

What is an Occupational Therapist (OT)?

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When I tell people I meet that I'm an OT, I brace myself for a confused look or a nod where people pretend, they know what an OT does, usually something to do with occupational health or mistaking me for a physio...

OTs work with **adults** and **children** of all ages with a wide range of conditions. They provide practical support to help people to overcome barriers which prevent them from doing the activities (or occupations) that matter to them. This support can increase the person's independence and improves quality of life.



"Occupations" are **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**.

Occupational therapists working with autistic individuals can help with the following:

- Completing **sensory assessments** and providing recommendations for a person to have a varied "sensory diet".
- Assessing a person's **activities of daily living** (ADLs) and helping them to develop their **confidence** and **independence**. This can include anything from cooking to using public transport.
- Helping a person to find activities that are **meaningful** to them or **develop a routine**.
- Helping a person to **find employment** including searching for, applying for and preparation for job interviews.
- Supporting a person to manage their fatigue through **pacing and prioritisation** techniques.