

Occupational Therapy

OT is a healthcare profession that works closely with people affected by illness or disability, helping them to rebuild their lives and regain their independence in activities which are important to them.

OTs work with people of all ages and disabilities

OTs can work in various settings including schools, charities, hospitals and in peoples own homes.

OTs may support the person to return to enjoyable activities such as gardening, crafts, or dance.

OTs make a huge difference to the lives of others, helping them to live life their way after illness or disability!

OT treatments may include equipment, advice, pet therapy, music therapy, teaching self-management techniques and fun activities!

“As an OT, my job is about helping others to experience joy and meaning” - OT

