

# Occupational Therapy

Daisy Motes



# What is this job?



- Assess, plan, and organize rehabilitative programs that help build or restore vocational, homemaking, and daily living skills, as well as general independence, to persons with disabilities or developmental delays.
- Use therapeutic techniques, adapt the individual's environment, teach skills, and modify specific tasks that present barriers to the individual.

# Education & Requirements

- Master's Degree is required
- NAU OT School
  - Bachelor's or Master's degree from a regionally accredited institution
  - 6 credits of biology or 3 credits of biology and 3 credits of chemistry
  - 6 credits of human anatomy and physiology
  - 3 credits of statistics
  - 3 credits of ethics
  - 3 credits of abnormal psychology
  - 6 credits above the introductory level of human development
  - 6 credits above the introductory level of sociology or social justice
  - 40 hours observing two different occupational therapists
  - 40 hours in at least two different community settings

# Salary & Job Outlook

- \$85,570 per year
- \$41.14 per hour
- 14% job growth (much faster than average)



# Interview with Occupational Therapists

# Can you explain what your job is and what you do on a daily basis?

- Help kids do things that are expected of them by their peers, family members and themselves. Basically activities of daily living. This includes emotional regulation, increasing frustration tolerance, cooking skills, toothbrushing, and morning routine. They do these by using theories which are based in science.
- Habit Stacking- a theory that if you start a new habit, you want to pair it with an old habit. Stack the new habit with a habit you already do for 30 seconds or less and integrate it a little more each time.

# What did your pathway in school look like?

## Alisa

- Went to school originally for nursing and changed her mind
- Associate's in Science and Occupational Therapy
- 22 month program at Pima Medical

## Hailey

- Bachelors in Kinesiology at NAU
- NAU downtown OT school
- Doctorate in Occupational Therapy

# What is the hardest part of your job that you have to deal with?

- The paperwork
- “It can be frustrating but, as long as you know you are doing every single thing you can for the kid and you know you are giving your all, you will go home feeling fulfilled.”
- “If you’re giving everything that you have and you’re not doing it half ass you will never go home having a bad day feeling frustrated because they didn’t do what you wanted.”
- “Have a flexible mindset that not every therapy day is a productive day in therapy.”



# What kind of skills do you think somebody going into this job should have?

- People skills
- The gift of gab
- Ability to integrate and be a chameleon
- Critical Thinking
- Instructing
- Observational
- Flexible Mindset



# Final Words From Alisa

- “My job is the best job in the whole entire world!”
- “It is not what you do, it is who you are.”

Is this a good fit for me?

# Yes!

- I have experience working with people with developmental disabilities
- I work at an after school program for teens with special needs
- Fingerprint Clearance Card
- CPR certification
- I have a plan of what I need to accomplish in school for this job

# Bibliography

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