

# Occupational therapy

## What is occupational therapy?

Occupational therapy helps you live your best life at home, at work – and everywhere else. It's about being able to do the things you want and have to do. That could mean helping you overcome challenges learning at school, going to work, playing sport or simply doing the dishes. Everything is focused on increasing independence and wellbeing.



## What do occupational therapists do?

Occupational therapists see beyond diagnoses and limitations to people's hopes and aspirations. They look at relationships between the activities you do every day – your occupations – alongside the challenges you face and your environment.

They create a plan of goals and adjustments targeted at achieving a specific set of activities. The plan is practical, realistic and personal to you as an individual, to help you achieve the breakthroughs you need to elevate your everyday life. An occupational therapist may help with how you do activities, provide equipment or adjust your environment.



## Who do occupational therapists work with?

Occupational therapists work with adults and children of all ages who have a wide range of conditions. Most commonly, they help those living with mental health conditions, older adults or those with physical or learning disabilities. And you'll find them helping people live their best life in health organisations, social care services, housing, education and voluntary organisations.

Occupational therapists do life changing work within our NHS, local authorities, in third sector organisations and in private practice. If you feel you would benefit from occupational therapy you can self-refer via your own local authority or ask a healthcare professional e.g. your GP to complete a referral on your behalf. You can also source a private practice occupational therapist – if you chose to do so please ensure they are registered with HCPC.

## About us

We're RCOT, the Royal College of Occupational Therapists. We champion occupational therapy. We're here to help achieve life-changing breakthroughs – for our members, for the people they support and for society as a whole.

