



**Rachael
Moore**

**Community
Occupational
Therapist**

What does your job entail?

I work as a Community Occupational Therapist in the Belfast Trust, working with adults with a learning disability. Each day can vary greatly. I have an office base and will usually start my day there provided I have no early morning home visits scheduled. I receive a number of new allocations each month, once I receive these I will screen each thoroughly, reading up on all/any relevant background information and, subsequently, arranging an initial assessment/visit in the individual's long-term accommodation, or relevant setting. The settings that I work in can vary from the service user's own home, day centre, nursing home, supported living/residential service, and/or the respite facility in which they are currently residing. My role as an Occupational Therapist, working with adults with a learning disability in the community, is beautifully diverse – in addition to the provision of relevant equipment and minor adaptations, I have also provided interventions in the areas of 24-hour postural management, and education and life skills training, to include 1:1 and group training in kitchen and money management skills. In addition to the completion of assessments and interventions, I attend relevant Multi-Disciplinary Team (MDT) meetings and best interest meetings. My occupational therapy colleagues and wider MDT colleagues are all lovely people who are extremely supportive, which always makes any work pressures that bit easier.

How did you get into this line of work?

When I was a young girl, an elderly neighbour who lived on his own had support from Community Occupational Therapists. This maximised his independence and allowed him to live in his own home until he passed away peacefully. This neighbour was one of my best friends when I was growing up, and the positive effect that community occupational therapy had on his life had a profound effect on me. So much so, years later, when in an entirely different career, it was occupational therapy that I would think of last thing at night, and first thing in the morning.

Outline your career to date

I worked as a science teacher/tutor in post-primary and further education for four years. It was during this period that I realised that my heart was already with an entirely different career. I applied for a 2-year Masters of Science in Occupational Therapy, of which my application was unsuccessful. Following this, I decided to sit the HPAT and apply for the 3-year BSC in Occupational Therapy in Ulster University Jordanstown. After successfully completing my 3-years of study, I worked as a Falls Assessor before earning a band 5 rotational post as an Occupational Therapist in the Belfast Trust. During the past four years I have gained experience in acute, intermediary-care, and community care settings working with individuals of different ages and with a wide range of conditions. Recently, I have secured a Band-6 Community Occupational Therapy post in the Belfast Trust.

Tell us about your qualifications and training

My first degree was a four-year honours degree in Biological Sciences and Physics with concurrent teacher education from the University of Limerick in 2007. In 2015 I commenced the three-year Bachelor of Science in Occupational Therapy at Ulster University Jordanstown. I received the Dean's award each year for excellence in academia and subsequently received a First-Class Honours degree in 2018. Following completion of the latter, my training has been ongoing through the completion of relevant in-service and mandatory training. I very much look forward to the opportunity of completing relevant master's modules.

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

I have a lot of relevant personal and professional transferrable skills that, I believe, are essential for this job, because so much of the job centres on working with people, inter-personal skills are key – communication (both verbal and non-verbal), teamwork, listening, to name but a few.

What is the best advice you have ever received?

There is not one piece of advice that springs to mind, but rather a culmination of life experiences that have taught me to follow your heart, have faith, and always try to do right.

What do you like to do in your spare time

I have always been a keen sportswoman and love to exercise. I also love to read. In the last number of years, our little family is expanding so I love to spend time with my nearest and dearest, and simply live a happy and healthy lifestyle, as much as is possible.

Tell us an interesting fact about yourself

I am the youngest child, born into a family of nine (including my parents).

Who has inspired you most in your life?

As regards my chosen career path, I would say that my biggest inspiration was my elderly neighbour and friend. As regards my work ethic, I would say both my parents have been the best inspiration to me.

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

Have faith and follow your heart.