## Occupational Therapy Transcript

**Text on Screen:**

Occupational Therapy at La Trobe

Daniel Clohesy
Lecturer in Occupational Therapy
School of Allied Health

“Hi, my name is Daniel Clohesy and I’m a lecturer in the school of occupational therapy, I work here two or three days a week. As well as that I work in a clinical role at Caulfield Hospital and at a childrens charity called the Mirabell Foundation. I work here at La Trobe teaching a number of subjects including physical intervention, groupwork, working with people who have had strokes and brain injuries, a whole range of stuff across all year levels of health sciences and the masters of occupational therapy course.

Occupational Therapy is a profession that enables people to get back to participating in everyday life, and what I mean by enabling is that OT’s have a really wide range of skills and intervention s that they can use to get people back to doing the things that are really important to them. Occupational Therapists work across a really broad range of fields, so we might work in rehabilitation hospitals, in the medical field we might work with people who have had mental illness, we can work with children, and adults and older adults, working with just a huge range of settings. What’s common across those settings is occupational therapists are trying to assist people to get back to doing things that are important to them, get back to doing things in their everyday lives. And a lot of the time we are working on getting people back to independence following some time of injury or illness or some kind of barrier that’s occurred in their lives. So OT is really about assisting people in getting back to living their lives and its really important.”

“I took to actually doing the masters of OT, purely because I like working with people. I do a bit of tennis coaching outside of school, I find that really interactive and the course seems to provide that interaction with people. Working with childrens, adults, it doesn’t matter who it is. I really like to do the practical work. Obviously today and last week we did manual handling, today we do walking devices so really interactive, able to see and put into practice some of the stuff you learn out of the text book which I think is really great.”

“I started doing a Psychology bachelor and continued into an Occupational Therapy masters. I really enjoy working with people, I’m around people and I want to be in an environment where I feel like I’m helping people and enabling a change in their life when they need it and that’s why I got into OT.

I love that there is more practical work. There is more practical work than theory. I get to do more hands on work which enables me to understand what I’m supposed to be doing in the future. And I find it very enjoyable I’m enjoying the coursework a lot.

I really would like to work with children, with autism, help them grow and live a life like every other child but I know I’ll have to work towards that so hopefully I’ll start off working in a hospital with older people and then eventually I’d really love to work with children.

I love the interaction you can get working with people being an occupational therapist. I love the vast areas of fields you can go into work in. It’s a relatively new career so I think it’s a really interesting career to get into. I love the groupwork that the course structures around. The assignments are interesting, challenging at times. I feel its all relevant to what I’m going to be doing when I finish my course. Yeah its great.”

“Occupational therapy is based around the idea that occupation is central to everything we do. Occupation isn’t just about employment or work, occupation is absolutely everything, its showering its dressing, its all the things we do to have fun, its going to work, its all the activities that make up our lives and occupational therapy really works with people to use occupation and get them back to doing the things that are important to them. Its very client centred and really client focused. Its all about working with the client and trying to get them back to doing the things that are important to them.”