

Profession: Occupational Therapy

Roles and responsibilities of the professional

Occupational therapists and support workers help people engage as independently as possible in the activities (occupations), which enhance their health, wellbeing and quality of life.

Occupational therapists assess and treat people with physical and psychiatric conditions using purposeful activity to prevent disability and promote independence in all aspects of daily life.

Occupational therapists work in hospitals and community settings. They are working in many diverse settings e.g. schools, insurance companies, charity organisations, GP practices and prisons to name a few. They may visit clients and their carers at home to monitor their progress. They may visit clients in their workplace to offer advice or make adjustments to enable integration into this environment.

Modern Perspective

In the last 10 years Occupational science has informed occupational therapy practice. Occupational science is an interdisciplinary field in the social and behavioural sciences dedicated to the study of humans as "occupational beings". "Occupation" which is central to occupational assessment and treatment refers to the goal-directed and purposeful activities that characterise daily human life that affects health and well-being.

Life Long Journey

There are a number of different educational programmes across the UK at undergraduate and post-graduate levels. Students can either do a full or part time course.

Undergraduate study enables and equips students to become competent occupational therapists by enabling development of lifelong learning skills, providing opportunities for students to study occupational and human sciences and facilitating the professional skills required for practice.

Undergraduate study includes professional practice opportunities within a variety of health and social care settings to promote the use of evidence-based practice and enabling the study of the context of service delivery.

Post-graduate programmes are also full or part time and students will be awarded a Post-graduate Diploma in Occupational Therapy or an MSc or PhD in Occupational Therapy.