

Introducing

Occupational therapist

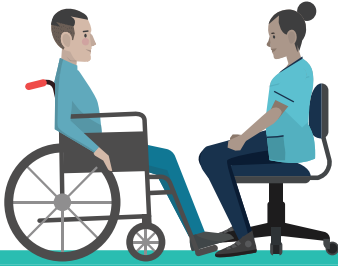


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About the role

Occupational therapists help people overcome the effects of disabilities caused by physical injury, ageing or mental illness, so they can continue to do everyday tasks. This could be learning new ways of doing things, or making changes to their environment to make things easier.

“Occupational therapists need to have good communication skills – listening as well as talking! You need to be a people person to do this job. I enjoy meeting lots of different people.”

– Occupational therapist

Did you know?

The first occupational therapy training centre in Scotland opened at the Astley Ainslie Hospital in Edinburgh in 1937.⁽¹⁾ There are more than 39,000 registered occupational therapists in the UK⁽²⁾ and over 2,200 working in NHSScotland.⁽³⁾

→ How to pursue this role

You can get into this career through an Occupational Therapy undergraduate or postgraduate degree programme. You'll then need to register with the Health and Care Professions Council (HCPC).

☆ Top skills:

- caring for people
- communicating with people
- problem-solving skills
- working in a team
- building relationships with people
- persuading and motivating people

References:

1. 'Occupational Therapy Schools' (1980) *British Journal of Occupational Therapy*, 43(10), pp. 331-338
2. Health and Care Professions Council, registrant data, September 2020
3. Turas Data Intelligence, NHSScotland workforce data, June 2020

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