



WORK INSPIRATION – Occupational Therapy

Occupational Therapy (OT) is a career path that makes a difference to people's lives across the community when they have difficulties carrying out day-to-day activities because of disability, illness, trauma, or age-related long-term conditions.

General Careers Resources/Information

- **Royal College of Occupational Therapists**

- Find out [what is occupational therapy?](#)
- Route to [becoming an occupational therapist](#)
- Discover more about the [day to day work](#) of an Occupational Therapist
- Occupational Therapy has the power to transform lives. [Watch Alistair's story](#) and see the incredible value of OT
- [Find out](#) how occupational therapists help people to live and not just exist
- OTs are on the frontline of health equity and are uniquely placed to understand and tackle the challenges people face. As [shown in this video](#) created for OT Week 2021

- **Prospects** What can you do with an Occupational Therapy degree?

- Career as an [Occupational Therapist](#)
- Career as a [Health Improvement Practitioner](#)
- Career as an [Advice Worker](#)
- Career as a [Play Therapist](#)
- Career as a [Social Worker](#)
- Career as a [Teaching Assistant](#)
- **National Careers Service** has a section on the careers as an [Occupational Therapist](#) and also an [Occupational Therapy Support Worker](#)
- **Health Careers NHS** Have a section on the role of an [Occupational Therapist](#).

Work Inspiration
An initiative of

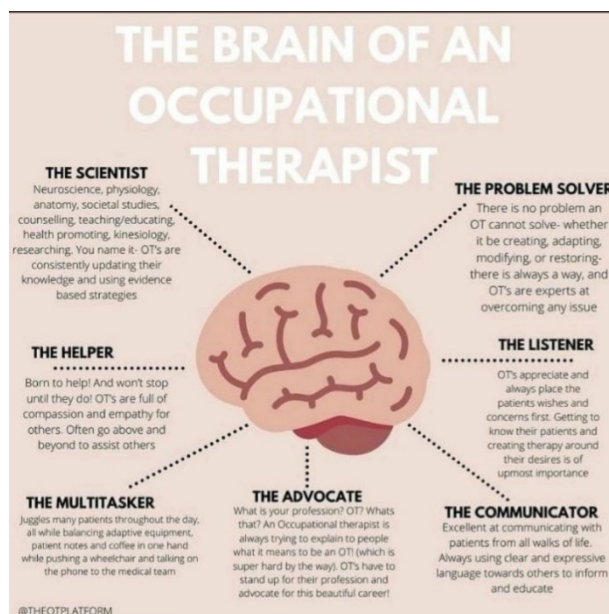


The Responsible
Business Network
Northern Ireland

- [Meet Rachel](#), studying to become an OT
- Lawrence [shares his experiences working as an occupational therapist](#) and lifts the lid on the day-to-day life of the role
- [Working as an occupational therapist](#)
- **British Heart Foundation** Maria Davies, Senior Occupational Therapist at Aneurin Bevan University Health Board in Wales, [explains the role of the occupational therapist, and how she is working to support people with heart disease in getting back to work](#)
- **Belfast Health and Social Care Trust** - Andrew and Fiona are occupational therapists within the intermediate care service. They [explain the structure of intermediate care and how their roles fit into the service](#)
- **England Rugby** share the [story of their International Rugby player Lydia Thompson](#) who is also an occupational therapist
- **Beam Consultancy** A blog on '[What does an Occupational Therapist Do in Mental Health?](#)'
- **University Hospital Plymouth** During OT Week, [staff talked about why they love OT](#)
- **NRS Healthcare** – What does an Occupational Therapist Do? [Meet Lauren](#)
- **Central and North West London NHS Foundation Trust** A '[Day In A Life](#)' Vlog of a Newly Qualified Occupational Therapist
- **Southern Health and Social Care Trust** inspire and enthuse students about a career as an OT. [Meet 24 of their staff. \(NEW\)](#)
- **NHS Greater Glasgow and Clyde** as part of OT Week 2021, they have a series of videos:
 - Meet Julie Shaw, explaining [role of OT in Forensic Care](#)
 - Meet Shona Reeve, explaining [OT's unique role in alcohol and drug services](#)
 - Samantha Flower explains [how OTs help people overcome the effects of disability](#)

University Information

- **WhatUni** provides [a list of all the occupational therapy degree courses](#)
- **TheUniGuide** has a list of [occupational therapy courses](#) with feedback from students, prospectuses, and details of open days
- **UCAS** – what does an [Occupational Therapist](#) do and is it the right career for you
- **Ulster University** Study Occupational Therapy find out all the information on the [course](#) and [watch September 2021 virtual open day](#)
- **Complete University Guide** [Find out about studying Occupational Therapy](#) and see if it's the career is for you.
- **Sheffield Teaching Hospitals** have a few virtual sessions. The second [session](#) highlights the role of Allied Health Professionals (AHPs), with a focus on **Physiotherapy, Occupational Therapy and Medicine (April 2021)**
- **University of Worcester** A group of first year OT students [created a video](#) to explain about Occupational therapy and the reasons behind their decisions to become an OT



Updated June 2022: To find out more about our Work Inspiration programme, please contact [Joanne Mehaffy](#) or visit www.workinspiration-ni.com