

## Occupational Therapy Week 2019

By Laura Evans, clinical leadership fellow and Karen Johnson, project manager, Research and Evaluation from the national Leadership Academy

Next week marks the beginning of Occupational Therapy Week! To celebrate, we're planning a drop-in session on **Thursday 7 November** from **11:00-13:00** in **G1** at the national Leadership Academy. Come along and listen to some of our stories and find out about some of the fantastic work carried out by occupational therapists (OT) in the NHS.

### **But what do occupational therapists do?**

Occupational Therapists are Allied Health Professionals who work in many areas, with people of all ages and cover many different conditions. It's a role that requires a strength-based behavioural approach and uses people skills and abilities to promote health and wellbeing. The work is diverse and spans across cognitive, mental and physical conditions. We even work at the NHS leadership Academy!

Occupational therapists work with adults and children of all ages with a wide range of conditions; most commonly those who have difficulties due to a mental health illness, physical or learning disabilities. Working in a variety of settings including health organisations, social care services, housing, education, voluntary organisations or as independent practitioners.

Occupational therapists play a critical role in helping people overcome the effects of disability caused by illness, ageing or accident so that they can carry out everyday tasks or occupations. They consider all the patient's strengths and needs - physical, psychological, social and environmental. This support can make a real difference, giving people a renewed sense of purpose by changing the way they feel about the future.

To find out more about occupational therapy, including how to access occupational therapy treatment or how to apply to train as an occupational therapist, please see to the Royal College of Occupational Therapy Website <https://www.rcot.co.uk>

Looking forward to seeing you next week, there may even be cake!

