

OCCUPATIONAL THERAPY

Occupational Therapy

WHAT IS OCCUPATIONAL THERAPY?

Occupational therapy is a health profession that helps people to do the things they want and need to do through everyday activities. It is a profession that works with people who have physical, mental, or cognitive disabilities to help them to live as independently as possible.

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

A typical day for an occupational therapist might involve working with a client to develop skills for a new job, or helping a child with a learning disability to manage their schoolwork. They might also be involved in research, teaching, or writing. The work is often varied and challenging, and requires a high level of creativity and problem-solving skills.

WHAT SKILLS DO YOU NEED?

Occupational therapists need a range of skills, including communication, problem-solving, and the ability to work with people from different backgrounds. They also need to be able to assess and plan interventions, and to evaluate the effectiveness of their work.

HOW LONG DOES IT TAKE TO QUALIFY?

In the UK, occupational therapists typically complete a three-year undergraduate degree, followed by a two-year postgraduate diploma or master's degree. Some people also complete a PhD. The total time to qualify is typically five to six years.

Tips from our experts

WHERE CAN I FIND WORK EXPERIENCE?

There are many ways to find work experience. You can contact occupational therapy departments at universities, or look for opportunities on job websites. You can also reach out to occupational therapists in your area and ask if they have any openings. It's important to be proactive and to show your interest in the profession.

Occupational therapy is a rewarding and challenging profession. It offers a wide range of opportunities and the chance to make a real difference to people's lives. If you're interested in this field, there are many ways to get involved and gain experience.

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

For more information, visit the Royal College of Occupational Therapists website at www.rcot.co.uk. You can also contact the Occupational Therapy Society at info@ot-society.org or visit their website at www.ot-society.org.

5 TOP TIPS FOR APPLYING

1. *[Faint, illegible handwritten text]*





