



**Naoisa
Lindsay**

**Occupational
Therapist**

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

My Name is Naoisa and I work as an Occupational Therapist in the Belfast Trust.

What does your job entail?

I currently work in Reablement in the Belfast Trust. I am community based and work from an office; I drive to the homes of client's who have recently had a change in function and require rehab to regain their skills and independence and complete assessments. Treatment can include use of equipment to maintain independence, teaching client's skills to adapt to any functional changes or supporting clients with short-term support worker input until they regain their independence. It is a very rewarding job as I get to work with clients who want to remain independent in their homes. At times client are unable to achieve this and I would then refer on for long-term services through Social care. Within the team, there are OTs, Care Co-ordinators and Reablement Support Workers.

How did you get into this line of work?

I applied for OT after completing work experience at my local community paediatrics clinic. I really enjoyed seeing the impact that the therapist was able to have on the children she was working alongside. When I looked into OT more and saw the variety of areas you could work in I felt drawn towards this line of work. I could see how it would be a very rewarding job to work in, when you are able to retain or regain a person's independence. During my OT degree, my great uncle became unwell and required OT input. It was lovely to see the impact the OT had on his quality of life and the support given to his wife at the time. This further clarified my interest in OT and desire to work in elderly care more specifically.

Outline your career to date

Following my degree, I went on to work as a Locum OT in Northern Ireland whilst awaiting a place on the Band 5 waiting list. I worked in the Paediatrics and Acute Elderly Wards. I then moved back to Edinburgh and worked in a town called Peebles in the Borders. I worked in a community hospital, completing physical rehab and then did a secondment to the Social Care team and worked as a community OT. I then moved to a job in Older Adults Mental Health in The Edinburgh Royal Hospital, which involved working with clients with advanced dementia. I moved back to Belfast and started working in the Elderly Rehab unit in Musgrave Hospital and more recently, I started a job in the Reablement team in the community. So far to date I have had a wide range of experience, which has mostly been in elderly care.

Tell us about your qualifications and training

I completed my Occupational Therapy degree in Queen Margaret Edinburgh between 2007-2011. I have mostly worked in elderly care and in dementia roles. In addition to mandatory training in my job, I have also completed additional training such as – seating and postural management, sensory integration for adults, wheelchair training, sleep system assessment and splinting.

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

I think as an OT you need to be caring, a good communicator, flexible to changes and patient. Professionally you need to be able to work in a team or on your own depending on your role, be able to problem solve, keep organised and be client centred.

What is the best advice you have ever received?

Don't worry about something that happened today, that you won't remember in a years' time.

Tell us an interesting fact about yourself

I rowed in the World Championships when I was in school.

What do you like to do in your spare time?

I enjoy spending time with my family and friends. I have a toddler who is very playful and keeps me on my toes. I love swimming and try to go sea swimming when I can. I enjoy cooking, baking and making crafts.

Who has inspired you most in your life?

My granny, who goes sea swimming at 93!

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

Stop worrying, it will all work out!