

Joined Up Careers Derbyshire

Occupational therapy



What is occupational therapy?

Occupational therapists (OTs) help people to live as independently as possible by helping them overcome barriers caused by disability, illness or injury. OTs do this by offering practical support to enable people to complete the activities that are important to them - this could include essential day-to-day tasks such as self-care, work or leisure.

You will work with a variety of patients of all ages with a wide range of conditions due to mental health illness, physical or learning disabilities.

You will have the opportunity to work in a variety of settings including hospitals, the community, prisons, social care services, housing, education, voluntary organisations or as independent practitioners.

Do you have what it takes?

You will need to train to a degree level to practice as an OT - you can do this via university, a degree level apprenticeship or postgraduate options are also available. Requirements vary depending on the university/provider, but generally ask for three A-Levels (having biology or PE may be beneficial) and five GCSEs.

Problem-solving skills and a thorough knowledge of the services/aids available are important in finding the best solution for the patients. Communication, organisation and interpersonal skills are also vital in building rapport with patients and managing workload.

What's in it for you?

- Rewarding career
- Excellent employment prospects
- Competitive pay
- Progression opportunities
- Huge variety

How can I find out more?

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