

A VERY  
SHORT  
GUIDE TO  
**OCCUPATIONAL  
THERAPY**

# Occupational Therapy

## WHAT IS OCCUPATIONAL THERAPY?

Occupational therapists play a key role in helping people regain, maintain or improve their participation in life.

## WHAT WOULD A TYPICAL DAY LOOK LIKE AS AN OCCUPATIONAL THERAPIST?

There is no such thing as a 'typical day'! Occupational therapists work with people across the life span, from premature babies to people over 100 years old. They work with people considering their physical and mental health and any learning needs. This means they work in many different settings, from hospitals to prisons, social care to schools and lots of other places too. Essentially where there are people, there are occupations (activities), so there is always a role for an occupational therapist!

## WHAT SKILLS DO YOU NEED?

Some of the skills you need are: excellent communication skills (written and verbal), problem solving and observational skills, thinking outside the box, enthusiasm and sensitivity, the ability to build rapport.

## HOW LONG DOES IT TAKE TO QUALIFY?

There are two routes to qualifying as an Occupational Therapist at the University of Worcester. If you have a previous degree you may choose to look at the pre-registration MSc full-time, two-year route. If you do not have a previous degree there is a three year BSc (Hons) Degree route. Both routes lead to qualification as a registered occupational therapist.

# Tips from our experts

## WHERE CAN I FIND WORK EXPERIENCE?

Talk to your local hospitals and social care settings in case their occupational therapists can provide work experience. If you find it hard to get 'hands on' experience, then it can still be really valuable to have a conversation with an occupational therapist about their role.

Also think creatively! What about putting a 'shout out' on social media to see if any occupational therapists would take some time to talk to you about their job. Occupational therapists are passionate about their profession and are usually keen to let everyone know about their work! It is also worth thinking about other experiences that would be beneficial, for example supporting people of different ages to carry out occupations

they want or need to do, such as reading with younger children at school or helping at a charity or working in a care home.

## WHERE CAN I FIND OUT MORE ABOUT WORKING AS AN OCCUPATIONAL THERAPIST?

A good place to start is with the professional body website, the Royal College of Occupational Therapists: [www.rcot.co.uk](http://www.rcot.co.uk)

Also, the NHS Healthcare Careers website: [www.healthcareers.nhs.uk](http://www.healthcareers.nhs.uk)

And don't forget, Occupational Therapy is a global profession so check out the World Federation of Occupational Therapists website too: [www.wfot.org](http://www.wfot.org)





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