



Orla McCrory

Occupational
Therapist

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

I'm Orla McClory and I'm a Specialist Occupational Therapist in special schools in Belfast. I am currently working in Harberton School with children who have learning disabilities, neurodiversity, and other physical/genetic conditions.

What does your job entail?

My job is to empower children and young people to achieve their functional goals and increase their independence in their daily lives. I do this through educating and training the adults who support them in sensory regulation techniques, dexterity and strength building activities and fine motor skills.

How did you get into this line of work?

I completed the Band 5 regional recruitment interviews and worked as a rotational Band 5 in physical disability schools and then I applied for a Band 6 post that came up in special schools.

Outline your career to date

I graduated in 2016 and worked in community adults for over a year before moving away to Canada for a year. I spent some time working as a Locum OT until I received my rotational post in the Paediatric Service in the Belfast Trust.

Tell us about your qualifications and training

I studied at Ulster University, Jordanstown. I will be commencing a master module in Ayres Sensory Integration in Feb 2023.

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

Patience, flexibility and adaptive thinking, creativity and playfulness.

What is the best advice you have ever received?

Not everything needs a resolution or a solution, sometimes what's needed is a shift in our perception.

What do you like to do in your spare time?

Weightlifting/gym, sea swimming, meeting friends for dinner/coffee.

Tell us an interesting fact about yourself

I grew up in Gaoth Dobhair, Donegal and I'm fluent in Irish, I'm fascinated by language, and I love working alongside my Speech and Language Therapy Colleagues.

Who has inspired you most in your life?

My granny, she is resilient and determined, she radiates positivity and taught me to do the same. She humbles me with her opinions and helps me to reflect on myself and my views.

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

Don't let trivial issues hold weight in your life, things aren't that serious!