**Occupational Therapy**

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Occupational therapists play a crucial role in helping people of all ages overcome the challenges posed by various physical, mental, and cognitive conditions. Their primary goal is to enable individuals to participate fully in everyday activities, such as work, school, and social interactions.

Imagine someone who has had an accident and struggles to perform basic tasks like dressing or cooking; an occupational therapist would assess their needs and create a personalised plan to help them regain their independence. This might include teaching them new ways to accomplish tasks, or using special equipment that makes activities easier.

Occupational therapists also work with children who have developmental disorders, assisting them in achieving milestones like walking, eating, and playing. They make these tasks achievable by breaking them down into smaller, manageable steps and using fun, engaging methods.

In schools, occupational therapists support students with disabilities, ensuring they can participate in school activities alongside their peers. They help modify the classroom environment and teaching strategies so that every student has the opportunity to succeed.

They can work in ‘Areas of Practice’ such as:

Autism Cardiac Community Health

Disability Driving Environmental Modifications

Leadership and Management Mental Health Motorised Mobility Devices

NDIS Neurology and ABI Occupational Justice

Occupational Rehabilitation Paediatric Pain Management

Palliative Care Private Practice Rehabilitation

Sexuality & Intimacy Vision Impairment Working with Older People

Overall, occupational therapists in Australia are dedicated to helping individuals lead more productive and satisfying lives by enhancing their ability to engage in everyday activities. They are an essential part of the healthcare team, working collaboratively with other professionals to provide holistic care.

**Where can I study Occupational Therapy?**

* [Occupational Therapy Courses, Victoria, 2025](https://ccwcareers.edublogs.org/files/2024/04/Occupational-Therapy-Courses-Victoria-2025.pdf)
* Year 12 students – download key application dates and events [here.](https://ccwcareers.edublogs.org/files/2024/04/Occupational-Therapy-Key-Application-Dates-2024-Victoria.pdf)