

# **Samantha Cooper,** *Occupational Therapist*

If you like working with people, helping people to achieve their goals, have good interpersonal skills and don't want a job sitting behind a desk all day then maybe becoming an OT is the job for you! I am an occupational therapist or otherwise known as an OT. An OT aims to use 'occupation' as a therapeutic medium whereby we use purposeful activities, such as activities of daily living that are significant to the patient/individual.

We are holistic in our approach and promote patient independence. We are often called upon to adapt people's houses or provide equipment to meet their needs. OT's work in all areas of the health sector and are generally creative individuals with good problem solving abilities. It requires a 3 year degree programme to become an OT and many of the applicants are mature students.

