

# What is an Occupational Therapist?



Occupational Therapists (OTs) work with the LINKS team to help you do things you want and need to do, such as:

- Doing things for fun and play
- School and paid work
- Doing things to take care of yourself
- Contributing to the community
- Being creative

The activities you use to occupy your time are an important part of daily life and growing toward adulthood. Sometimes difficulties can get in the way, including:

- Struggling with coordination—for example: difficulty using your hands to make things, playing handball, handwriting, or tripping over in sport
- Being sensitive to things like noises, tastes, the feeling of things on your hands, bright lights, getting dizzy, or not noticing things happening around you
- Not knowing what activities are out there, or having limited chances to try activities out. You might find it hard to know what you want to do with your time.
- Trouble concentrating, being organised or remembering things
- Feeling unmotivated
- Finding it hard to ask the people looking after you if it's okay to do something

OTs work with you to figure out what might be getting in the way, and come up with solutions to those difficulties. Everyone has their own activity goals. An OT can work with you, your family and school to make life easier for you.