

# Occupational therapy

A career opportunity

# U tube

- ▶ Occupational therapy as a career - u tube

# THE OCCUPATIONAL THERAPIST ROLE

- ▶ We are all 'occupational beings', we like to 'do' and 'be' and 'become'. Occupational therapists work with people of all ages to find ways that will enable them to continue to do things that help to define their roles and allow them to live life the way they want.

# WHAT ARE OCCUPATIONS?

- ▶ When occupational therapists talk about ‘occupation’, we don’t just mean paid work or careers. We are talking about the occupations people do every day and affect their health and wellbeing. Occupations may form important and complex routines, roles and daily responsibilities. Occupational therapy is unique, because it is the only profession that uses occupation as a therapeutic tool to improve people’s health, wellbeing and quality of life.

# WHAT QUALIFICATIONS DO I NEED TO BECOME AN OCCUPATIONAL THERAPIST?

- ▶ Full time BSc (Hons) degree programme: 3 years or 4 years in Scotland \* other programmes are available in Scotland, see list of universities on page 10 for details • Post graduate programme (PgDip or MSc): 2 years •
- ▶ **You will need five GCSE's at A–C, including English, Maths and often Science**
- ▶ When applying for an occupational therapy programme, either through UCAS or to the university directly, you will be asked to write a personal statement. This is your opportunity to stand out. In your personal statement, so try to make sure you: • explain why you are interested in occupational therapy as a career; • describe any experiences you have of working in, and/or visiting, occupational therapy departments, and what you think you gained from the experience; • outline your personal qualities and skills and try to relate these to what may be required of you as an occupational therapist; • provide a brief account of your interests.

## WHAT IS INCLUDED IN AN OCCUPATIONAL THERAPY PROGRAMME? OCCUPATIONAL THERAPY PROGRAMMES COMBINE BOTH ACADEMIC STUDY AND PRACTICAL LEARNING

Academic study • Biological sciences • Ergonomics • Behavioural sciences • Management and leadership • Therapeutic interventions • Environmental adaptations • Research • Occupational therapy knowledge and skills • Core skills • Humanities - the Public Health agenda, occupational science and other relevant areas of study

- ▶ Practical learning A minimum of 1,000 hours (approximately one-third of the programme) is required to be spent on practice placements, where you put into practice all the theory and knowledge you have learnt at university. On placement, you may work in physical rehabilitation, learning disabilities, mental health and social care or in the voluntary sector. During your practice placements, you will normally be under the supervision of a qualified occupational therapist.

# WHERE CAN I STUDY OCCUPATIONAL THERAPY

- ▶ When applying for an occupational therapy programme, either through UCAS or to the university directly, you will be asked to write a personal statement. This is your opportunity to stand out. In your personal statement, so try to make sure you:
  - explain why you are interested in occupational therapy as a career;
  - describe any experiences you have of working in, and/or visiting, occupational therapy departments, and what you think you gained from the experience;
  - outline your personal qualities and skills and try to relate these to what may be required of you as an occupational therapist;
  - provide a brief account of your interests.

