

# 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 through everyday activities. It is a health 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 can be challenging. Some occupational therapists work in hospitals, while others work in community settings, such as schools or care homes. The work is often done in a team with other health professionals.

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 for individuals and groups. They should be able to work independently and as part of a team. They should also have a good understanding of the human body and the mind.

HOW LONG DOES IT TAKE TO QUALIFY?

Occupational therapists need a degree in occupational therapy, which typically takes three years to complete. Some students may also complete a placement year. After graduation, they need to register with the Health and Care Professions Council (HCPC) to practice as an occupational therapist. The registration process involves meeting certain requirements, including passing a registration exam. The registration process can take several months to complete.

# Tips from our experts

WHERE CAN I FIND WORK EXPERIENCE?

Work experience is an important part of your education and can help you to decide if a career in occupational therapy is right for you. There are many ways to find work experience, including through your school or university, or by contacting occupational therapy organizations directly. Some organizations offer short-term placements, while others offer longer-term placements. It is important to choose a placement that will give you the opportunity to learn and gain experience in the field. You should also consider the location and the type of organization you would like to work for.

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

There are many ways to find out more about working as an occupational therapist, including through your school or university, or by contacting occupational therapy organizations directly. Some organizations offer information packs, while others offer webinars or workshops. It is important to choose a source that will provide you with accurate and up-to-date information.

[www.rcot.co.uk](http://www.rcot.co.uk)

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

## 5 TOP TIPS FOR APPLYING

1. **Establish a strong foundation**  
Before applying for a job, take time to research the company and the industry. Understand the company's mission, values, and culture. Tailor your resume and cover letter to highlight your relevant skills and experiences. Prepare for the interview by practicing common interview questions and researching the interviewer.





