

# OCCUPATIONAL THERAPY

# Occupational Therapy

**WHAT IS OCCUPATIONAL THERAPY?**

Occupational therapy is a profession that helps people to do the things they need and want to do in their everyday lives. It is a profession that is concerned with the promotion of health and the prevention of disability. Occupational therapists work with people who have physical, mental, or emotional disabilities, and they help them to learn new skills and to use the skills they already have in a way that is meaningful and satisfying.

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

A typical day for an occupational therapist might involve a variety of activities. In the morning, they might see a group of clients in a classroom setting, where they would be teaching them new skills or reinforcing existing ones. They might also spend some time working with individual clients, either in a one-on-one session or in a small group. In the afternoon, they might be involved in administrative tasks, such as writing reports or updating client files. They might also spend some time participating in professional development activities, such as attending conferences or workshops. Overall, the work of an occupational therapist is diverse and challenging, and it requires a high level of skill and expertise.

**WHAT SKILLS DO YOU NEED?**

Occupational therapists need a range of skills to be effective in their work. They need to be able to assess the needs of their clients and to develop individualized plans to meet those needs. They also need to be able to teach and to coach their clients, and they need to be able to work with a variety of people, including children, adults, and older people. In addition, they need to be able to work in a team and to collaborate with other professionals, such as doctors, nurses, and social workers. Finally, they need to be able to communicate effectively with their clients and with their colleagues.

**HOW LONG DOES IT TAKE TO QUALIFY?**

Occupational therapists typically need a degree in occupational therapy to qualify for the profession. This usually takes four years to complete. Some occupational therapists also complete a postgraduate qualification, such as a master's degree or a doctorate, which can take an additional two to three years. In addition, occupational therapists need to be registered with the Health and Care Professions Council (HCPC) in order to practice in the UK. This requires them to pass a registration exam and to complete a period of supervised practice. Overall, it takes a significant amount of time and effort to qualify as an occupational therapist.

# Tips from our experts

**WHERE CAN I FIND WORK EXPERIENCE?**

There are several ways to find work experience as an occupational therapist. One of the most common ways is to contact occupational therapy departments in hospitals, universities, or community organizations. Many of these organizations offer work experience placements for students and recent graduates. Another way to find work experience is to contact occupational therapists directly and ask if they have any openings for work experience. This can be done through professional networks, such as the British Occupational Therapy Society (BOTS), or through online job portals. Finally, it is also possible to find work experience through volunteering. Many organizations, such as charities and non-profit organizations, offer opportunities for occupational therapists to volunteer their skills and expertise. Overall, there are many ways to find work experience as an occupational therapist, and it is important to explore all of the options available.

Occupational therapists can find work experience in a variety of settings, including hospitals, universities, community organizations, and non-profit organizations. They can also find work experience through volunteering or by contacting occupational therapists directly.

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

There are several ways to find out more about working as an occupational therapist. One of the best ways is to visit the website of the Health and Care Professions Council (HCPC), which is the regulatory body for occupational therapists in the UK. The HCPC website provides information about the profession, including the requirements for registration and the skills and knowledge needed to work as an occupational therapist. Another way to find out more is to contact the British Occupational Therapy Society (BOTS), which is a professional organization for occupational therapists in the UK. The BOTS website provides information about the profession and offers a range of resources, including a directory of occupational therapists and a list of occupational therapy departments in the UK. Finally, it is also possible to find out more about working as an occupational therapist by attending a conference or workshop, or by contacting an occupational therapist directly.

For more information, visit [www.rcot.co.uk](http://www.rcot.co.uk) or [www.hcp.org.uk](http://www.hcp.org.uk). You can also contact the British Occupational Therapy Society (BOTS) at [info@bots.org.uk](mailto:info@bots.org.uk) or [www.bots.org.uk](http://www.bots.org.uk).

## 5 TOP TIPS FOR APPLYING

1. *[Faint, illegible text]*





