

Occupational Therapist

Occupational Therapy is an exciting and varied career. You will work with a huge variety of patients and help them with many different issues to help improve their care and their lives.

For example, you could work with people who have difficulties carrying out activities because of disability, illness, trauma, ageing, and a range of long term conditions. Your work could include:

- teaching a patient recovering from a stroke how to do things for themselves
- encouraging someone with depression to take up a hobby or activity
- suggesting ways to adapt an office so that an employee injured in a car accident can return to work
- supporting patients to manage permanent physical disabilities
- helping people with learning disabilities to live independently
- keeping notes about clients' progress
- advising and supporting clients and their families and carers



You could work at a client's home, in an NHS or private hospital, at a client's business, at a GP practice or at an adult care home. Occupational Therapists are found in the public, private and voluntary sectors and independent practice.

Qualifications

You will need to complete approved degree-level training. You can train through an approved full-time or part-time pre-registration university course in Occupational Therapy or a degree apprenticeship in Occupational Therapy. To get onto a full-time occupational therapy degree course you usually need two or three A levels, along with five GCSEs including English language, maths and science. You may also be able to get onto a course with alternative qualifications such as a BTEC, HND or HNC which includes biological science; relevant vocational qualifications; science-based access course. To get onto a degree apprenticeship, you will need to apply for an apprentice position with a health care provider. You will usually need level 3 qualifications to get onto a degree apprenticeship. There are many local education providers who offer a wide variety of qualifications, you can find out more [here](#)

Pathway to the role

You could start as an Occupational Therapy Support Worker. With backing from your employer, you could study for a degree part time to qualify as an Occupational Therapist.



Pathway from the role

Occupational Therapists can work within multidisciplinary teams such as Child and Adolescent Mental Health Services, or as Service Managers in Health or Social Care. You could progress to Senior Clinician or Head of Occupational Therapy Services. Or, you may also be able to move into general health or Social Services management. There are also opportunities to become involved in research and education.



**£24,200 to
£43,800**

Experience

You need a range of skills to be an occupational therapist including excellent interpersonal and communication skills, good organisational skills and the ability to work well within a team, patience and enthusiasm, ability to use your initiative and creative ability to find solutions to problems, knowledge of psychology and counselling skills including active listening and a non-judgemental approach.

Useful Links

[NHS Careers Occupational Therapist](#)
[Royal College of Occupational Therapists](#)
[National Careers Service](#)

Case Studies

[Hull University Teaching Hospitals](#)
[Victoria, Hull City Council](#)
[Richard, North Yorkshire County Council](#)

Example Job Description
[Occupational Therapist](#)

