Occupational Therapy

Healthy career opportunities exist in health
Occupational Therapy

What is Occupational Therapy?
Occupational Therapy is a health profession that assists people to engage in meaningful occupations and roles, to enable them to participate in everyday living to their full potential. Occupations may include self care, work and leisure activities. Limitations in people’s abilities to fulfil their daily activities or roles may be due to a health condition, such as physical injury, an ongoing illness or a psychological difficulty, developmental delay, or age related health changes.

By facilitating skills for everyday life, occupational therapy helps to enhance a person’s overall health and well-being.

What does an Occupational Therapist do?
An occupational therapist will work with a person and/or their family or carers to overcome limitations in managing their daily activities through improving performance, maximising strengths, and adapting the activity or the environment. An Occupational Therapist may work in acute care, mental health, physical rehabilitation, community health, work rehabilitation, and with people of any age from children to older persons.

Pathways into Occupational Therapy
To become an Occupational Therapist you will need to complete a recognised University degree course, such as a Bachelor of Applied Science (Occupational Therapy). All Occupational Therapists working in South Australia need to be registered with the Occupational Therapy Board of South Australia.

For more information
OT Australia, www.ausot.com.au
OT Australia SA, www.otsa.org.au
Occupational Therapy Board of South Australia, www.otrb.saboards.com.au
or visit SA Health Careers at: www.health.sa.gov.au/careers