



## Sharon Glenn

Occupational Therapist

### What does your job entail?

I am one of the few Occupational Therapists (OTs) working in day care. I complete initial assessments/sitting on the admission panel, liaising with professionals and carers, completing ADL, transport, wheelchair, seating, environmental and manual handling assessments, prescribing equipment and adaptations, manual handling facilitation. I am also responsible for all the equipment at the day centre, completing risk assessments (i.e.: transport), cognitive assessments, splinting, staff education and training, group work, social skills/falls staff, rehab. I can use all the skills I have gained throughout my career and bring them together to work with a holistic client centred approach.

### How did you get into this line of work?

I worked as a Community OT for 14 years, most of this time as a Band 7. When the day centre job was advertised, I decided to apply for a new challenge.

### Outline your career to date

I did many jobs in my twenties then studied as a mature student in my thirties. I decided on OT due to the variety and opportunities. I then worked in England on a hospital rota for two years which was a fantastic experience. Then I did locum work for a short time, in hospital and community, before coming back to Northern Ireland in 2001 and working for the Belfast Trust.

### Tell us about your qualifications and training

BSC Hons Occupational Therapy Degree 2001. Masters module in Research in Health Sciences.

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

You need to have excellent interpersonal skills on many levels such as being “in the moment” with clients and their carers, whilst liaising on a professional level. Also the ability to convey bad news, to always be approachable and reasonable, to be a good organiser, to be able to multitask, work under pressure, considerate of social and health needs and to be kind.

### What is the best advice you have ever received?

You know more than you think you know.

### What do you like to do in your spare time

Dog walking, horse riding and camping.

### Tell us an interesting fact about yourself

My quickest time for 10k is 36 mins.

### Who has inspired you most in your life?

My dad.

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

You are capable of so much more than you think.