

# Occupational Therapy



## >>What is Occupational Therapy?

Occupational therapy is a profession concerned with promoting health and well being through occupation. The primary goal of occupational therapy is to enable people to participate in the activities of everyday life. Occupational therapists achieve this outcome by enabling people to do things that will enhance their ability to participate or by modifying the environment to better support participation.

Occupational therapists have a broad education that equips them with skills and knowledge to work collaboratively with individuals or groups of people who have an impairment of body structure or function due to a health condition, and who experience barriers to participation. Occupational therapists believe that participation can be supported or restricted by physical, social, attitudinal and legislative environments. Therefore, occupational therapy practice may be directed to changing aspects of the environment to enhance participation.

Occupational therapists take an holistic approach to the needs of their clients which usually involves three stages of care: abilities of the client are assessed in the context of work, school, home, leisure, general lifestyle and family situation; the Occupational Therapist develops a treatment program; implementation of the program to maximize the client's skills for living.

## Where do Occupational Therapists work in Tasmania?

Depending on their special area of interest, occupational therapists work in a wide range of settings, including: Public and private hospitals; Public and private rehabilitation units; Children's therapy services; Aged Care Assessment Teams; Community health centers; Occupational health centers; Home care services; Retirement homes; Residential Aged Care facilities; Disability Services; Psychiatric clinics, hostels and hospitals; Vocational rehabilitation companies and services; Insurance providers; Local Councils; GP Divisions; Independent living centers; Low vision clinics; Equipment supply companies and libraries; Private practice; Schools, pharmacies and industry.

## How do Occupational Therapists work in DHHS?

Occupational Therapists within DHHS are employed via Acute Health, Primary Health and Mental Health Services. This includes the Royal Hobart, Launceston General, and North-West Regional Hospitals, Community Rehabilitation unit, Community Outreach, Community Mental Health units and via community health centres and rural health facilities state-wide. DHHS OT covers a wide range of diverse intervention, ranging from acute illness to chronic disability and community development.

## What qualifications are required to practice?

Recognised qualification from a tertiary institution  
Tasmania does not require registration for Occupational Therapists

## Useful links

<http://www.ausot.com.au/>