

Occupational Therapy Assistant



Lisa Hamill

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Introduce yourself. Where do you work? What is your job role?

Hello, my name is Lisa Hamill, I am an Occupational Therapy Assistant working across various directorates within the Belfast Trust.

What does your job entail?

I work with patients of all abilities, disabilities, ages and medical conditions. Daily I am involved in the assessment and rehab of patients, I engage clients in therapeutic activities, educate regarding equipment and use, and monitor and review the progress of treatment planning specific to that client. I work as part of a large multi-disciplinary team in a number of hospitals. Additionally, I provide clerical and housekeeping support to each team.

How did you get into this line of work?

I was a volunteer befriender for a number of people for many years. During that time, I came to realise that I wanted to do something similar but more practical as a job.

Outline your career to date

Occupational Therapy Assistant for 25 years. Various retail posts, in a supervisory management capacity.

Tell us about your qualifications and training

Five GCSE's (O-Levels in my day). Two A-Levels. BA degree in Psychology. Work based: NVQ level 3. Ongoing mandatory training. Ongoing "on the job" training.

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

Adaptability in order to deal with quickly changing circumstances, tolerance, acceptance of others, compassion, resilience, initiative, motivated. Discretion, be a team player, flexibility, objectivity, commitment to continuous learning.

What is the best advice you have ever received?

It's not the job you do. It's how you do the job. Don't generalise people, we're all different!

What do you like to do in your spare time?

I love to walk my two dogs, Nelly and Noodle are their names and squirrels are their nemeses! I love to travel and love to plan (overplan!) these adventures in all their details!

Tell us an interesting fact about yourself

I've been to Uzbekistan!

Who has inspired you most in your life?

My mother who triumphed over adversity in her life. My sister who is my best friend and my wise and trusted advisor in all things.

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

Get a practical degree, use it. Work to live and not vice versa.