org.au.

5 TOP TIPS FOR APPLYING

1. *[Faint, illegible handwritten text]*





