

WHAT GHA  
GONNA DO?

**BECOMING AN  
OCCUPATIONAL  
THERAPIST  
COULD B 4 U**

*"I enjoy being out of the office a lot and I get to meet interesting people every day. My job offers me lots of variety and flexibility and it's easy to travel and work overseas with an OT degree."*

Jennifer, occupational therapist for Counties Manukau District Health Board

**Q** What does an occupational therapist do?

**Q** What subjects do I need to take at school?

**Q** How do I get into it?

**Q** Will I get a job after studying?

**Q** Where can I find out more information?

**Do you have energy and enthusiasm? Do you like helping others? Would you like a job full of variety? If you answered yes, then becoming an OCCUPATIONAL THERAPIST could B 4 U!**

### **What does an occupational therapist do?**

An occupational therapist helps people to lead meaningful and satisfying lives by helping them to participate in everyday activities while managing their physical, educational or mental health issues.

Occupational therapists do lots of different things like working with family/whānau to help their family member with a disability or illness, working with teachers or employers to help them assist pupils or employees. They also recommend changes to the physical environment of a person with a disability to make it easier for them to do their usual daily activities.

### **What subjects do I need to take at school?**

Useful subjects are science, English and maths. It is helpful to study a wide range of subjects. If you haven't taken the right subjects, don't worry as you can do a foundation programme such as the 1-year Certificate in Health Studies at Auckland University of Technology (AUT) or a similar foundation programme at Otago Polytechnic before you start your degree.

### **How do I get into it?**

You need to do a 3-year degree in occupational therapy at AUT or Otago Polytechnic.

Check out the accompanying "Health Occupations Summary" for a more detailed list of courses available and entry requirements.

### **Will I get a job after studying?**

It is very likely you will get a job as there is a world-wide shortage of occupational therapists and this is expected to continue in the future. You will also be able to travel and work overseas with a NZ Occupational Therapy qualification.

### **Where can I find out more information?**

AUT, Faculty of Health & Environmental Sciences

Website: [www.aut.ac.nz](http://www.aut.ac.nz)

Email: [courseinfo@aut.ac.nz](mailto:courseinfo@aut.ac.nz)

Tel: 0800 AUT UNI

Otago Polytechnic, School of Occupational Therapy

Website: [www.tekotago.ac.nz](http://www.tekotago.ac.nz)

Email: [info@tekotago.ac.nz](mailto:info@tekotago.ac.nz)

Tel: 0800 SMARTMOVE

Careers websites: [www.cmdhb.org.nz/careers](http://www.cmdhb.org.nz/careers)

[www.healthcareers.org.nz](http://www.healthcareers.org.nz)

[www.kiwicareers.govt.nz](http://www.kiwicareers.govt.nz)

[www.kiwiquals.govt.nz](http://www.kiwiquals.govt.nz)

For any other questions call Counties Manukau District Health Board on (09) 259 5052 to speak with someone about careers or email [careers@cmdhb.org.nz](mailto:careers@cmdhb.org.nz).