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Can you give us a brief work history?

Having worked in clinical practice for over ten years in a variety of settings which include acute and non-acute hospitals, community rehabilitation team and core community OT teams, I now work in a workforce development role.

What made you decide to be an OT?

I was inspired by the opportunity to really help people and make a difference in their lives on a day-to-day basis. I was excited by the various different places I would be able to work in; for example with wheelchairs, with children and with elderly people. The opportunity to focus on what people are able to do, instead of what they can't do, and optimise their abilities as much as possible really influenced my decision to become an Occupational Therapist.

How did you train for this role/educational route?

Degree at Ulster University

What does a typical day involve?

Much like in the clinical world of OT – every day can be very different! Some days I am delivering training sessions, other days I will be out in clinical settings observing the support workers in their workplace. Other days I could spend a lot of time marking and developing training sessions. The variety really keeps the role interesting.

What do you like best about your job?

I am passionate about constantly seeking to maintain a high quality of service and improve the service we provide to our clients. I feel fortunate to be able to contribute to this in my current role.

What advice would you give anyone thinking of doing your job?

My advice would be to always strive to improve and educate yourself. We are so fortunate that the world of research is always providing us with new evidence of best practice. It is important, that in order to provide the best possible care to our clients, that we stay up to date with the latest knowledge that is available to us.