



Occupational therapists are champions of integration and the only registered profession that is educated to work across health and social care.

Occupational Therapists work with people of all ages in a wide range of settings including people's own homes, these include: Acute hospitals, Rehabilitation centres, Intermediate Care, Nursing homes, schools, GP surgeries, prisons, Hospices, voluntary settings and with the homeless.



What is Occupational Therapy?

Occupational therapists help people to 'Live their Life'. They have been described as the health and care system's "secret weapon"

Occupational therapy provides practical support to empower people to facilitate recovery and overcome barriers preventing them from doing the activities (or occupations) that matter to them.

"**Occupation**" as a term refers to practical and purposeful activities that allow people to live independently and have a sense of identity. This could be essential day-to-day tasks such as self-care, work or leisure.

Think about your day-to-day life; would you be able to cope or live fully if you didn't have access to the internet? Or couldn't get out of bed in the morning?

Occupational Therapists are the key workforce when it comes to reducing hospital-related pressures. Research demonstrates that those who receive Occupational Therapy prior to, or during, their stay in hospital have better outcomes and are less likely to require costly and upsetting readmission (RCOT 2016)

Occupational therapy practitioners ask, "what matters to you" not, "what's the matter with you?"
AOTA PRESIDENT GINNY STOFFEL

Occupational therapists take an asset-based approach. They will analyse a person's strengths, skills and needs, the environment and occupations, working with them to identify solutions to the issues that matter to the individual



Occupational therapists enable people to achieve health, wellbeing and life satisfaction through participation in occupation. Occupation refers to the activities that people do in daily life.

Occupational Therapists

Work Experience

East Sussex Healthcare NHS Trust recognises the value of work experience for students in gaining insight into NHS careers, informing their career choices and supporting their applications to further education.

We welcome applications from students at local schools and colleges in years 10 to 13, subject to departmental age restrictions. The minimum age for administrative work experience within the Trust is 15, and for clinical shadowing placements 16 to 19, according to department. There is no guarantee of a placement once an application has been submitted and there are some areas of the organisation which do not permit work experience students due to the sensitive nature of the department. Placements in clinical areas are strictly for observation and shadowing only. During busy times placements may not be available.

<https://www.esht.nhs.uk/working-for-us/work-experience/>

Occupational therapists are the only allied health professionals (AHP) educated at a pre-registration level to work within physical, psychological and mental health.



Where to study locally?

Locally we have a four year part time BSc course at University of Brighton (Eastbourne campus) or a full time three year course at Canterbury Christ Church University (see links below).

<https://www.brighton.ac.uk/courses/study/occupational-therapy-bsc-hons.aspx>

<https://canterbury.ac.uk/study-here/courses/undergraduate/occupational-therapy-19-20.aspx>

FURTHER INFORMATION

<https://www.rcot.co.uk/about>

[-occupational-therapy/become-an-occupational-therapist/career-faqs](#)



Using activity as a therapeutic tool - activity analysis, grading, adaptation

Identifying and assessing occupational needs

Problem solving - resolving occupational performance issues

Group Work - planning, organising, leading and evaluating groups

Analysing and prioritising occupational needs in cooperation with the client