



**Aisling
Fearon**

Occupational
Therapist
Community Falls
Prevention and
Management
Service

What does your job entail?

Visiting people in their own home who have had a fall, a near miss or a fear of falling to complete either an initial multifactorial falls assessment or an OT assessment, having had OT needs identified by another member of the Multi-Disciplinary Team (MDT). Following assessment goals, a plan will be agreed with the client. Interventions undertaken may include anxiety management, a functional programme or equipment provision to help the client meet their identified goals. Liaison with MDT and onward referral is also key within the role.

How did you get into this line of work?

I always wanted to work with people but did not know in what capacity. I researched various healthcare jobs and OT stood out as a good option due to the breadth of opportunities available within it.

Outline your career to date

- Hospital based rotational Band 5.
- Community OT
- Community Rehabilitation team

Tell us about your qualifications and training

A-levels and BSc (Honours) OT degree, University of Ulster. The degree course included practice placement, which was of great value in preparing me for the workplace as a newly qualified OT.

What qualities are required for your job – personal and professional?

- Patience
- Good organisational skills
- Empathy
- Good communication skills
- Work well within a team
- Good problem-solving skills

What is the best advice you have ever received?

If you don't look after yourself, you won't be able to take care of anyone else!

What do you like to do in your spare time

I enjoy spending time with my family and friends and playing squash and football.

Tell us an interesting fact about yourself

I spent a few years living abroad in Australia and New Zealand.

Who has inspired you most in your life?

A lot of OTs I have met throughout my career have inspired me with their passion for helping people. OT input can sometimes be overlooked in the wider MDT, or there might be a lack of understanding of what we bring to the table, but there have been many OTs throughout the years who have inspired me to keep promoting and advocating the important role OT has to play in the provision of healthcare and to do the best I can for all of my clients.

What advice would you give your 16-year-old self?

You are tougher than you think!